

Original Article

## Training program for adolescent basketball players aged 12-14, practicing basketball 3x3

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Published online: November 30, 2018

(Accepted for publication November 20, 2018)

DOI:10.7752/jpes.2018.s5315

### Abstract:

According to a study by the International Basketball Federation (FIBA), Basketball 3 x 3 is one of the most popular sports among young people practicing in the urban environment. The article presents a basketball 3x3 training program, as part of a one-year sports pedagogical experiment. The participants are 12-14 year old basketball boys. The program includes all aspects of preparation - technical, tactical and physical.

**Key words:** basketball 3 x 3, training program.

### Introduction

"Basketball 3x3" arises as a sport discipline, as a street sport known as streetball. It quickly grows into organized sport with certain rules by organizing competitions of any rank. The International Amateur Basketball Federation (FIBA) conducts a survey among young people on the most popular leisure time sports in the city. "Basketball 3 in 3" is one of those sports ([www.fiba.basketball/3x3](http://www.fiba.basketball/3x3)). The opportunity for this game to be practiced without expensive material makes it accessible to a wide range of youngsters and girls, primarily in school sports halls and open-air playgrounds. In 2006, the first state streetball championship in Bulgaria was held in Bulgaria - "Vivatel Kup". A strong influence on the popularity of the game has made the ranking of the Bulgarian team second in the First World Championship for Adolescents in the Italian Rimini Seaside Resort in 2011 (Petrov et al, 2017).

Silver medalists are Dimitar Dimitrov, Pavlin Ivanov Tencho Tenchev and Alex Simeonov. Since 2012, World Youth Championships have been held in two years. The inclusion of "3-in-3 Basketball" at the Tokyo-Japan Olympics in 2020 is the greatest recognition of the popularity of the game around the world.

### Problem solving

The basketball 3x3 game has specific features that will influence the training of the contestants and we need to comply with them. They are - Size of the playing field, Number of players in it and Official 3x3 rules. The size of the playing field at 3x3 is 15 meters wide and 11 meters long, while basketball 5x5 - 15 meters wide and 28 meters long. In these sizes, a single player at 5x5 has a relative play area of 42 m<sup>2</sup> and a 3x3 area of 27.5 m<sup>2</sup>. Beginners players aged 12 to 14 need more time to choose action and more space (Gracia et al, 2014). Each additional player increases the number of possible interactions and action choices.

In basketball 5x5 there are 90 potential interactions, and in the game one on one has only two action choices - playing 1 against 1 or giving a teammate (Wall et al, 2007). Basketball 3x3 increases available space and reduces potential interactions by up to 30, thereby reducing the complexity of tasks by providing more time for action choices, which helps develop players faster (McCormick et al, 2012). Decreasing the number of players increases the intensity of the game, which leads to a faster development of the 3x3 learners. (Mitrev, 2015, McCormick et al, 2012, Wall et al, 2001). More contact with the ball, simplification of tactical action, task assignment ("problem") rather than motion ("the solution"), similarity in physical activity, suggest that 3x3 basketball is better suited for 12-14-year-old beginners.

### Methods

We used a sports-pedagogical experiment by applying a "Training program for teenage basketball players aged 12-14, practicing basketball 3x3". Figure 1 shows the percentage of Techno-tactical, General Physical Training, and Special Physical Training of 12-14-year-old boys.

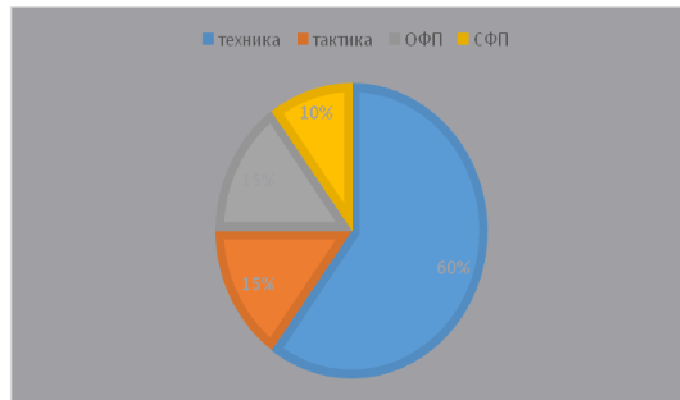


Fig. 1. Percentage of the preparation of 12 - 14 year old boys

Table 1 presents an annual training program for adolescent basketball players aged 12-14, practicing basketball 3x3

