

Session 9 Parkour – Stockholm Barnidrottsförening

Theme: Special Parkour journeys 2

Objectives

Beginner



Build a journey mixing balance, techniques, climbing, jumps, swing, rolls, etc

Propose to the students challenging games/journeys (ninjas, in the dark, blindfolded, crawling, by pairs, floor is lava, tag game..)

Intermediate



Let them build their own journey and be creative

Introduce some games such as tag, tail game or anything else you can imagine

Advanced



Challenge the students to do a journey with a handicap (1 eye blindfolded, using only 1 hand, etc)

Try to put the kids in real life situation, training in jeans, with shoes, bag, jackets..

Work on the "one shot" principle

Focus

It is a fun session, we focus a bit less on techniques and more on entertainment

On creativity and fun exercises

On building a park with multiple journeys possible

We want the students to take quick decisions and react fast

We want to bring the students closer from real life situation, to make them creative and overcoming problems they could encounter

Remarks

- Try to participate in the games instead of just being a spectator.