

## Session 5 Parkour – Stockholm Barnidrottsförening

Theme: Stride, Jumps and landings

### Objectives

#### Beginner



*Introduce all different kind of jumps (long jump, gap jump, one or two legs, high jumps..)*

*Reinforce the parkour roll*

*Introduce the "pure landing" and "quadrupedal" landing*

#### Intermediate



*Being able to land on different surfaces (big mats, thin mats, unprotected floor)*

*Master the parkour roll*

*Understand the meaning of jumping, "a real push"*

*Introduce the stride*

*Introduce the crane landing*

#### Advanced



*Challenge the students with many variations of height, direction, kind of jump and landing*

*Introduce the "blind jump"*

*Experiment emergency situation / lost of balance during the jump, etc*

*Extreme precision and balance in landings*

*Challenging strides*

### Focus

*On quality landings*

*On challenging distances and heights in a safe environment*

*Make sure the parkour roll is an automatism after a big jump*

*On the feet and knees position on landings*

*Landings mastered and controlled*

### Remarks

- This is the 6th session, our students should have a good understanding of the basic vaults (speed, monkey, step-through..), don't hesitate to go through it quickly during the warm up as a reminder, repetition is the Key!
- I see a lot of students not jumping but mostly "dropping" or "stepping in the void", try to be creative and make them push over something they can visualize.