Preparatory period	Competition period	Transitional period	Preparatory period	Competition period	Transitional period
01.08 – 30.09	01.10 – 15.12	16.12 – 17.01	18.01 – 19.03	20.03 – 20.06	20.06 – 01.08
General Physical Training, and Special Physical Training	Technical training Competition	Active break Testing Selection	Special Physical training Control standards. Technique Tactics Game play	Technique and Tactics of the 3x3 game. Participation in official 5x5 competitions - region	Participation in Organized events at sea and mountain. Selection
<b>Technical training August</b>	<b>Tactical preparation August</b>	<b>General physical training August</b>	<b>Special Physical training August</b>		
Hunters and ball balls: - with two hands in front of the breasts; - with two hands over his head; - with one hand "pushing". Stopping - one-and two-stroke - no choice of breeding foot. Dribble: - with a comfortable and inconvenient hand; - with change of hands; - with change of direction; - with a change of pace; One-Hand Shooting from a Place: - 4 - 5 meters.	Ball player defense: - having the right to dribbling; - not entitled to a dabble; - 1 to 1 game. Detection (release)	Beagle drills, Programmed drills to improve coordination	Drills for flexibility. Small Shuttle: 14 m; Stretching		
<b>September</b>	<b>September</b>	<b>September</b>	<b>September</b>		
Catching and pass the ball, Stopping - one-and two-stroke, Dribble, Shooting in the basket from spot and on the move	Detection (release) to receive the ball. Active Defender play. Shooting in motion after overcoming protection - with one hand underneath. 1/1 game with feeder.	Endurance work	Circuit training		
<b>October – November</b>	<b>October - November</b>	<b>October - November</b>	<b>October - November</b>		
Dribble - combined with elements of the technique. Defense and movement in a protected state in countries.	"3x3": - screen a player without a ball; - an intersection past the high post; - "eighth" roundabout. Defense: - advocating help against a low post; - change in the screen;	Work for a qualities: - speed; - jerkiness; - flexibility; - agility.	Model No 2 - reaction speed (Bicoku, Petrov, 2015).		

<p><b>December – February</b> Dribble: - on the spot with two balls; - in motion with two balls in a straight line; - in motion with one ball with change of the leading hand with a reverse turn; Catcher and Feed: - giving the ball; - feeding while guiding without mastery of the ball. Shooting: - from place 0°, 45°, 90°; - after dribbling and turning backwards, not with sliding.</p>	<p>- Duplicate player with ball. <b>December – February</b> Opening to receive the ball: - pass and cross; V - motion movement; - Controlling the ball that has been bounced from the board; - "check" pass; - game 2/2; - without determining the attack action.</p>	<p><b>December – February</b> Beagle exercises. Work for speed  Programmed exercises to improve response</p>	<p><b>December – February</b> Stretching</p>
<p><b>March – April</b> Dribble: - cross-site and on-the-go; - defense of the dribble ball. Catcher and Feed: - after a dribbling rebound; - with two hands over his head; - hidden backflip on the fly. Shooting: - after guiding, stopping with jump - 3 - 4 m from the basket; - Penalties.</p>	<p><b>March – April</b> Opening to receive the ball: - L-shaped movement; - an intersection past the high post; - backdoor. Protection - forcing against a striker with a ball. Game 2/2. Shelter of a man with a ball.</p>	<p><b>March – April</b> Work for jump  Coordination</p>	<p><b>March – April</b> Strength of a comfortable and inconvenient hand - with rubber ring and tennis ball.</p>
<p><b>May – June</b> Hunted, filing. Keeping the ball. Suspension, breeding. Shooting from a place and on the move, false movements - combining elements from the technique.  Protection - killing, latching, defending against a player with and without a ball, duplication - combining the elements.</p>	<p><b>May – June</b> Three to three Lightweight games - shooting, 2 points and duration of the attack. Interaction: - between two and three; - false attack with 0 ° deflection for 2 points; - after a check. Participation in regional competitions; - 3x3; - 5x5.</p>	<p><b>May – June</b> Work for qualities.  Programmed dexterity exercises.</p>	<p><b>May – June</b> Model N 1 By Bicoku, Petrov, 2015</p>

## Conclusions

From the analysis of the literary sources, the survey and the accumulated experience in the training process with 12 - 14 year old boys, we can make the following conclusions and recommendations:

1. Increasing the amount of technical practice throughout the annual training process.
2. Advantage of 1 to 1 and 2 to 2.
3. Simplified rules for attacking the basket in duration - 16 sec.

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