

Demonstration Speech Topics

Note: read through the list to help you brainstorm. This is a list of some ideas. They may spark a thought.

- **Sports—General tips:** explain the technique thoroughly (don't forget to repeat). Show exact placement (feet, hands, etc). Be specific; list what problems to avoid; explain how much practice it usually takes; and show the process in slow motion and then the actual speed (if possible). Provide background information if it is useful or entertaining. Name professional athletes who model these skills best. Describe practice drills that can be used to improve the process.
 - Basketball
 - How to shoot basketball (ideas: free throw, lay-up, 3-point shot)
 - Pass and blocking (ideas: passing technique, proper ways to guard)
 - Dribbling (ideas: different techniques, when you use each, how to advance the ball)
 - Tricks—Harlem Globetrotter style or street tricks
 - Soccer
 - Juggling (ideas: why important for technique?, catching the ball)
 - Shooting technique
 - Passing
 - Baseball
 - Pitching (ideas: describe three or more pitches, fingers)
 - Fielding (ideas: proper techniques, ground balls, positioning, fly balls)
 - Batting and stealing bases (ideas: stance, differences in techniques, bunting, physics, types of bats)
 - Volleyball
 - Serving and spiking (ideas: proper techniques)
 - Passing and bumping
 - Bowling (ideas: choosing a proper ball, techniques, picking up a spare)
 - Track and Field
 - High jump (Fosbury Flop technique, marking out steps, left or right foot?, practice technique)
 - Hurdles
 - Pole Vault
 - Long jump
 - Shot put
 - Discus
 - Sprinting (ideas: starting blocks, practice drills, posture, breathing, hand offs for relays)
 - Golf
 - Proper swing (ideas: putting, driving, chipping . . .)
 - Football
 - Kicking
 - Passing and blocking
 - Martial Arts
 - Any branch
 - Proper techniques
 - Self defense
 - Stretching
 - Weight Lifting
 - Yoga
 - Aerobics

- Exercise ball
- Skiing
 - Water
 - Downhill
 - Cross Country
- Skateboarding
 - Proper footing, basic ollie, how to take the ollie and progress on it
- Badminton
- Tennis
 - Swing
 - Serve
- Gymnastics
 - High bar
 - Rings
 - Tumbling
- Chess (ideas: don't use a typical chess board; use a demonstration board; show how pieces are set up; demonstrate how pieces move)
- Dance
- Snorkeling
- Put on scuba gear
- Stomach exercises (idea: How to get a great stomach)

- **Crafts**

- How to make candles
- Scrapbook (ideas: do it on a poster board so audience can see; bring in samples; cut out pictures; how to make a themed page; what not to do)
- Jewelry (bracelets)
- Make ornaments
- Decorate Easter eggs (You have to know unique ways to decorate eggs; don't open a box and dip eggs)
- Carve a pumpkin (ideas: different techniques, such as shaving, choosing the right pumpkin, free hand, using stencils)
- Sewing
 - Tie blanket
 - Pillow
 - Repair clothes
 - Hem
- Decorate a Christmas Tree (unique ways)
- Build a birdhouse
- Tie-dye
- Screen-printing
- Flower arranging
- Gardening
- Make greeting cards
- Origami
- Blow glass
- Paper airplanes (ideas: need to be unique; need three or more patterns; different techniques for throwing; talk about aerodynamics; look at <http://paperplane.org/> for ideas)
- Stain glass

- How to sell on Ebay (ideas: screenshots would be required)
 - Developing film
 - Airbrushing
 - Fishing technique
 - Kite construction / flying (<http://www.aka.kite.org/> -- They have kite plans)
 - Draw (ideas: using basic shapes that anyone can make; make sure to have enough to talk about; do not draw for class and not talk; your focus is to teach the class how to draw)
- **Home**
 - Patch a hole in dry wall
 - Change an outlet
 - Wire a circuit
 - Gift wrapping (ideas: unique and **professional** ways to wrap; this speech is usually done poorly, but it could be done well if you teach us how to wrap like a professional)
 - Set a Table (ideas: different ways to fold napkin; where utensils go and why)
 - Fix a toilet (or change out the innards of a toilet)
 - Refinishing furniture
 - Making a home more green (energy-saving) – (ideas: make sure that this is a process speech; show how to do it)
- **Pet care**
 - Training a dog
 - Bathing / grooming
- **Car care**
 - Change oil
 - Change tire
 - Wash (ideas: how to detail a car, cleaning door jambs, engine, streak-free windows, white walls, cleaning brake dust from rims)
- **Hygiene / Personal Care**
 - Teeth (brushing and flossing)
 - Tying shoelace (ideas: see <http://www.fieggen.com/shoelace/index.htm> for many different ways to tie shoes; need to figure how to make visual aid big enough; directions need to be clear)
 - Give a massage (ideas: pressure points; different technique)
 - Manicure
 - Braid hair
 - Bathe a baby
 - Iron clothes
- **First Aid** (Think Boys / Girls Scouts)
 - CPR
 - Heimlich
 - Splinting
 - Dressing a wound
- **talents**
 - Balloon animals (<http://www.balloon-animals.com/>)
 - Magic tricks

- Card tricks
 - Sleight of hand
 - Yo-yo (ideas: tricks, progressions, practice, expert)
 - Walk on stilts
 - Juggling
 - Legos

- **DIY**
 - Marshmallow Shooter (see <http://www.howtoons.com/toon/the-infamous-marshmallow-shooter/>)
 - Make a coloring book Using PhotoShop
 - Make Chinese Finger Traps
 - Water Rocket
 - Woodwork

- **Music—General tips:** explain the technique thoroughly (don't forget to repeat). Show exact placement (feet, hands, etc). Be specific; explain what problems to avoid; explain how much practice it usually takes to master the skill; show the process in slow motion and then in the actual speed (if possible); provide background information if it is useful or entertaining. Name professional musicians who model these skills best. List what practice drills will help one master the skill.
 - Guitar
 - Change strings and tune
 - basic playing
 - Drums / percussion
 - Change skins and tune
 - Basic rhythm
 - Saxophone (ideas: assemble, basic warm-up)
 - Harmonica
 - Banjo

- **Misc.**
 - Folding and taking care of a **flag**
 - Sign language (idea: stick to the basics; concentrate on teaching the class how to say a few things in sign language)

- **Food**
 - Homemade ice cream
 - Any special food or drink (e.g., smoothies) that does not come out of a box