

Session 3 Parkour – Stockholm Barnidrottsförening

Theme: Rotations / Spinning moves

Objectives

Beginner



Introduce turn vault, reverse vault, reverse underbar

Introduce the parkour roll

Introduce the front flip (at least the first steps) and the wall-spin

Intermediate



Reinforce the turn vault, reverse vault, reverse underbar (during the warm up)

The Parkour roll has to be mastered

Introduce the webster and reinforce the front flip and wall-spin

Introduce the wall-flip, side flip

Advanced



Flipping / rolling precision (ex: in between narrow spaces, landing precision..)

Introduce the 360 precision

Introduce turn vault to cat

Introduce twisting flips

The reverse vault must be mastered

Focus

On progressive steps and different environment for the flips (decline, from the floor, from a small height..)

Maximum safety on the flips

On different levels especially for the reverse vault (on a wall-run structure for example)

On the execution of the good technique, if you have no time to do all the different flips it's not a big deal – Quality before quantity

On heights and amplitude of the movements

Remarks

- Do not hesitate to put some extra mats around for the flips, safety first!
- Remember to come up with some extra stations for the kids who do not want to flip, we don't want to force them.