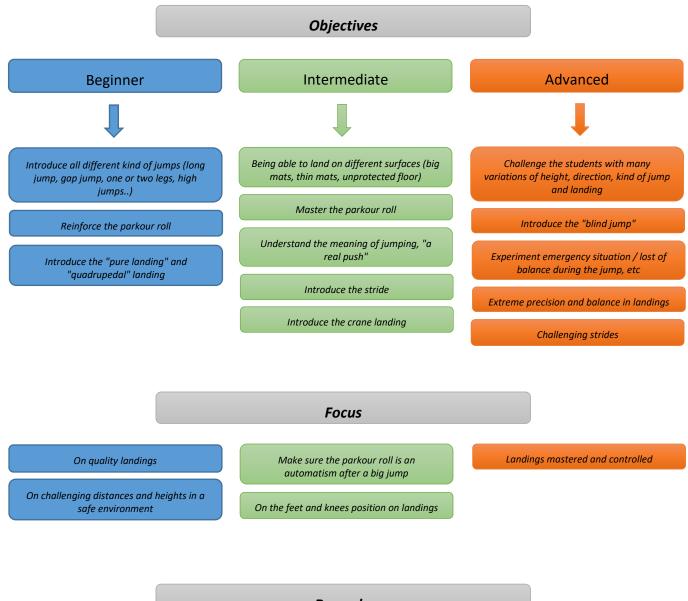
Session 5 Parkour - Stockholm Barnidrottsförening

Theme: Stride, Jumps and landings



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.