

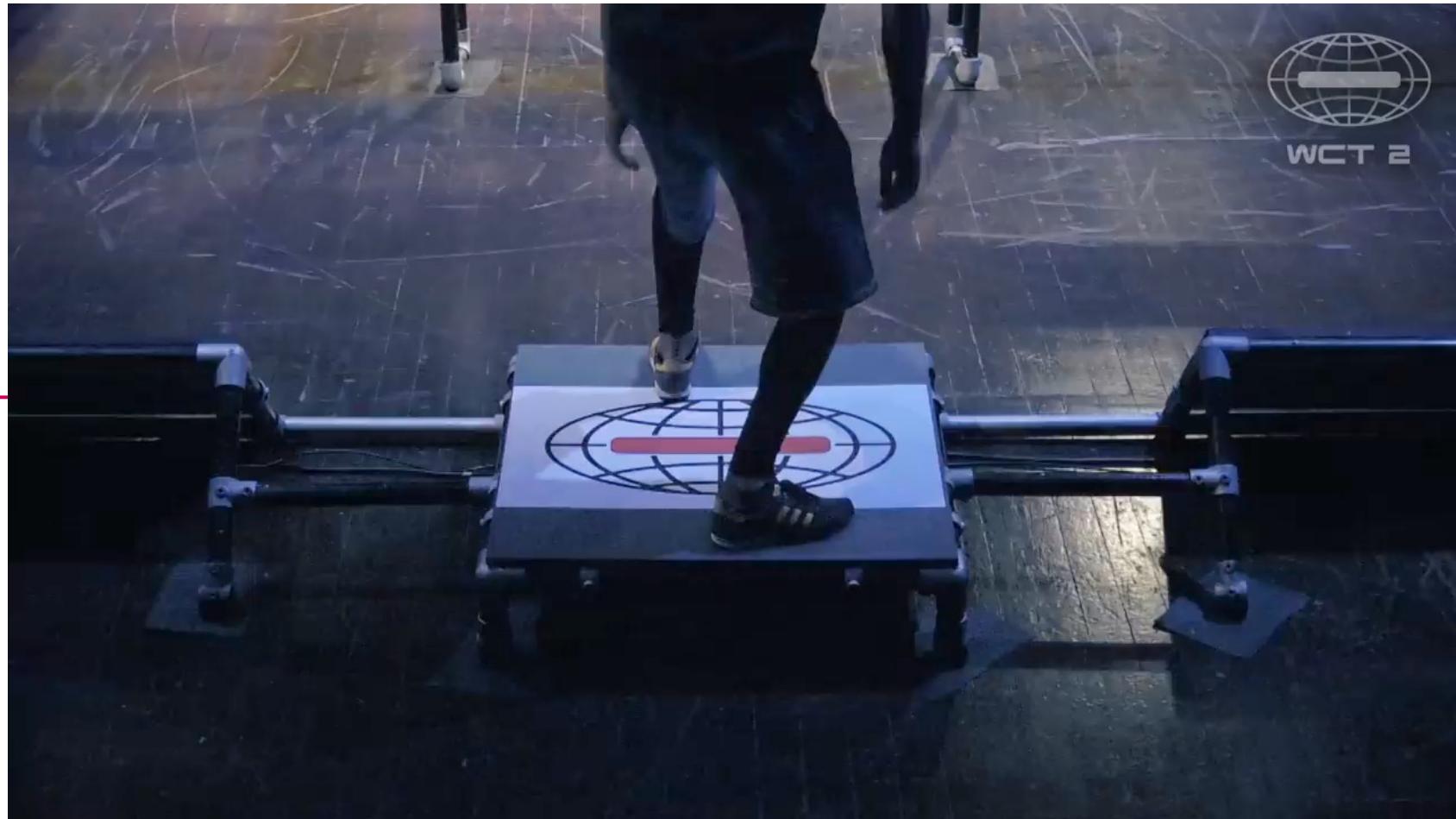
Athletic Skills Model and Donor Sports (2022-?)

Dr. Ben Strafford

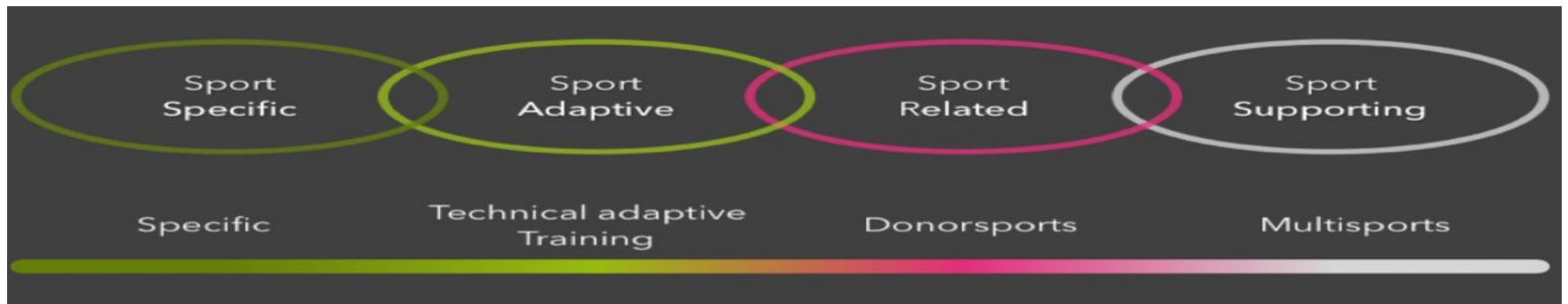
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| What is Parkour?



The Athletic Skills Model



Donor Sports

What is a donor sport?

Donor sports are activities that share general and specific movement repertoires required to perform well in an athletes main target sport (Strafford et al., 2018)

What should donor sports *look* like?

Athletic Skills Model recommends that the choice of donor sport must provide a varied learning environment that enables explorative and innovative movement solutions to task goals

Task



What skills could be donated between these sports?

