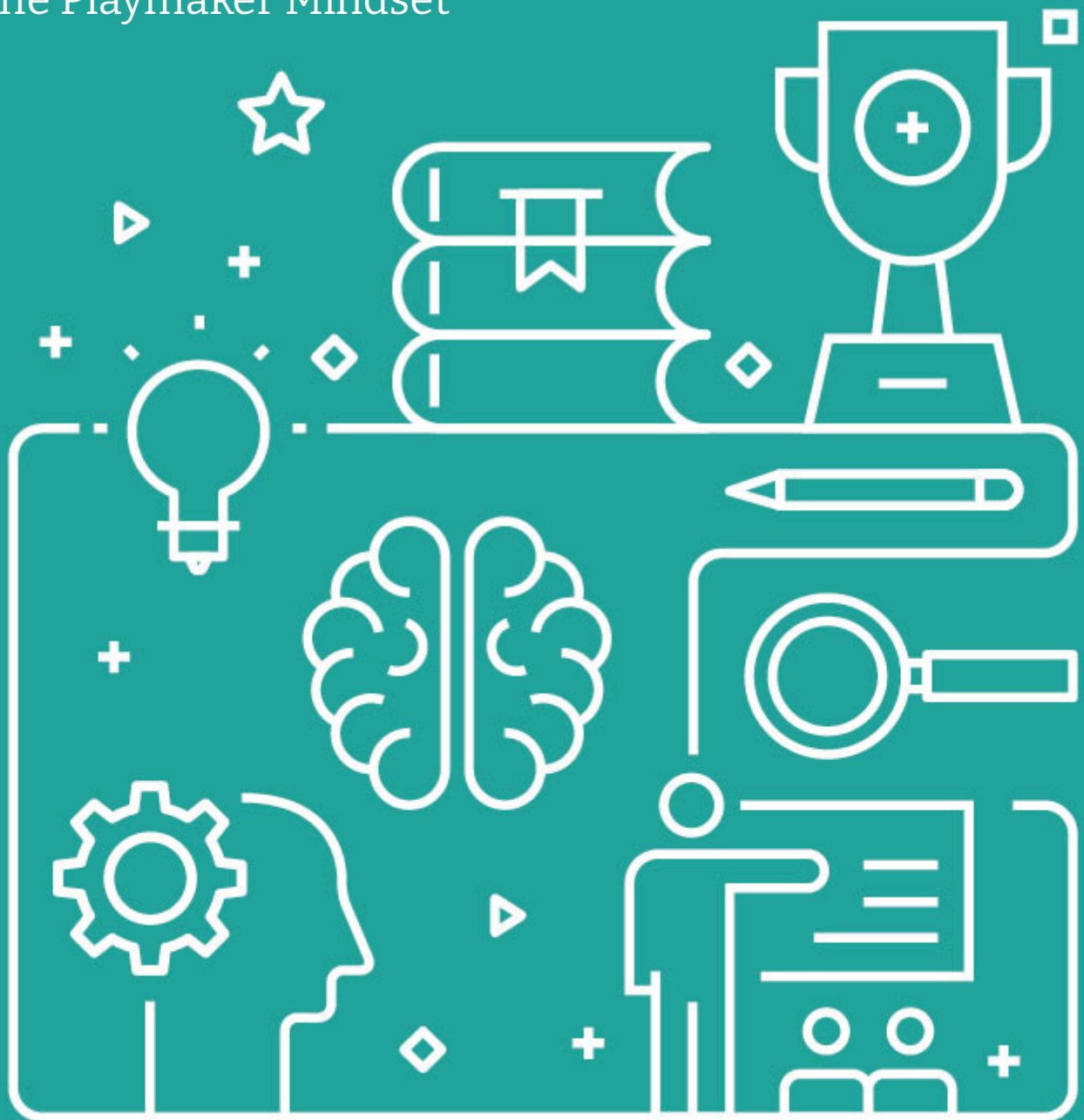


Jeff Rogers

Improv Playbook

Exercise Instructions Used In
The Playmaker Mindset



Improv Playbook - Exercises From The Playmaker Mindset

Hello!

Thank you for picking up a copy of *The Playmaker Mindset*! Hopefully you've gotten a ton out of reading it. Below, are instructions for the exercises mentioned in the book. These are by no means the only exercises that can be used with a group but will serve as a good beginner experience for most organizations.

