

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

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

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Introduction

- Recently researchers have addressed *how* Parkour-style training might be integrated as a donor sport using coaches’ experiential knowledge (Strafford et al., 2020; Strafford et al., 2021). However, these initial insights cannot serve to provide consensus on recommendations for practice design alone.
- 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. The sample demographics are outlined in Table 1.
- Participants 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.

Delphi Procedure

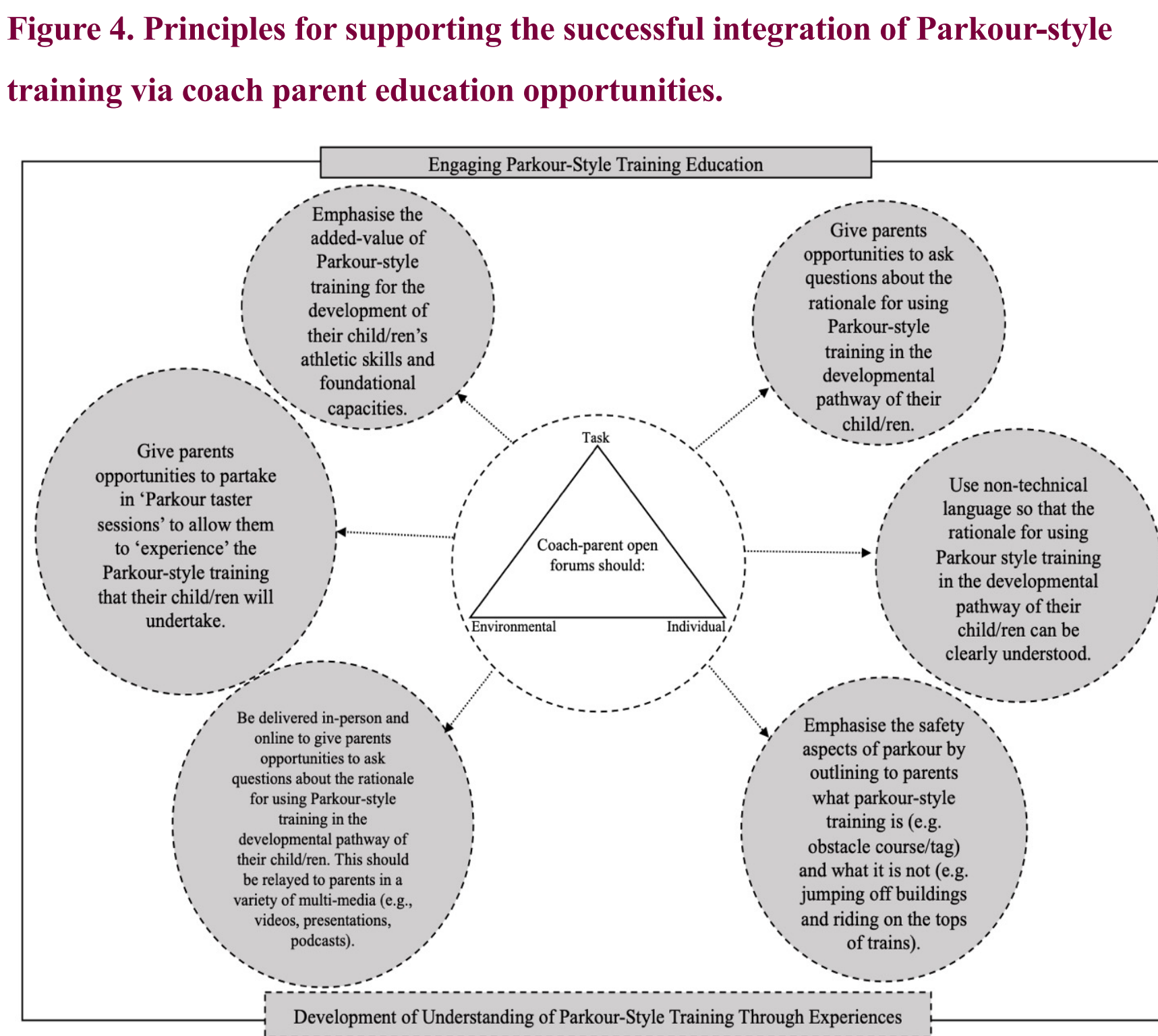
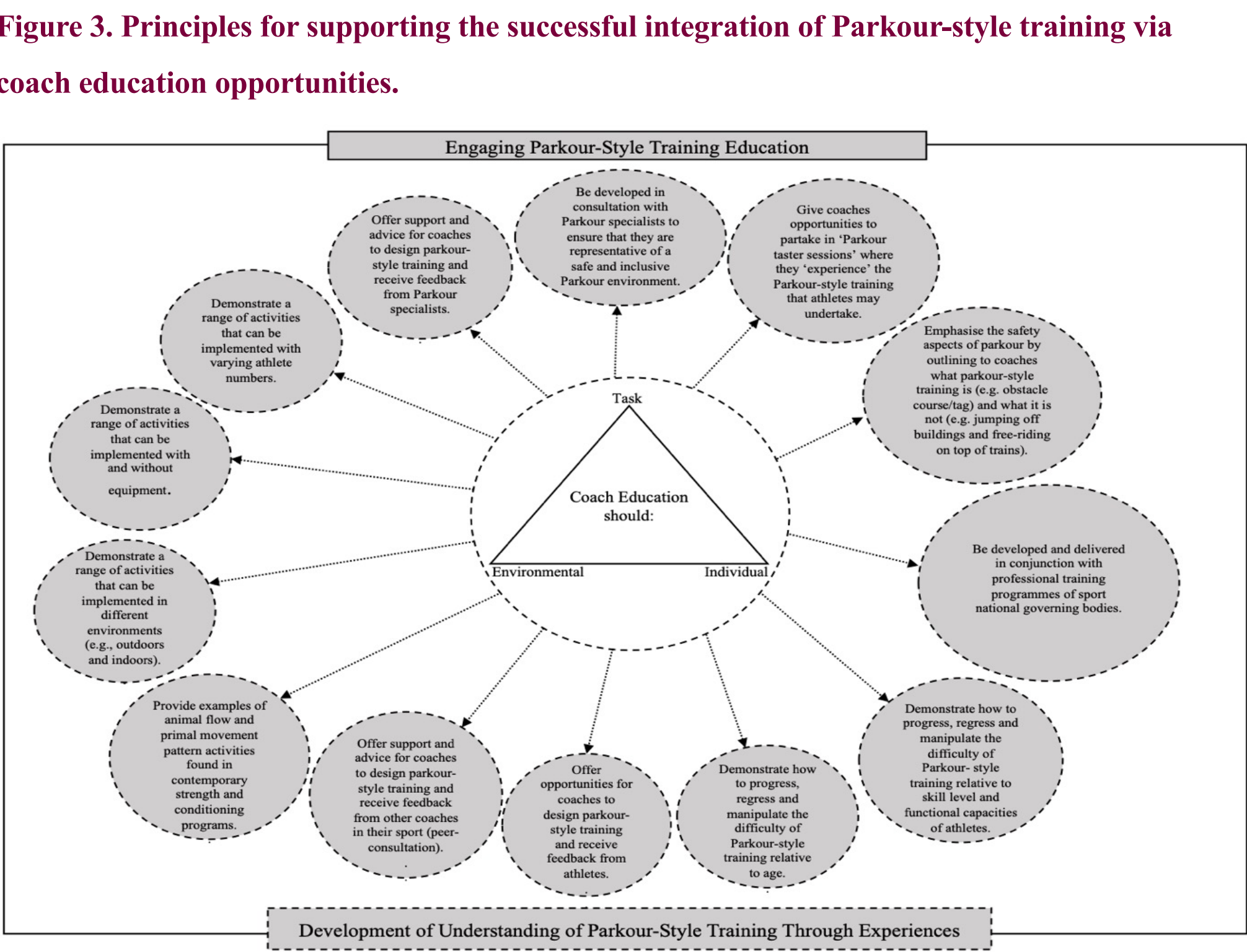
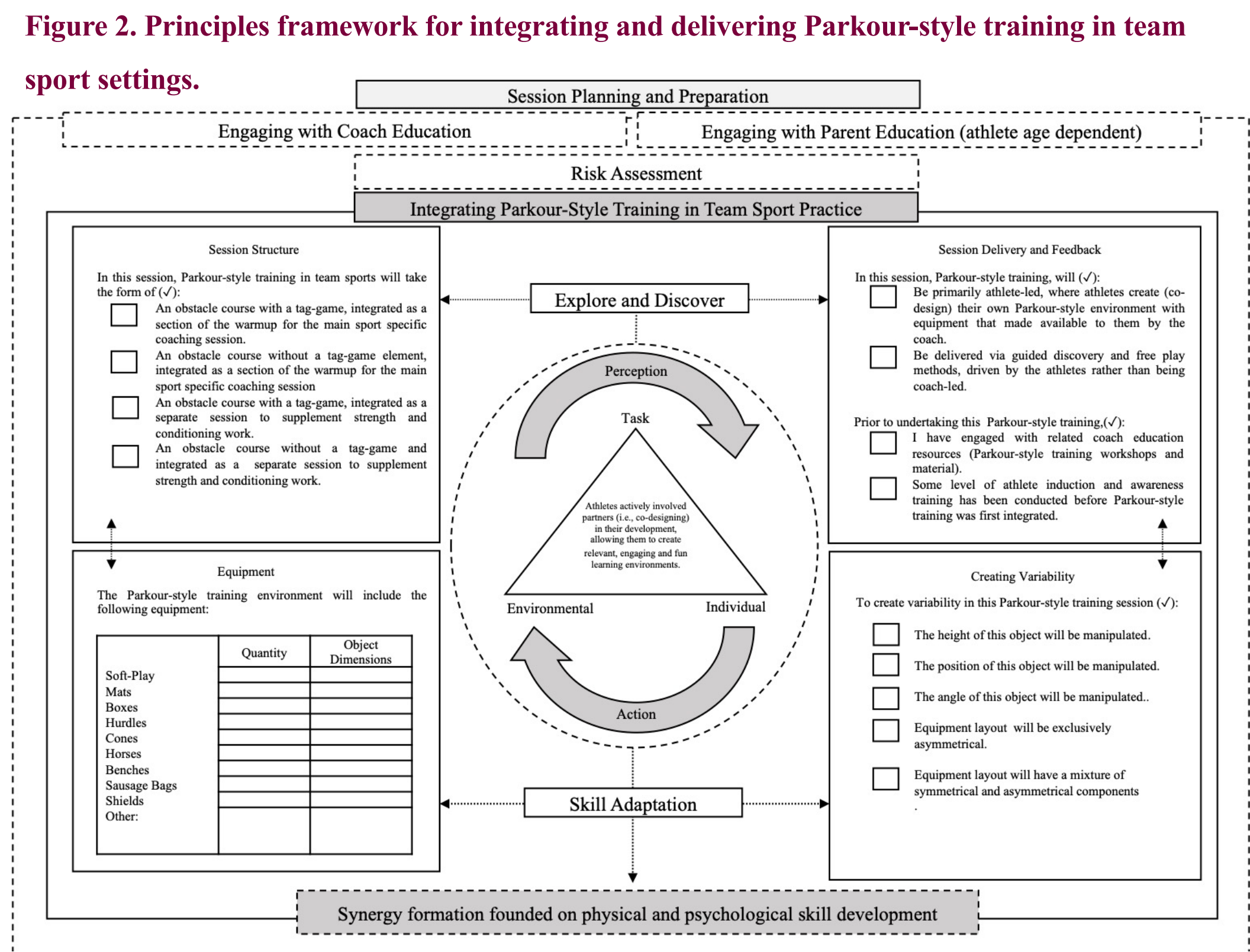
- Figure 1 outlines the online-Delphi procedure which consisted of three iterative rounds using ad-hoc Qualtrics questionnaires.
- In **Round One**, coaches answered **15 open-ended questions across four categories**: (1) General Perceptions of Parkour-style training; (2) Potential Applications of Parkour-style training; (3) Designing and Implementing Parkour-style training Environments; and (4), Creating an Inclusive Learning Environment.