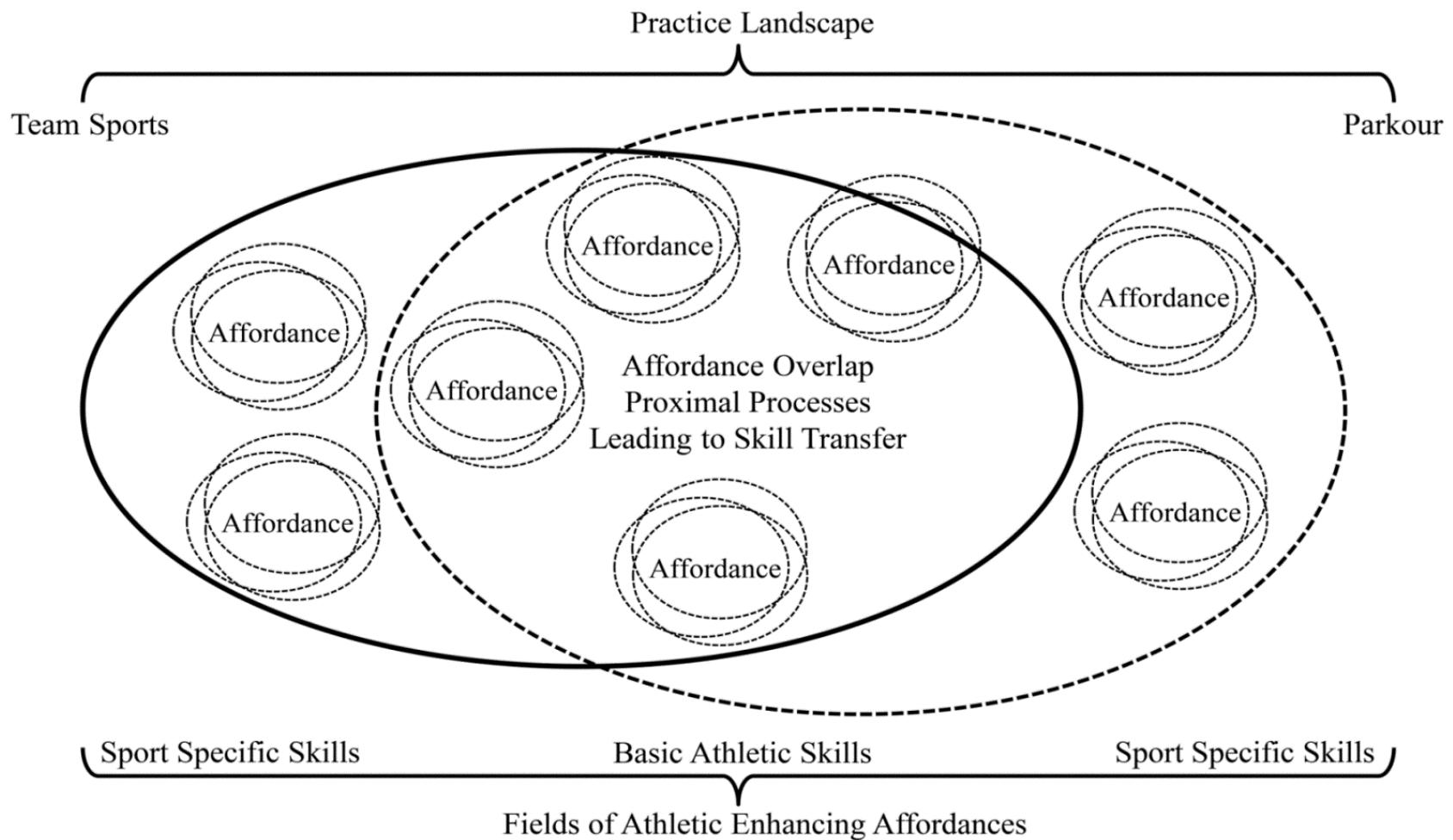
Historical Context

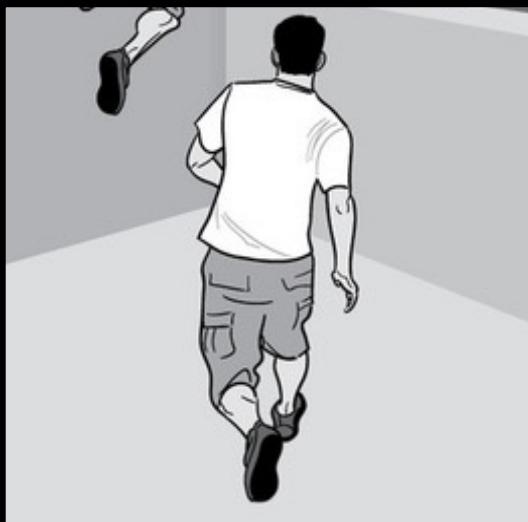
- Early parkour traceurs learned from the teachings of George Hébert's Méthode Naturelle, a training model focused around exercises relating to basic movement skills
- Méthode Nature shares many parallels with the Athletic Skills Model, which proposes that to develop health, well-being and athletic potential, coaches need to design learning environments that first build basic athletic skills, from which future specialised technical movements linked to a target sport can be developed (Savelsbergh & Wormhoudt, 2019)



