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Original article

TRAINING AND COMPETITION IN THE GAME OF 3X3 BASKETBALL

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Abstract

Aim. This paper examines the critical components influencing performance in basketball, highlighting the significance of physical, technical, tactical, psychological, theoretical, and biological factors within the context of the sport. The physical aspect is essential across all athlete age groups, emphasizing the need for tailored training protocols that incorporate both general and specific conditioning, especially during the competition phase. Technical training, closely linked to tactical execution and psychological preparation, is vital for athletes to effectively handle complex game situations, enhancing their performance through coordinated teamwork and individual skills. Tactical acumen is underscored as a cognitive skill that enables players to make effective decisions during play, enhancing the overall team strategy. Psychological preparation emerges as a key determinant for achieving peak performance, especially under competitive pressure, necessitating a progressive approach that aligns with the athletes' training phases. The theoretical groundwork provides athletes with essential knowledge about game regulations, biomechanics, and training principles, fostering a deeper understanding of their sport. Finally, the biological aspect emphasizes the need for continuous improvement in athlete conditioning to meet the escalating performance standards in competitive play. Additionally, the characteristics of 3x3 basketball are explored, delineating its unique physiological demands, which require a distinct training approach that prioritizes recovery, anaerobic power, and coordinated movement adaptability to optimize athlete performance in this fast-paced format. Overall, a holistic training regimen that integrates these factors is essential for maximizing athletes' effectiveness and competitive success in basketball.

Conclusions. Effective sports training requires a multi-faceted approach that addresses both the physical and psychological aspects of athlete development. We highlight the importance of a balanced training regimen that includes physical preparation, technical skill development

Keywords: 3x3 basketball, training, performance

Introduction

Sports training is a complex and planned process aimed at achieving performance objectives. From a medical and biological perspective, the systematic repetition of exercises must be planned to evolve progressively, depending on the objective of functional and morphological adaptation. In terms of pedagogical action theories, this leads to the planning and orientation of a comprehensive development of the body toward a specific goal.

Understanding the development trends of a particular sport is very important for guiding the instructional and educational training process for children and juniors. The continuous study of specialized literature, knowledge of regulations—with all the annual improvements made by national and international federations—as well as the analysis of the development of athletes at the top of the world rankings, provides us with the opportunity to establish the development trends of this sports discipline.

Specialized literature defines sports training as "a systematically and continuously conducted pedagogical process aimed at adapting the human body to intense physical and psychological efforts involved in competing in organized competitions across different sports" (Dragnea, 1996).

As noted by other authors (Bompa, 2014), sports training is a complex, long-term activity characterized by high intensity, which subjects athletes to exceptional efforts, a strict regime of work and life, the exertion of attention, thought, and imagination, as well as prolonged and difficult practice of technical and tactical skills, alongside many other physical and psychological efforts.

By studying the basic concepts, structure, and content of modern sports training, we can assert that it is a complex instructional process carried out over an extended period, based on the fundamental principles and

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requirements of a knowledge system that must consider the medical-psychological-biological laws of each individual's body, aimed at achieving high performance in a chosen sport or event.

In other words, sports training is a systematic process of instructing and educating athletes to participate in sports competitions with a heightened degree of efficiency and effectiveness. Therefore, sports training represents "the main form of preparation for athletes to participate in competitions and achieve the planned and programmed maximum performances" (Cross, 1999).

The multitude of challenges posed by athlete preparation and their behavior in competitions is of interest to coaches, athletes, doctors, psychologists, educators, sociologists, methodologists, managers of sporting activities, and various departments, etc. (Dragnea, A., 1993).

From the definitions presented above, we observe that all authors portray this process as an instructional-educational one. This indicates the conceptual delimitation of the two factors involved: one or two coaches and one or more athletes. The relationship between these two factors is very strong, both in terms of the number of athletes and due to the frequency with which sports training takes place over a unit of time.

The stadial nature of sports training

Sports training is a differentiated instructional-educational process, with clear differences from one age to another in terms of tasks, means, methods, and forms of organization. The establishment of these stages in sports training is done differently, starting from objectives and extending to the content of preparation, based on age-specific characteristics and taking into account the level of preparation that the athlete must achieve to obtain superior performance.

