

## Session 10 Parkour – Stockholm Barnidrottsförening

Theme: Flow & Efficiency

### Objectives

#### Beginner



*Reinforce the basic vaults*

*Challenge the students with a long journey including all kind of movements*

#### Intermediate



*Basic vaults perfectly mastered*

*Integrate advanced movements in a long journey*

#### Advanced



*No more trampling or slowing down before a vault or other technique*

*The students have perfectly understood the difference between speed and efficiency*

*Challenge the students with journeys you indicate orally*

### Focus

*On the vaults technique and get rid of the last mistakes and parasitic movements*

*Make the students understand the difference between fast and flow*

*On a smooth journey with no break, no queue*

*Make sure the students stay focus on their movements until the end of the journey, do not underestimate a jump even though if they are tired*

*Do not show them the journeys to not influence their choices*

*On smooth Parkour, we do not put speed as the priority, but we want to see something efficient and mastered*

### Remarks

- You can propose some timing/chrono journeys, but be careful, we do not want to discourage the students who are afraid of competition.
- If you have time you can go through some flips at the end of the session.