
Example of: **The Vocalist Workshop**
(Leader Guide)

(Useful Information for effectively leading this Worship Workshop...)

Time: 2 Hours (Full Workshop) **OR** 10 – 15 Min. per week (Weekly Devotionals)

Audience: Vocal Team

Supplies: Pencil, Paper, Leader Guide, Team Edition copies, Ping – Pong Balls (1 per team member) and 4 -5 selected worship songs well -known by your vocal team

Optional Supplies: Stopwatch

Suggestions: Ask team members to come prepared to work on specific techniques, some of which may be slightly uncomfortable at first (working different vocal muscles, working on vocal control, etc.) If anyone feels uncomfortable with an exercise, they can (and should) pause to regain a comfort in trying the exercise, before proceeding. (Team members should have the “Vocal Team, ‘Team Edition’”.)

Alternative: It may work better for your team to break the Workshop up and do it as a “mini – devotional” at each practice. In this case, use one of the passages for each week. Devotional times will likely vary from 10 – 15 minutes each.

Guides: (Visual Guides for the participants...)



A Closer Look: Study of vocal techniques and tips



Exercise: Training on various vocal areas.



Challenge: Additional and advanced challenges.

Welcome! (This is to warm up your Worship Team / audience...)

Glad to be with you today! I am very excited about this vocal workshop. We call this “The Vocalist Workshop” because it is all about YOU, the vocalists! We will be doing several different exercises that will stretch us a little, so be ready to have fun with it while you learn. Please make notes and refer back to them often to refresh yourself on the details.

(Sample Module from this Workshop...)

Breath Control



Controlling the flow of air, both when inhaling and exhaling, is a critical aspect of singing. Sometimes it requires quick bursts of air while other times it is longer, slower breaths. Here are a couple of things to remember...

- Take in only as much air as you need for a particular vocal phrase (too much air exerts excess or 'wasted' energy while not enough makes you starve for air!)
- Breathe "with" the tempo and style of a song. If a song is fast, inhale short bursts of air and for slower songs, inhale deeper and slower.



Vocal Exercise #4 – "Ping-Pong Ball Exercise" (5 -10 Minutes)

Objective: Slow, consistent breathing.

- Lie down flat on your back.
- For 2 minutes, practice exhaling with slow, controlled breaths.
- Put your lips together, as if you are going to kiss someone – then push your lips out a little further so the ping – pong ball can rest on your lips. (It should rest there comfortably.)
- Now place the ping -pong ball on your lips.
- After inhaling slowly through your nose, exhale in a smooth manner causing the ping –pong ball to rise off of your lips.



Challenge #1: See how long you can keep the ball untouched, floating in the air (during one exhalation).



Challenge #2: Through smooth exhaling you should be able to cause the ping-pong ball to "hover" and "spin" just off of your lips!

If you are interested in this Workshop or any of our other advanced Workshops, visit our website at: www.WorshipConsulting.com/Workshops.htm.