Enjoy the exercises and remember to PLAY!

Cheers,



Jeff Rogers is a *Wall Street Journal*, *USA Today*, and *Amazon.com* best-selling author and sought-after public speaker on the topics of creativity, teamwork, and improvisation with 25+ years of experience in engaging audiences. Jeff is the owner and Managing Partner of Players Workshop, the oldest school of improvisation in the country, which has taught over 10,000 alumni like Bill Murray, Harold Ramis,

Bonnie Hunt, Matt Walsh, and Amy Sederis to be fearless "in the moment." We teach people to find their authentic voice through improvisation. He is the award-winning Host and Co-Executive Producer of cable TV's *Jeff's Homemade Game Show*.

Interested in something a little more targeted for your specific group? Drop us a line at Info@JeffRogersUnlimited.com for your own personal workshop led by Jeff Rogers or one of his trained partners.

Yes And Party Planner

Have players break up into groups of two or three people. Their job is to plan a party (New Years Eve, Birthday, whatever they want). Proceeding one at a time, players begin describing what should be added to the party to make it absolutely awesome! The only rule is that they must begin each sentence with Yes, and in order to acknowledge the idea from the person before them and build on to it in one way or the other. Every player must start with “Yes, And”.

Debrief: Players should describe how easy it was to plan the party because everyone was agreeing with each other. They also should notice how creative their responses become after the first couple of responses. Hopefully, you’ll start hearing about traveling to Mars or having Elvis and Prince as the musical act. Ask how people felt about offering ideas compared to what usually happens during a brainstorm. Ask how they might incorporate Yes, And into meetings.

Mirror

Have players break up into groups of two or if necessary, three people. They should be looking directly into the other players eyes about two-three feet apart. Assign one as the leader to begin things. That person should move slowly and the follower should mirror those moves. (No moves should be jerky or fast enough that they cannot be followed easily.) At about a minute announce “Switch” and now the follower becomes the leader in mid-movement. After another minute, announce another “switch.” Do this two more times and then announce that no one is the leader and no one is the follower but keep moving. After another minute allow them to end the exercise.

Debrief: Players should evolve to the final round where they cannot tell which one of them is leading and which is following. The reality is that they both are doing both simultaneously. This is a perfect state of support and leadership needed for good improvisation and good teamwork.

One Word Story

Players assemble in a circle (to better hear each other) to tell a story one word at a time. Moving clockwise. Each player provides one word of a sentence. End of a sentence can be indicated by a player saying `period`, although that is not necessary. The goal is to try and tell a cohesive story as a team. Players can begin with the four words Once. Upon. A. Time... just to get things started.

Debrief: Ask how people felt about this exercise. Were they able to tell a story? Was anyone frustrated by the process? Why? How does this relate to other projects or client requests? Why is that frustrating?

Some people want to add more than one word or were not expecting the word they received and therefore couldn't use the word they were planning on. Being able to adapt to changes creates less friction and enables better outcomes.

Freeze / No Look Freeze

Two players start an improvised scene. At any point in time another player can call "Freeze." This player then tags out one of the 2 actors, and assumes their exact position. Both players then start a new scene, justifying their positions. "Freeze" is generally yelled at a logical edit point such as the end of a beat or after a laugh from the other players.

No Look Freeze is just like Freeze, but here, the group either closes their eyes or turns their back on the two players in the scene and simply listens to the scene. The facilitator calls Freeze, and calls in another player. If you're not using a facilitator, any player might call Freeze and turn around and tag one of the two players out.

Many groups find this game more exciting than Freeze, as players don't know what positions they will be jumping into, and hence are less prepared, and more creative, more exciting stuff tends to happen.

Debrief: Most people think that Freeze is a game of wit. Who can make the funniest statement about a certain physical position. In reality, this is a game about support. When a brief scene is over, everyone feels it. But if no one yells freeze things become awkward as the scene continues, limping along trying to find an ending. Playing No Look Freeze amplifies the need to end a scene when it is obviously done and the lesson becomes much clearer. Ask players what they felt the difference was between the two styles. What made them jump in and why were they hesitant?