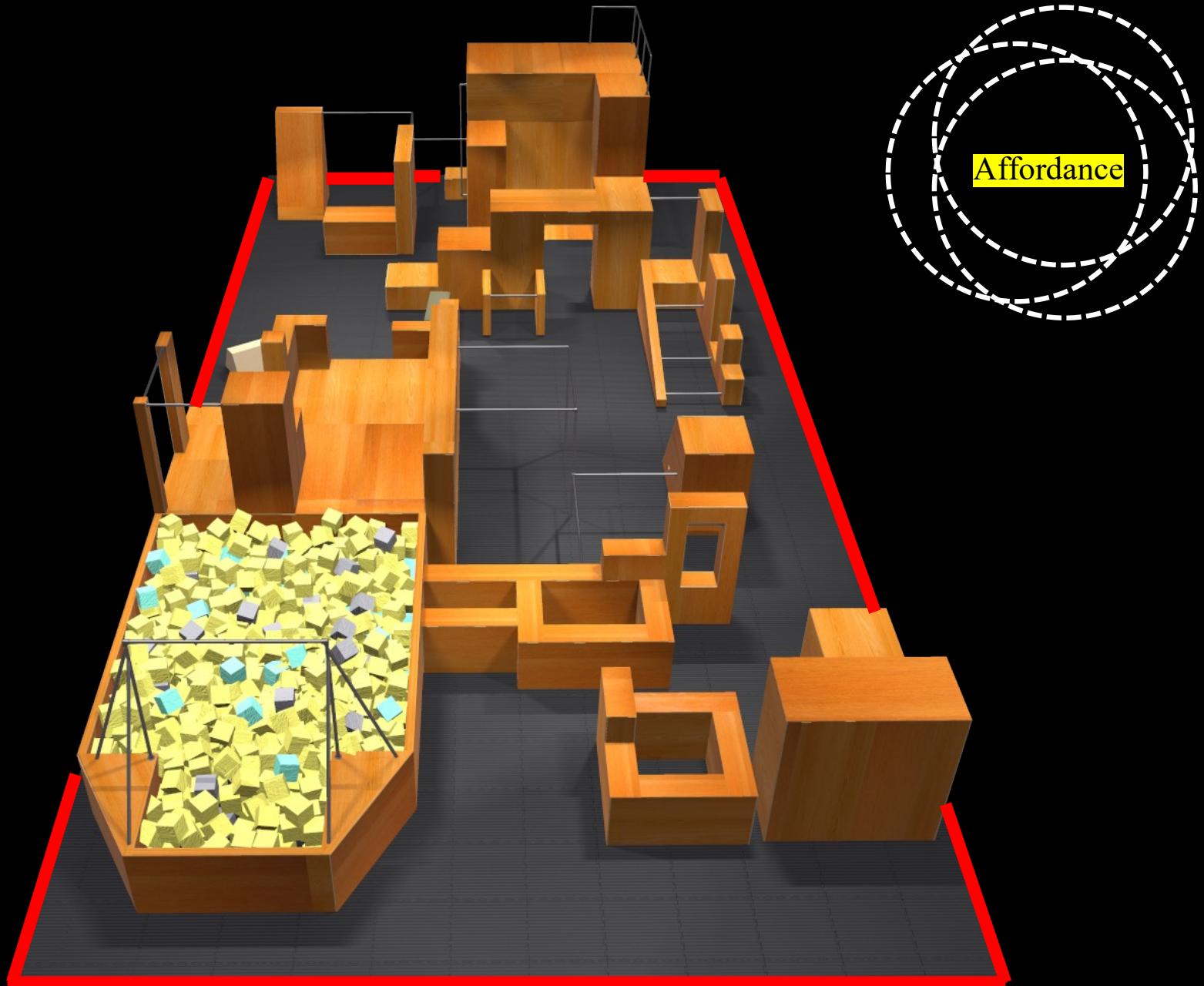
*“be strong to be useful”
and ‘to be and to last’
(Georges Hébert)*

Strafford et al. (2018)