Among the theoreticians in the field of sports training, three stages of preparation are mentioned, each with "its own content and organizational methodologies" (Simion, Mihăilă, Stănculescu, 2011).

Drăgan, cited by Dragnea&Mate-Teodorescu, (2002), presents the stages of preparation as stages of selection for different sports branches, as a fundamental activity for the subsequent evolution of the athlete.

In 2002, Dragnea and Mate-Teodorescu, adopt and complete the ideas of Șiclovan and Nicu and create a comprehensive work on sports theory. The two authors present the stadial nature of training, highlighting four stages of athlete preparation. These two authors consider that these four stages represent actual stages of preparation with different weights, but in which continuity plays an essential role.

Teodorescu (2009) maintains his opinion that sports training should be carried out in four stages of preparation. This staging is determined by the fact that training is a long-term process, carried out according to age-specific characteristics and the general adaptation capabilities of the organism.

Factors of sports training and their importance in basketball

Specific training for a sport is a specialized process of developing and shaping the athlete's personality, who is viewed both as an individual and as an integral part of a team. Through sports training, certain transformations occur within the body, adaptations of the athlete's personality, with the aim of achieving maximum performance (Teodorescu, 1975). Another description of sports training is presented through its general components: physical, technical, tactical, psychological, and biological preparation, the latter aiming to develop progressively, taking into account the objective of adapting the organism (Epuran, 2001, Hahn, 1996). In our opinion, all factors are independent components, which, together and in correctly established doses, can offer a versatile preparation, with which the team can express itself in competitions or games.

Physical factor in basketball

The essential aspects of contemporary sports training, which address the training of the athlete, highlight the execution technique, the way it is applied, the ability to integrate certain technical elements or procedures into a tactical system, theoretical, artistic, psychological activity, the capacity for effort, as well as the biological activity of the athlete for competition. This component is found in the training of all athletes, regardless of age category, but its weight and the type of procedures used differ from one echelon to another (beginners, advanced, performance), as well as from one sports branch to another. Physical preparation is the vital part of practicing any sport, and performance basketball in particular. It must be addressed both in the preparatory stage of the annual training cycle and in the competitive period (incorporated into weekly training cycles) (Netolitzchi, 2010). Therefore, the way physical preparation is carried out, both specific and competitive activity, requires from the players a high degree of coordinative capacity, which leads to an efficient adaptation of technical-tactical possibilities to the concrete conditions of the game (Bădău, 2006).

Technical factor in basketball

This type of preparation is closely related to tactics, psychological, theoretical, biological, and artistic preparation in sports branches that require this aspect. Technique is the form, the specialized system of motor

structures constituted for each sports branch, with the aim of obtaining superior performance in competitions. It represents "the totality of specific motor skills in terms of form and content that proceeds according to the laws and activities of the superior nervous system of biomechanics, in order to obtain maximum game performance" (Roșculeț, cited by Prescorniță, 2004; Chicomban & Tohănean, 2009).

In sports games, technique is the primary influence on solving complex or unforeseen game situations. Therefore, we want to emphasize the importance of technique, as it confers specificity to the game and can be acquired and optimized only with adequate physical support in all training periods.

Tactical factor in basketball

Sports tactics are based on cognitive, discernment, and decision-making abilities, on technical and physical preparation, being conditioned by principles, ideas, and regulations, resulting in successful participation in competitions (Dragnea, 2002; Dragnea & Mate-Teodorescu, 2002; Dragnea & Bota, 1999). Because technical and tactical aspects are generally trained separately, there are competitive situations when the player's technical arsenal does not offer the right solution. These are situations where certain skills function well in analytically executed exercises but do not guarantee efficiency in more competitive, more complex situations. It is known that basketball is a complicated team game in which tactics play an important role, and the coach aims to develop the players' ability to collaborate so that the efficiency of the attack and defense phases is maximum. At the same time, athletes perform individual and/or collective actions, using explanations, demonstrations, video support, etc. (Bazanov, 2007).

