

Session 6 Parkour – Stockholm Barnidrottsförening

Theme: Flips and tic tac

Objectives

Beginner



Introduce the backflip and wallflip manipulation

Introduce the webster/ the front flip technique

Introduce different kind of tic tac (from incline wall, vertical wall, precision, etc)

Intermediate



Introduce the side flip one leg/ two legs

Work on backflip and wallflip

Experiment new kind of tic tac (tic tac -> underbar, tic tac -> step through, tic tac -> dash, etc)

Advanced



Tic tac from flat wall + all variations mastered from intermediate level

360 tic tac

Webster / front flip techniques mastered

Wall flips (back, front, side)

Focus

On the safety environment for the flips

On the "tucking" position during the rotation

On challenging exercises for the tic tac

On the wall grip and the foot height to insure the best results

Remarks

- Usually during the backflip manipulation the children release their legs for the landing and that's when they can get injured. Make sure you brief them about it and remind them to get "ready" to land and stay tonic, no "spaghetti" legs.
- We want to focus on a nice push for the tic tac, we do not "step on the wall" but we Push and jump.