

Basketball

Men only, women only, option possible

Basketball is a team sport in which two teams of five players face each other. Played by dribbling the ball with the hands, the goal is to score more points than the opposing team by throwing the ball into a basket.

Basketball courses are adapted for different skill levels. All forms of the game (reduced game, offensive/defensive and individual/team skills) are addressed for students to become versatile players with a good understanding of the game. Technical strengthening along with some physical training will meet everyone's needs. Basketball training will focus on developing teamwork and improving individual skills (passing, dribbling, shooting etc.) and physical fitness through various drills and practice games.

Students registered in basketball will have the opportunity to challenge other university teams in the competitive league (ADISL) in which Sorbonne Abu Dhabi is involved.

Equipment and/or outfit required:

Shorts and T-shirt (or vest)

Suitable footwear (ankle-height basketball shoes are mandatory)

Running shoes are not recommended as they increase the probability of sprain

You can find information about all the available sports activities on the Sorbonne Abu Dhabi website: **sorbonne.ae**

For more information, please contact the Sports Department: **sports@psuad.ac.ae**



Beach volleyball

Men and women

Beach volleyball is a team sport played between two teams of two players separated by a net, with the aim of sending the ball to their opponent's court using their hands.

Similar to volleyball, the main differences between the two sports is that beach volleyball is usually played outdoor on a beach (sand court) and each team is only composed of two players.

Equipment and/or outfit required:

Basic sportswear

Classic sports shoes

Showers available on site

For more information, please contact the coach.

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Football

Men and women, option possible

Soccer/football was born in Great Britain in the late 19th century and has become the most popular sport in the world. The World Cup is the main football event and the largest sports competition globally involving 32 teams. Football is made up of strategy and different game systems, which requires organisation and careful preparation. Football can teach many lessons in life.

We offer students a comprehensive learning schedule and lessons with thoughtful exercises to achieve goals together. Evaluations will be based on the general skill level of the player in terms of technical, physical and tactical aspects.

Equipment and/or outfit required:

Students are required to have a football outfit including a football shirt, shorts, socks and shoes (molded cleats because we train on the lawn). For indoor sessions, a jersey, shorts and sneakers or futsal shoes are required.

Evaluation criteria (If your optional activity is possible)

The evaluation will be based on the general skill level of the player in terms of technical, physical and tactical aspects. Regular attendance at training is required, as well as the capacity to understand instructions, their influence in the group, a positive attitude and one's capacity to improve the rest of the team.

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Multisport

Multisport sessions will be offered for leisure practice in the main sports hall and will comprise cycles of Badminton, Table Tennis, Volleyball or Basketball.

Competitions will be organised by the coach in these sports.

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FOXES

PPG basketball

Men and women

PPG basketball involves physical conditioning courses specifically designed to improve an athlete's level of strength, resistance, power and endurance through basic exercises (squats, push-ups, abs, jumps, sprints etc.) organised in a circuit type of training.

Equipment and/or outfit required:

Shorts and T-shirt (or vest)

Suitable footwear (ankle-height basketball shoes are mandatory)

Running shoes are not recommended as they increase the probability of sprain.

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PPG volleyball

Men and women

PPG volleyball is general physical preparation and exercise. It comprises a range of exercises which reinforces the muscular, tendinous and joint mobility systems of the upper and lower body.

The main objective of PPG volleyball is to prevent the risk of injuries through general exercises which improves all muscle groups and promotes good body balance. These exercises are generally used in preparation for a sport, consisting of some training on all the technical movements done in the sport itself.

Equipment and/or outfit required:

Basic sportswear

Classic sports shoes

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FOXES

Touch rugby

Men and women

Touch rugby is a part of the rugby family, whose rules are more alike to rugby league, from which it derives, than rugby union. Tackling is not allowed. Touches can be done on any part of the player or on the ball.

Touch rugby brings participants together through its own league. In France, this activity is being structured and developed.

Equipment and/or outfit required:

Basic sportswear

Cleats

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Volleyball

Men and women

Volleyball ADISL

Option possible

Volleyball is a team sport involving two teams of two players separated by a net, competing to score by hitting a ball to their opponents side of the court using their hands.

Volleyball courses are offered in the form of sports training. Students learn, improve and have fun. Assiduity is very important, as well as participation in all the tasks related to learning (assembly of equipment, training partners, concerns about progressing technically, tactically, individually and collectively).

Equipment and/or outfit required:

Basic sportswear

Classic sports shoes

For more information, please contact the coach.

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