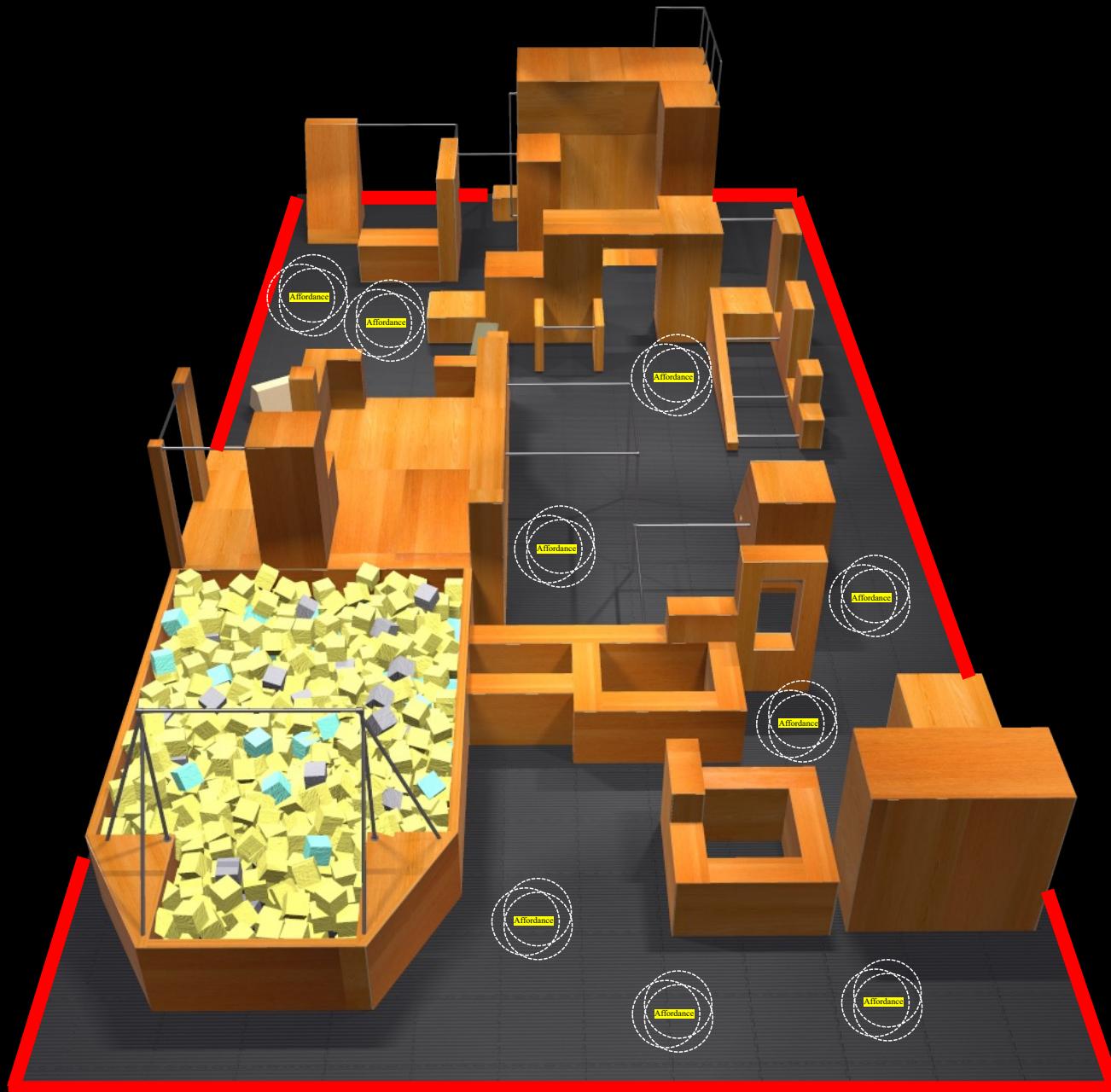


a)



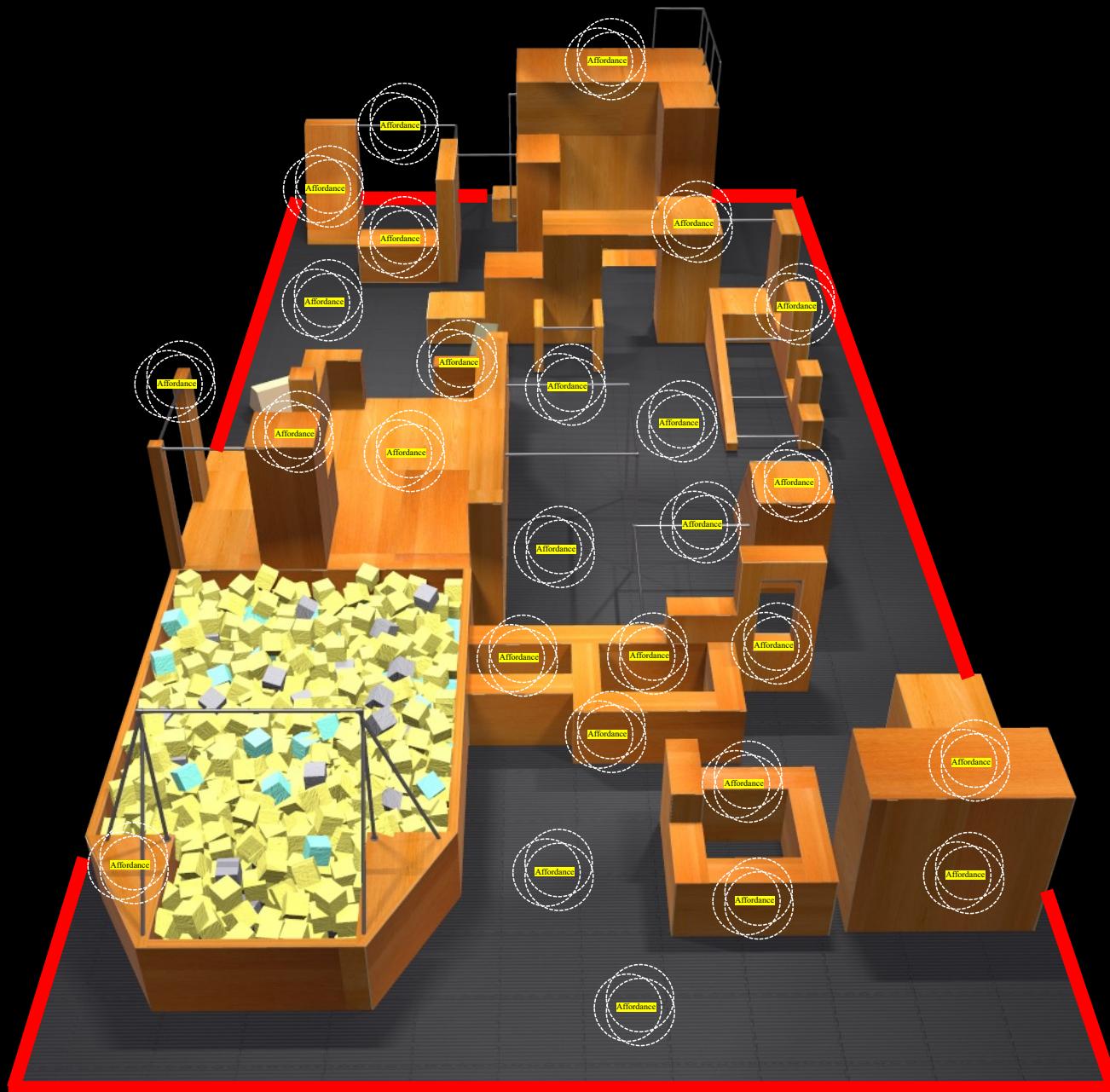
Parkour speed-run environment without a performer

b)



Parkour speed-run environment (limited Parkour exposure)

c)



Parkour speed-run environment (experienced in Parkour)

Feasibility of Parkour-style training in team sport practice: A Delphi study.

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²Expert Performance and Skill Acquisition Research Group, Faculty of Sport, Allied Health, and Performance Science, St Mary's University, Twickenham, TW1 4SX

Ben William Strafford

Sport and Human Performance Research Group, Sheffield Hallam University

Movement, Learning and Pedagogy - A contemporary perspective, Norwegian School of Sport Sciences and Norwegian University of Science and Technology.

