

■ Mime Practice Guide: The Ball

■ Learning Goals

- Show the illusion of a ball using body, face, and belief
- Keep the ball consistent in size, shape, and placement
- Use relaxation/tension to show weight and energy
- Make it real with eye contact, isolations, and toc/click

■ Core Mime Techniques

- **Relaxation vs. Tension**
Light ball = relaxed arms, quick movements. Heavy ball = tense muscles, slower, straining effort.
- **Toc / Click**
Always show a 'moment of contact' when you grab, bounce, or hit the ball.
- **Consistency**
Once you decide on the ball's size, shape, texture, and weight, don't change it mid-scene.
- **Eye Contact & Belief**
Watch the ball as if it's really there. Your eyes convince the audience more than your hands.
- **Isolations**
Keep one part of the body still while another moves (e.g., keep hand in place while bending at the elbow to mime bouncing a ball).

■ Practice Drills

- **A. Creating the Ball**
 1. Imagine a ball between your hands
 2. Cup hands around it, keep size/shape consistent
 3. Look directly at it—make it real
- **B. Changing Weights**
 - Mime a basketball (medium weight, bounce)
 - Mime a ping-pong ball (tiny, light, fast flicks)
 - Mime a bowling ball (heavy, arms tense, body strains)
- **C. Playing with the Ball**
 - Bounce it → isolate wrists and arms
 - Throw and catch → track it with your eyes
 - Hit it with a racket → tension + follow-through
 - Juggle → keep eye contact high, show multiple arcs

■ Reflection Questions

- Did my ball stay the same size and weight the whole time?
- Did I use my face and eyes to make the audience believe?
- Which ball type (light, medium, heavy) felt most real in my mime?