

## Session 2 Parkour – Stockholm Barnidrottsförening

Theme: Wall-run / Cat Leap / Pop vault

### Objectives

#### Beginner



Introduce the wall-run technique (1 hand/  
2 hands)

Introduce the cat leap technique (standing,  
running)

Introduce the gate vault

#### Intermediate



Introduce the step through to precision  
from the top of the wall-run

Work on the fast overcoming

The gate vault must be mastered

Propose challenging cat leaps (same  
height, long gap...)

Introduce the Pop vault from easy heights

Introduce the cat to cat

#### Advanced



Challenging wall-runs mastered

Bring the Pop vault to overcome the wall

Introduce advanced cat to cat

Challenging cat leap (distances/heights)

Introduce the Dyno move

### Focus

On the landing after the wall-run - roll

On the cat leap landing (hand-feet at the  
same time)

On the landing position for the cat leap  
(feet, hands, knees)

On good landings after the wall-run (roll/  
pure landing)

On the precision of each landing  
(materialize it with tape for example)

Muscle up to increase the efficiency of the  
wall-run

### Remarks

- Don't forget to finish the session on a small journey.
- Try to create a connection with your students, something cool (high five or something else) to finish the session will make them feel special.