22nd October 2021

Rationale

- Whilst, Strafford et al. (2021a) provided an initial insight into the how Parkour-style training could be integrated into team sport settings, it cannot serve to provide consensus on recommendations for practice design alone.
- The Delphi method has a variety of iterations, but typically consists of a sample of subject experts responding anonymously to a series of iterative questionnaires, with feedback used between rounds to reach consensus among the group (Hasson et al., 2000).
- The aim of this study was to **acquire expert opinion** on the **feasibility of integrating Parkour-style training into team sport practice routines** and to **establish a framework and set of design principles for integrating Parkour-style training in team sport settings**.

Context

CURRENT OPINION

Open Access



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Parkour as a Donor Sport for Athletic Development in Youth Team Sports: Insights Through an Ecological Dynamics Lens

Ben William Strafford^{1*}, Pawel van der Steen¹, Keith Davids¹ and Joseph Antony Stone²

EUROPEAN JOURNAL OF SPORT SCIENCE

2021, AHEAD-OF-PRINT, 1-9

<https://doi.org.hallam.idm.oclc.org/10.1080/17461391.2021.1891295>



Effects of functional movement skills on parkour speed-run performance

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QUALITATIVE RESEARCH IN SPORT, EXERCISE AND HEALTH

2021, VOL. 13, NO. 3, 390–406

<https://doi.org/10.1080/2159676X.2020.1720275>



Routledge
Taylor & Francis Group



Designing Parkour-style training environments for athlete development: insights from experienced Parkour Traceurs

Ben William Strafford ^a, Keith Davids ^a, Jamie Stephen North ^b and Joseph Antony Stone ^a

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Journal of Motor Learning and Development, (Ahead of Print)

<https://doi.org/10.1123/jmld.2021-0005>

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ORIGINAL RESEARCH

Exploring Coach Perceptions of Parkour-Style Training for Athlete Learning and Development in Team Sports

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¹Sport and Physical Activity Research Centre, Department of Sport and Physical Activity, Sheffield Hallam University, Collegiate Crescent, Sheffield, United Kingdom; ²Expert Performance and Skill Acquisition Research Group, Faculty of Sport, Allied Health, and Performance Science, St Mary's University, Twickenham, United Kingdom

Rationale

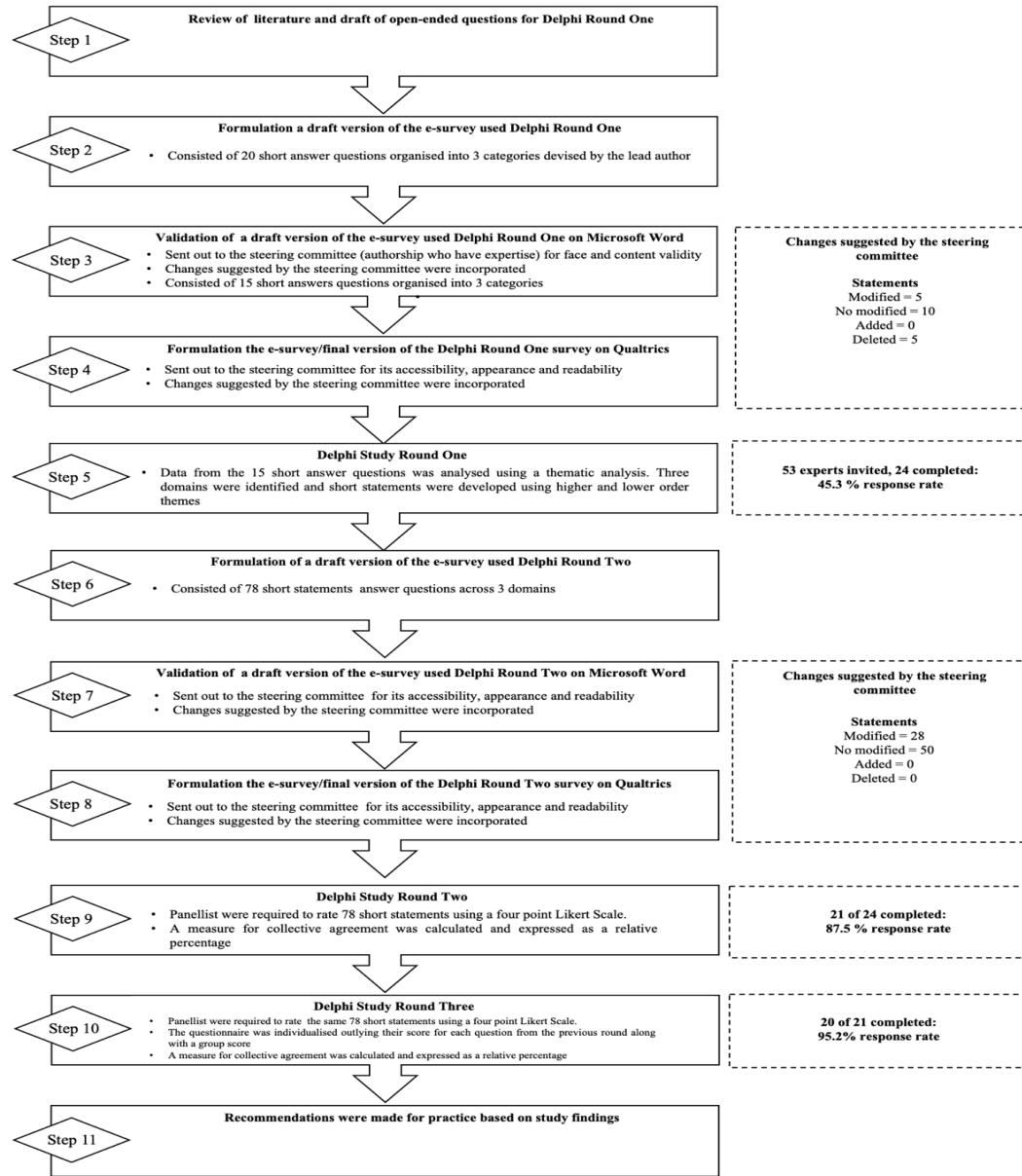
- Whilst, Strafford et al. (2021a) provided an initial insight into the how Parkour-style training could be integrated into team sport settings, it cannot serve to provide consensus on recommendations for practice design alone.
- The Delphi method has a variety of iterations, but typically consists of a sample of subject experts responding anonymously to a series of iterative questionnaires, with feedback used between rounds to reach consensus among the group (Hasson et al., 2000).
- The aim of this study was to **acquire expert opinion** on the **feasibility of integrating Parkour-style training into team sport practice routines** and to **establish a framework and set of design principles for integrating Parkour-style training in team sport settings**.

