

Session 7 Parkour – Stockholm Barnidrottsförening

Theme: Bars and balancing

Objectives

Beginner



Introduce the bar swinging movement

Introduce the laché / laché-precision

Introduce different kind of underbar (reverse/ running..)

Challenge the students with different balancing exercises (bars/ beams/ different heights)

Intermediate



Introduce different kind of laché (to precision, to cat leap)

Eventually introduce laché backflip for the most talented

Challenge the students with different kind of undebar (turn vault to underbar, narrow space, underbar to drop)

Propose balancing exercises with height

Advanced



Laché precision mastered

Work the muscle up on bar

Challenge the students with different heights and distances

Work on laché to backflip

Improve the students balance

Focus

Watch carefully the hands of the students to avoid cuts and skin removed

On explaining the different kinds of laché techniques (one hand, two hands)

On safety if you use exercises with height

Remarks

- Be aware that the bar/ laché session is usually difficult and very frustrating for the students. It is important to introduce it to them, but if you see that it is not going well for a group then adapt and focus a bit more on balancing.
- If you have no bars in the gymnasium, then replace the laché with advanced techniques such as dive kong, monkey precision, etc.