



LD Glossary and 10-Week Practice Plan.

Forty-plus LD terms in plain language, followed by a ten-week plan that takes a new debater from first speech to confident rounds with about 3 to 4 hours of practice per week.

Round and speeches

Resolution

The statement being debated

Negative (Neg)

Side that opposes the resolution

AC

Affirmative Constructive

1AR

First Affirmative Rebuttal

2AR

Second Affirmative Rebuttal

Prep time

Banked time to prepare between speeches

Flow

Notes tracking every argument

Bracket

The tournament's elimination chart

Affirmative (Aff)

Side that supports the resolution

Constructive

A speech that builds a case

NC

Negative Constructive

NR

Negative Rebuttal

Cross-ex (CX)

Question period after a constructive

Ballot

The judge's decision and comments

Round

One full debate

Pairing

Who debates whom and where

Arguments and strategy

Value

Main goal the case defends

Framework

Value plus criterion

Claim

A statement you want accepted

Evidence

Support: quotes, data, examples

Link

Connection between argument and conclusion

Value criterion (VC)

Measuring stick for the value

Contention

A main reason supporting your side

Warrant

The reason a claim is true

Impact

Why the argument matters

Refutation

Answering an opponent's argument

Turn

Using their argument for your side

Extend

Carry an argument into the next speech

Weighing

Comparing why your impacts matter more

Other useful terms**Burden**

What a side must prove

Case

Your prepared constructive

Card

A piece of evidence with citation

Spreading

Very fast speaking; not preferred by all judges

Utilitarianism

Pick what does the most overall good

Social contract

Rules justified by agreement

Drop

An argument left unanswered

Collapse

Focus on your strongest arguments

Voting issue

A reason to win the ballot

Definition

Meaning of a key term

Block

Prepared response to a common argument

Cite

Source information for evidence

Lay judge

Judge with little debate experience

Deontology

Duty-based ethics

Round robin

Tournament format where every entry debates the others in turn

10-week practice plan

WEEK	FOCUS	DO THIS
1	Format and topic	Learn speech order, find current topic, flow a sample round
2	Values and criteria	Write frameworks for 3 practice resolutions
3	Research	Collect 5 sources per side and summarize each
4	Affirmative case	Draft and time a 6-minute AC
5	Negative case	Draft an NC with 3 prepared responses
6	Cross-ex	Run the eight cross-ex drills
7	Rebuttals	Practice 1AR, NR and 2AR with a timer
8	Flowing and philosophy	Flow 3 rounds; explain 3 philosophies aloud
9	Mock rounds	Two full practice rounds with feedback
10	Polish	Fix top 3 weaknesses and plan tournament day

Adjust the pace for your schedule. Skipping a week is fine; stopping is not.

Weekly check-in

- ☐ I practiced at least three times this week.
- ☐ I recorded or timed at least one speech.
- ☐ I asked for feedback from a coach or parent.

WEEKLY REFLECTION

Scholar Coach can adapt it to your debater's level and schedule. Book a free consultation at the link below.

NOTES

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