

Badminton

Men and women, option possible

Badminton is a racket sport with two opposing players (singles) or pairs (doubles), who compete against each other on a badminton court, separated by a net. Players score points by striking a shuttlecock with a racket to make it fall into the opponent's court. The exchange ends when the shuttlecock touches the opponent's side of the court or if it falls outside the boundaries of the court.

Badminton practice allows students to learn and develop their technical skills (drive, drop, serve, smash, feet placement, agility and speed) and their physical fitness through various exercises and games, in order to improve their game level. The course will also offer students the opportunity to learn about the different aspects of the sport (types of game, tactics, strategy and equipment) and will prepare students for friendly competitions including the ADISL league and tournaments.

Equipment and/or outfit required:

Basic sportswear
Light sports shoes

For more information, please contact the coach.

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**



FOXES

Table tennis

Men and women, option possible

Table tennis, better known as “ping pong” is a sport in which two or four players hit and return a small ball, equipped with a small racket. The game is set on a table separated by a net. The game is fast and requires strong reactions to score points on the opponent’s side.

Just like in tennis, it allows students to learn and develop their technical skills (forehand, backhand, service, foot placement and agility) and fitness through various exercises and games. The course will also provide an opportunity to learn about the various aspects of table tennis (game types, tactics, strategy and equipment) and prepare students for competitions and friendly tournaments.

Equipment and/or outfit required:

Basic sportswear
Classic sports shoes

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Tennis

Men and women, option possible

Tennis is one of the most popular racquet sports alongside table tennis and badminton. This sport requires strong physical, technical and tactical skills. Mental strength is also key.

The course aims to address all phases of this sport from assembly of equipment, rules, techniques, individual tactics and playing tennis in singles and doubles.

This course also teaches different aspects of tennis (playing method, tactics, strategy and equipment) and prepares students for competitions and friendly tournaments.

Equipment and/or outfit required:

Basic sportswear

Classic sports shoes

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