Psychological factor in basketball

Psychological training is crucial in achieving success and sports performance. Psychological preparation determines the performance of sports activities in critical conditions of training and competitions. For an athlete to achieve the highest possible performance, it is essential to be mentally strong. Psychological preparation is necessary throughout the preparation, but it has the greatest weight during the competitive period, where it also acquires a more specific character. All this preparation is done gradually, organized and in full accordance with the requirements imposed by the sport practiced. As we manage to install psychological preparation in athletes, the level of preparation will also rise, and we can more easily move on to acquiring a peak of sports form per se (Hülya, et al., 2006).

Theoretical factor in basketball

Theoretical preparation refers to the acquisition and application of current theoretical knowledge regarding the development of skills and qualities of athletes, as well as those related to motivational processes. It is the responsibility of coaches to familiarize athletes with sports training theory. They must acquire knowledge about the regulations and norms of the sport practiced; the biomechanics of movement, the way to perform the specific technical elements of the respective sport, biomotor qualities; notions related to sports preparation planning; the adaptation of the organism to effort; notions related to hygiene, nutrition, stress, fatigue, medication, etc. (Moanță, Tudor & Ghițescu, 2013; Riccardi & Russo, 2011).

Biological factor in basketball

The continuous increase in sports performance, records, but also the number of very well-prepared athletes, who are aiming not only for medals but also for qualifications in the final, imperatively requires the continuous improvement, at high levels, of the preparation of performance athletes. For this reason, the entire selection strategy must be conceived as a dynamic system that involves self-improvement processes, giving the entire process a new quality and increasing its efficiency from one stage to another (Prescorniță, 2004).

Characteristics of 3x3 basketball players

The 3x3 game has been used as part of the preparation of a 5x5 basketball team since the beginning of this game. 3x3 skills are basketball skills. There is no on-court coach in 3x3 basketball, and the game proceeds freely with substitutions and any change of tactics being made and implemented by the players themselves.

The physical and physiological characteristics required of a 3x3 player have been analyzed in several research papers (Mongomery, 2010, 2018). The main findings of these are as follows:

1. The physiological demands of a 3x3 game are different from those in 5v5 basketball, the former being characterized by a predominantly anaerobic effort compared to traditional 5v5 basketball;
2. Although 3x3 is played in a shorter time interval than 5v5 basketball, the intensity in 3x3 is higher than that of 5v5 basketball;
3. Male 3x3 players have the same height and weight characteristics as small forwards and power forwards in 5v5 basketball. 3x3 players have the same height and weight as point guards and shooting guards in 5v5 basketball;

Montgomery and Maloney make some recommendations for athlete preparation in their research published in 2018 in the International Journal of Sports Physiology and Performance:

- The faster players can recover between efforts or during a substitution break, the better their performance will be;
- Training exercises that are specific (e.g., 1v1, 2v2, and 3v3 training)

Conclusions

Effective sports training requires a multi-faceted approach that addresses both the physical and psychological aspects of athlete development. We highlight the importance of a balanced training regimen that includes physical preparation, technical skill development, tactical understanding, psychological conditioning, and theoretical knowledge. This holistic approach is crucial for achieving optimal performance in any sport.

The demands of 3x3 basketball are distinct from traditional 5v5 basketball, emphasizing anaerobic fitness and quick recovery. The unique physiological demands of 3x3 basketball require athletes to have a high level of anaerobic fitness and the ability to recover quickly between intense bursts of activity. This understanding is essential for developing effective training programs for 3x3 players.

Successful sports training involves a continuous process of adaptation and progression, tailored to the individual athlete's needs and goals. The paper emphasizes the importance of tailoring training programs to the specific needs and goals of each athlete. This involves a continuous process of assessment, adaptation, and progression, as athletes develop and progress in their training.

In conclusion, we try to provide valuable insights into the multifaceted nature of sports training, particularly in the context of basketball. By understanding the staged approach, the importance of various factors, and the specific demands of different formats like 3x3, coaches and athletes can develop more effective training programs to achieve their goals.

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