- Responses from Round One were **analysed using reflexive thematic analysis with deductive and inductive coding resulting in 78 statements across three dimensions** (Application of Parkour Style Training in Team Sports; Designing and Implementing Parkour-style training Environments; Overcoming Potential Barriers when Integrating Parkour-style training).
- In **Rounds Two and Three**, coaches rated these statements using a four-point Likert scale and measures of collective agreement or disagreement were calculated.

Criteria for Consensus

- Based on previous work, **consensus was defined as $\geq 70\%$ of the panel agreeing/strongly agreeing or disagreeing/strongly disagreeing with a statement in Round Three** (Vogel et al., 2019).
- All ‘**don’t know**’ responses were excluded to ensure that the reported percentage agreement or disagreement for each statement represented the consensus among only those who believed they held a firm view.
- The **stability of consensus was considered reached if the between round group responses (between Round 2 and Round 3 in this instance) varied by $\leq 10\%$** (Duffield, 1993).

Results and Implications

- Informed by the findings from the study, a set of design principles for integrating Parkour-style training into team sport practice routines has been established.
- Figure 2 provides a coaching resource which outlines principles for integrating and delivering Parkour-style training in team sport settings, across four pillars: equipment, structure, creating variability, and session delivery and feedback.** Before integrating Parkour-style training in team sport settings it is recommended that coaches engage with this resource and relevant coach education material to aid the development and delivery of a Parkour-style learning environment as a platform for athlete development.
- Figure 3 and 4 provides principles for supporting the successful integration of Parkour-style training via education opportunities.** Whilst these recommendations are provided, future work is required to develop parent and coach education materials and examine the feasibility of these developmental activities in team sport settings.



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