

Session 11 Parkour – Stockholm Barnidrottsförening

Theme: Advanced techniques - Flips

Objectives

Beginner



Introduce some advanced techniques such as monkey precision/ CASH/ dive kong/ etc

Improve front/ sideflip

Intermediate



Challenge the students with monkey cat leap/ double kong/ etc

Improve front/ sideflip

Advanced



Double kong, kong to cat, challenging dive kong, monkey precision to bar

Wallrun to pop vault

Dive flip over obstacles

Introduction to the gainer technique

Flips with landing on hard surfaces

Focus

The basic techniques must be mastered before implementing an advanced one

On the technique and good position for the flips, correct the last mistakes and work the tucking

Implement an advanced technique in the middle of a flow journey

On the impulse, work on the flips height

On challenging the students with distances, take them out of their comfort zone

The roll as to be an automatism after the landing of a flip which is not perfectly balanced

Remarks

- This is basically the last session as session 13 is mostly a demonstration to the parents of the children knowledge and skills.
- I do not impose any advanced technique, you could choose to work on one I did not mention above, that's up to your preferences and imagination.