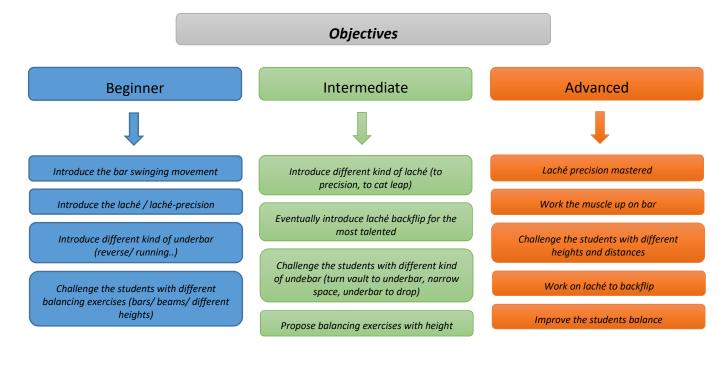
Session 7 Parkour - Stockholm Barnidrottsförening

Theme: Bars and balancing



Focus

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

On safety if you use exercises with height

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

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.