Panel Selection

- Talent development specialists and strength and conditioning coaches with expertise in team sports were specifically targeted for inclusion in the study.
- Had to possess accreditation from a relevant governing body and/or university degrees in related subject areas, and a minimum of three years' experience working in applied team sport settings at the time of recruitment.
- Institutional ethical approval was granted by the university ethics committee of the lead author, with all participants providing informed written consent prior to the commencement of the online-Delphi study.

	Round 1 (n=24)	Round 2 (n=21)	Round 3 (n=20)
Descriptives:			
Age (Years) (Mean ± SD)	34.1±9.4	33.2±8.8	32.8±8.8
Experience (Years) (Mean ± SD)	13.4±7.1	13.4±7.1	11.9±6.4
Current Role:			
Talent Development Coach	41.7% (10)	38.1% (8)	38.1% (8)
Strength and Conditioning Coach	41.7% (10)	42.9% (9)	38.1% (8)
Both	16.7% (4)	19.0% (4)	19.0% (4)
Sports currently working with:			
American Football	4.2% (1)	4.8% (1)	5.0% (1)
Basketball	4.2% (1)	4.8% (1)	5.0% (1)
Gaelic Football	4.2% (1)	4.8% (1)	5.0% (1)
Ice Hockey	4.2% (1)	4.8% (1)	5.0% (1)
Multi-Sport	33.3% (8)	28.6% (6)	35.0% (7)
Rugby League	8.3% (2)	9.5% (2)	10.0% (2)
Rugby Union	4.2% (1)	4.8% (1)	5.0% (1)
Soccer	33.3% (8)	38.1% (8)	40.0% (8)
Team Athletic Sports	4.2% (1)	0.0% (0)	0.0% (0)
Academic Qualifications:			
Undergraduate Degree	79.2% (19)	81.0% (17)	80.0% (16)
Master's degree	54.2% (13)	57.1% (12)	55.0% (11)
Doctorate Degree	12.5% (3)	9.5% (2)	10.0% (2)
Professional Qualification:			
Strength and Conditioning Accreditation	45.8% (11)	38.1% (8)	35.0% (7)
Sport Coaching Qualification	45.8% (11)	47.6% (10)	50.0% (10)
Country of Employment:			
Finland	4.2% (1)	4.8% (1)	5.0% (1)
Ireland	8.3% (2)	9.5% (2)	10.0% (2)
Morocco	4.2% (1)	4.8% (1)	5.0% (1)
Netherlands	4.2% (1)	4.8% (1)	5.0% (1)
Portugal	4.2% (1)	4.8% (1)	5.0% (1)
Singapore	4.2% (1)	0.0% (0)	0.0% (0)
United Kingdom	62.5% (15)	61.9% (13)	60.0% (12)
United States	8.3% (2)	9.5% (2)	10.0% (2)

Delphi Procedure



Please select one answer for each statement. The questionnaire will auto-advance onto the next statement once you have selected an answer.

Parkour-style training may take the form of an obstacle course in team sport settings. (1/78)

Strongly Agree
Agree
Strongly Disagree
Disagree
Don't Know

Please select one answer for each statement. The questionnaire will auto-advance onto the next statement once you have selected an answer. If your choice of answer has not changed between rounds, please select the same response as last time. If you want to change your answer from the last round, please select a different response.

Parkour-style training may take the form of an obstacle course in team sport settings. (1/78)
Your answer from round 2 was: AGREE
Group Responses: Strongly Agree: 52.4%, Agree: 47.6%, Disagree: 0%, Strongly Disagree: 0%, Don't Know: 0%

