

Basketball Ball Handling & Fitness

About the Class

Ball Handling & Fitness Zoom classes will consist of beginner and intermediate ball handling drills. These drills will help improve the most basic skill needed to play basketball competitively. Along with the ball handling Damian will be incorporating various fitness activities that can be performed in a small space using a tennis ball, cones and/or basketballs. These activities will not be overly challenging, they are meant to be fun and enjoyable.

Meet your instructor Damian

Damian is a former GMAA multisport student-athlete who graduated from Wagar High School. He played high level basketball for four years at Concordia University and he has gone on to coach at Concordia for the Men's Basketball Program. He founded Uphill athletics as a resource for student athletes to help maximize their potential. He is currently the trainer for Karim Mane (Orlando Magic), the first player ever to go straight to the NBA from Cegep.

Equipment Required

Equipment: 2 Basketballs, 2 mini cones (or 2 cone-like objects), 1 Tennis ball, water bottle

Space: a Medium-sized space where you can bounce basketballs

Course offered as part of the GMAA Let's Move – Virtually program



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