Gibberish Translator

One player is an expert on a subject, often provided by the audience. However, that player is from a foreign country (perhaps also supplied by the audience) and does not speak the language of the group. Player two is given the role of being the Translator for player one. Player two acts as the host and introduces and translates Player one's lecture or story about their area of expertise.

Note: Feel free to side coach Player one to be expressive and physical while telling their story or lecture. Also, inform players to use a nonsense language and not imitate an existing foreign language as that might be perceived as offensive.

Debrief: What was it like to speak gibberish while telling a story. How did player one communicate to Player two? How did player two translate? Was it an exact translation? Ask both players what they thought the other was communicating. The goal is not to have a perfect translation but to achieve a symmetry between the two players that is bi-directional with player two interpreting player one's gibberish and player one working off of what player two is sharing as the explanation. This is another example of working together without a leader or follower but allowing the team to succeed in delivering a goal, which in this case is a good story.

Ad Game

Ad Game

Players are broken into teams of 5-8 people and are given 10 minutes to work as a team and build an ad campaign for an imaginary product. Final output from each team must include:

- A :30 second TV Commercial to be performed in front of everyone
- A celebrity spokesperson (One of the players should impersonate the celebrity)
- Product Jingle (This can use an existing tune)
- Product Name
- Slogan (Such as: The Quicker-Picker-Upper or Just Do It)
- Demonstrate the product in the TV commercial

Rules:

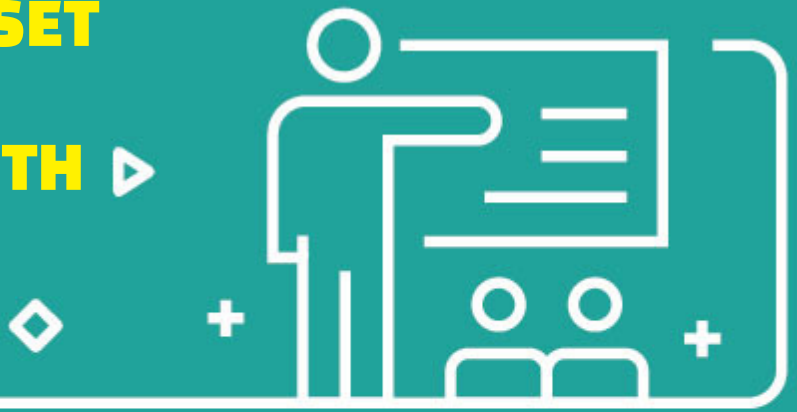
- Everyone on the team must be in the commercial
- Accept every idea then winnow down to the best ideas
- You may use props
- Remember Brainstorming Rules

Debrief: Ask if the teams had fun doing this exercise. Ask oif they had any problems or hang-ups and what they were. Ask why those were problems and what would have overcome the issues. The goal here is to demonstrate how “yes, and” was able to help them work in a pressurized timeline, on an unknown product, with few resources, and nothing but their creativity to be successful. How can this be applied to other scenarios or projects?

Imaginary Ad Game Products

- Edible Jell-o cups
- A chalk dust to chalk transformer
- A drip catching Coffee cup
- All in one hamper/washer/dryer
- Highlighter glasses
- Extension Cord Electrical Tape
- Bottomless bottle of wine
- Vertical Bed
- Shower head TV
- Inflatable Car
- Eye Massager
- Fork Ring
- Baby Stroller Scooter
- Flask Tie
- Ping pong table door
- Sock Mops
- Tape Measure Belt
- Pizza Scissors
- Full Body Umbrella
- LED Slippers

BRING THE PLAYMAKER MINDSET TO YOUR ORGANIZATION WITH A LIVE OR VIRTUAL WORKSHOP!



Why is an innovative culture the single biggest factor in a competitive marketplace? Because AirBNB, Uber, and Netflix have shown us that disruption can come from anywhere. Organizations best equipped to face today's world are those that are able to embrace uncertainty and find creative solutions. This is what keeps businesses ahead in the marketplace. You need to empower your team to generate and execute bold ideas.

But how?

Let us teach them how to be Playmakers and unleash the innovation powerhouse lurking in your most important resource: your team!

Bring in Jeff and his team for a keynote or to work with your organization in a live or virtual workshop setting to experience the power of the Playmaker Mindset.

Find out more:

Jeff@Jeffrogersunlimited.com

WWW.JEFFROGERSUNLIMITED.COM