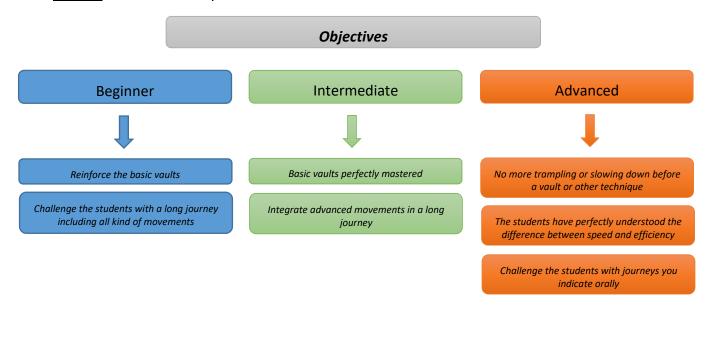
## Session 10 Parkour – Stockholm Barnidrottsförening

Theme: Flow & Efficiency



## 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.