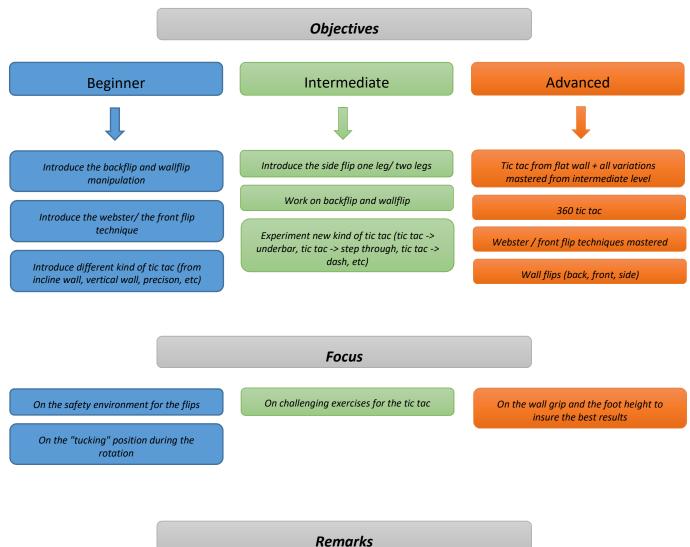
## Session 6 Parkour - Stockholm Barnidrottsförening

Theme: Flips and tic tac



- 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.