Strongly Agree
Agree
Disagree
Strongly Disagree
Don't Know

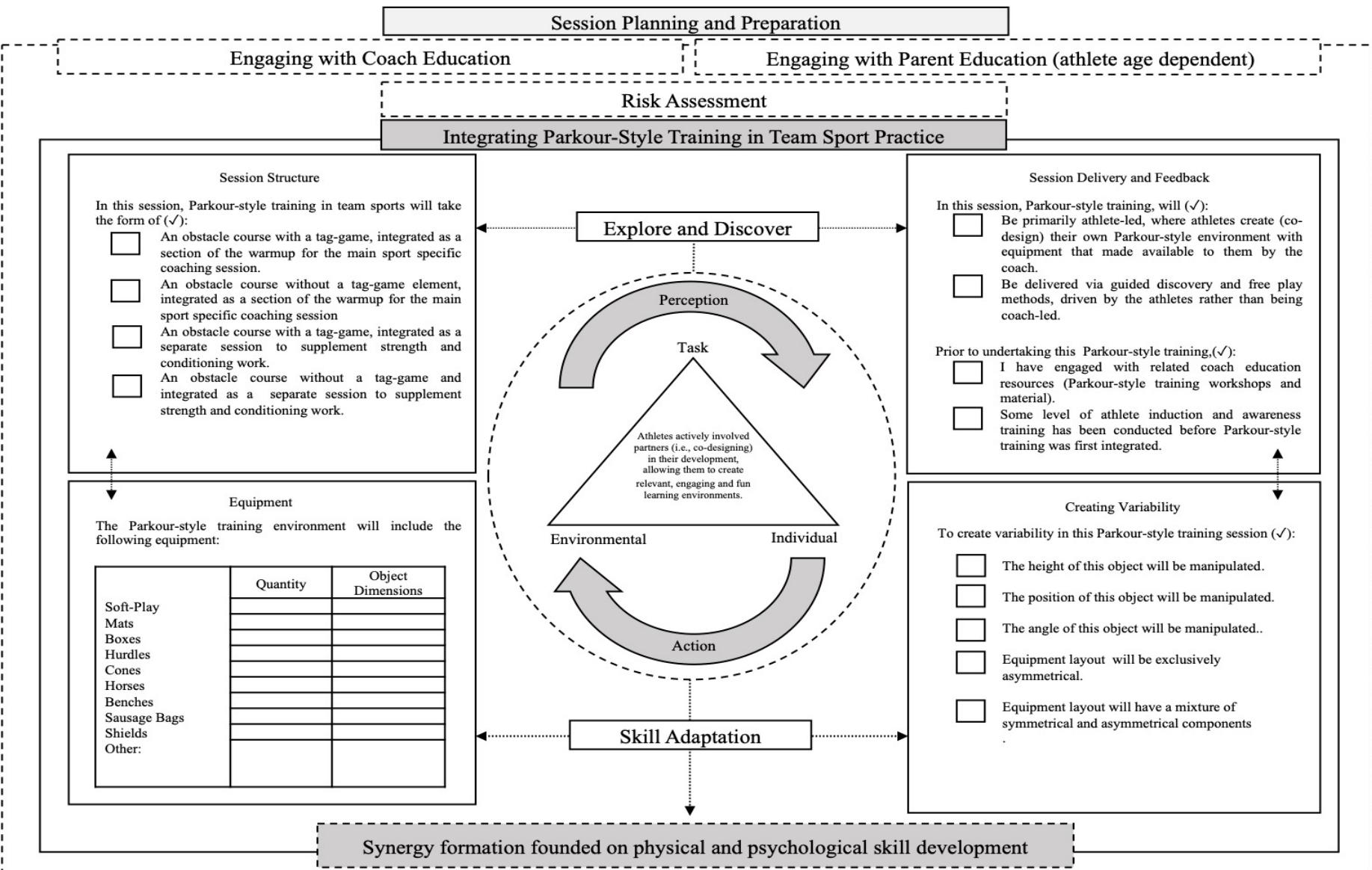
Results Summary

Statement Dimensions	Number of statements in each domain		Proportion of statements where consensus was achieved (n)	
	Round 2	Round 3	Round 2	Round 3
Applications of Parkour-style training in Team Sports ^a	13	13	100.0% (13)	100.0% (13)
Designing and Implementing Parkour-style training Environments ^a	32	32	71.9% (23)	78.1% (25)
Overcoming Potential Barriers when Integrating Parkour-style training ^a	33	33	81.9% (27)	78.8% (26)

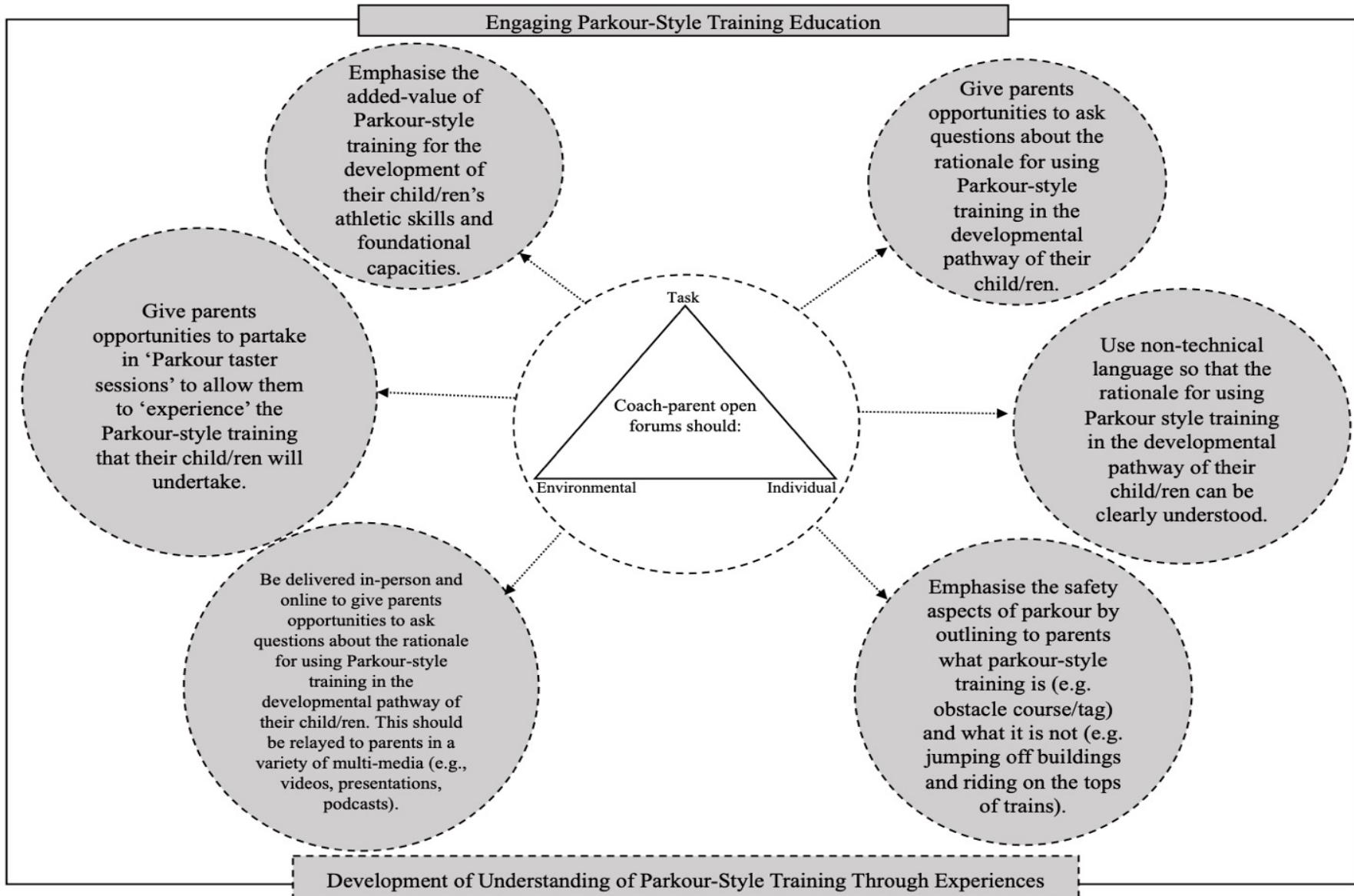
Note: Consensus was achieved when 70% of participants strongly agreed/agreed or strongly disagreed/disagreed

