

Session 8 Parkour – Stockholm Barnidrottsförening

Theme: Mix-up / Leader choice / Student Choice

Objectives

Beginner

Intermediate

Advanced



This a Free session for the leaders.

You can combine some/all the techniques seen in the previous sessions.
You can decide to organize the sessions yourself or you could ask the week before to your students what they would like to work on.

Focus

 This is not a “fun” session (like session 5 or 10).

Remarks

- I realized last term that a lot of students were asking for specific movements to work on and unfortunately we did not really had the possibility to please them all following our schedule. This sessions will be used to fix that. Prioritize the students desires.