

Session 1 Parkour – Stockholm Barnidrottsförening

Theme: Parkour Basics / Reminders

Objectives

Beginner



Understand the activity (description of it)

Introduce the precision jump in different environments

Introduce the basic vaults (step through, speed, monkey, dash, lazy)

Introduce the underbar movement

Intermediate



Go through all vaults as a reminder

Correct the last mistakes on their

Introduce more advanced moves such as monkey precision or Kong

Make them try different obstacles (horses, beams, benches, bars)

Go through the parkour roll techniques

Advanced



Go through all basic vaults as a reminder + advanced vaults

Improve the precision jumps distances

Work on the running / jumping / landing - phases

Make sure that the Parkour roll is mastered

Focus

On quality rather than quantity (it's better to spend more time on only 2 or 3 vaults and have a good understanding of the technique than seeing all the vaults but with a bad execution)

Soft and balanced landing for precision

On the landings, balanced and controlled

On challenging exercises

On efficiency and controlled movements

Use visual marks in order to improve the distances

Physical training during warm up

Remarks

- Keep in mind that it is always nice to finish the session with a small journey where the kids could apply what they've learnt.
- Do not underestimate the safety, put mats around, it's always better to have more than not enough.
- It is the first session of the term and you might hear parents worrying about doing the same thing as last term, so remind them nicely that we have to go through a reminder everytime we have a long break between terms.