with a statement. ^aStability of consensus (<10% variation) was achieved between Round 2 and Round 3.

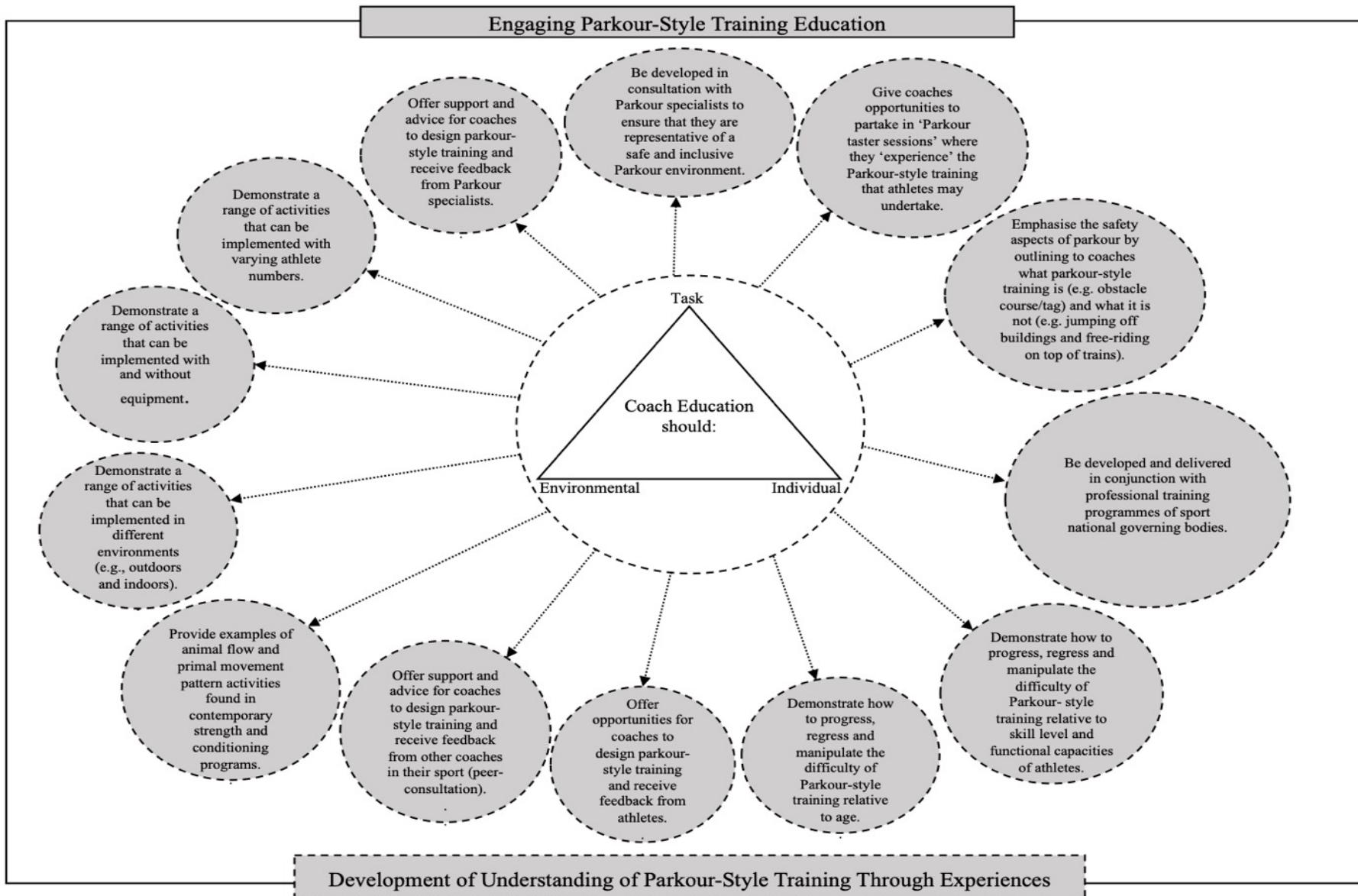
Principles framework for integrating and delivering Parkour-style training in team sport settings.



Principles for supporting the successful integration of Parkour-style training via coach education opportunities.



Principles for supporting the successful integration of Parkour-style training via parent education opportunities.



Donor Sports in Action

In groups, design and justify a small scale learning intervention using a donor sport for Women's football team you have been allocated. Write your ideas down on flipchart paper.
Think about:

- Underlying theory
- The main skills required in the target sport
- Skill level and abilities
- **Approaches for measuring learning**

Create a learning environment to target these skills using the equipment provided!

Previous Examples (A++++)

