**Chapter 2**

**YOUR FIRST SPEECH**

**Sample Speech Topics**

1. **Informative (Student Athlete Topics): The History of Lacrosse**

Instead of just a “Why I Play Lacrosse” or “Lacrosse” speech, the student can do some research and narrow the topic (e.g. the history, or women’s lacrosse)

<https://www.youtube.com/watch?v=1nAz6z9GqxA> With pictures, the student explores the history of this game.

<https://www.youtube.com/watch?v=2Nif0k77rB4> The speaker highlights the differences between men’s and women’s lacrosse.

1. **Informative/*Limit the Scope of Your Topic*: Chopsticks**

Instead of attempting to tackle a general topic such as Japan, focus on one specific aspect, such as Chopsticks.

<https://www.youtube.com/watch?v=TILvrxosbS4> The student first interviews a chopstick master and then can use the information in a speech. Demonstrations are also included.

<https://www.youtube.com/watch?v=Lf7-D-9w7xo> The history of Japanese chopsticks, how to use them, and facts about worldwide use is presented in slides that students can adapt to a speech.