



**FIBA**

We Are Basketball



**3x3**

***PHYSICAL PREPARATION OF  
PROFESSIONAL 3x3 ATHLETES***





## ***DEAR COACHES AND PLAYERS,***

In just 10 years, FIBA brought a second discipline of basketball from the streets to the Olympics. The ambition with 3x3 was to create one of the highest-paced, most entertaining and spectacular disciplines in the world. The rules of 3x3 are so unique that it requires a specific kind of effort, preparation and ultimately, athlete.

Seven years after the launch of the FIBA 3x3 professional circuit, the best teams in the world feature players who are dedicated to 3x3 and make a living out of it. The most successful team to date represents its city of Novi Sad on the World Tour and constitutes the basis of Team Serbia in national team competitions. In 2018, they won the FIBA 3x3 World Cup, the FIBA 3x3 Europe Cup and the FIBA 3x3 World Tour without losing a single game; we are therefore delighted to have Team Novi Sad contribute to the present edition.

In this specialized publication of FIBA, you will find recommendations on how to plan an entire calendar year of 3x3 basketball – including daily physical preparation programs – in order to reach your peak form for the climax of the season. The digital version also includes videos, which showcase concrete exercises to prepare for the life of a professional 3x3 player. I am sure this document will be useful for all 3x3 lovers, including the Olympians of tomorrow.

Sincerely yours,  
Andreas Zagklis  
FIBA Secretary General



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FIBA 3x3  
EUROPE CUP 2017  
A BALL WITHOUT BOUNDS



## ***DEAR COACHES AND PLAYERS,***

The following brochure is based on long-term work with the professional 3x3 team Novi Sad (three-time World Tour winner; four-time World Champions representing Serbia; the highest ranked team in the world, four years in a row), and on the results of Dr. Paul Montgomery & Brendan Maloney's testing of 3x3 national teams and World Tour players (820 players in 252 games) from December 2015 through to October 2016 (FIBA 3x3 All Stars 2015; FIBA 3x3 World Tour Final 2016; FIBA World Cups 2016 (U18 and Open); and Europe Cup 2016).

This brochure is intended for coaches who train 3x3 players and for players who still take care of their training process by themselves.

It is crucial to not only find the diversities and specificities from the aspect of motor skills and energy systems, but also from the aspect of the dynamics of the game itself in comparison to basketball, in order to help us give guidance in creating the training plan and program.

The main goal of this brochure will be a training plan and program of specific drills and specific training, but since 3x3 has become an Olympic discipline, it is needed to mention that in order to realistically qualify for the Olympic Games, players should have a more in-depth long-term training plan and program.

Sincerely yours,  
Danilo Lukic and Fedja Kamasi  
Strength and Conditioning Coaches of Novi Sad

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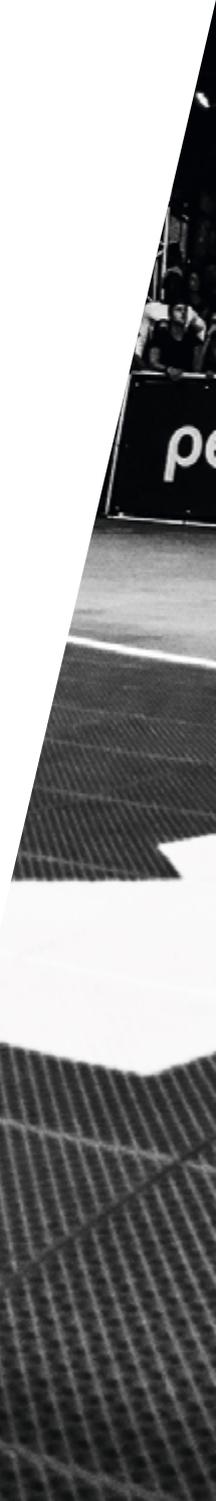
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**FIBA 3x3**

# **TERMINOLOGY & SYMBOLS**

- PERIODIZATION** Is a systematic plan and program of training in order to enable the player to peak for their most important competitions.
- MACROCYCLE** Is a training period which is made up of mesocycles and typically lasts one year, but it can also last for four years and it's called an Olympic cycle.
- MESOCYCLE** Is typically a training period of one month and it is made up of microcycles.
- MICROCYCLE** Is typically a training period of one week and it's also defined as a number of training sessions.
- AEROBIC ACTIVITY** Is an activity which requires free oxygen. It's a physical exercise with low intensity and can be performed during extended periods of time.
- ANAEROBIC ACTIVITY** Is an activity which doesn't require free oxygen where the energy is drawn from anaerobic energy systems (ATP –CP, glycogen). It's a physical exercise with high intensity and can be performed during short periods of time. During this activity, lactic acid is formed which symbolizes fatigue of the organism (muscles).
- MOTOR SKILLS** Are the skills which participate in solving motor skill tasks and can be measured (strength, speed, flexibility, coordination, agility, precision and balance).
- SUPER-COMPENSATION** Is the post-training period during which the trained function/parameter has a higher performance capacity than it did prior to the training period. It consists of four phases: initial fitness, training, recovery, and super-compensation.





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# PERIODIZATION

As 3x3 is now an Olympic sport, it has become every player's dream to participate in the Games. Long-term planning is an infallible part of all training processes for all of the teams who want to make it to the Olympics.

## **Planning a one year macrocycle depends on three factors:**

- Competition calendar
- Peaking for the most important competitions
- Whether the player only plays 3x3; or 3x3 and a 5v5 basketball season

## **COMPETITION CALENDAR**

The competition calendar, or the number of tournaments a team will compete in, and the dates of the tournaments, is the first thing we take into account when we plan a season. However, the competition calendar also depends on the competition systems (number of LOC wildcards, number of challengers etc.); therefore, we can say that there is a potential calendar and a current calendar. The potential calendar is the one which is planned before the beginning of the season with a results prediction. The current one is the one which we change based on the results and different plans during the season. This calendar becomes a final season calendar with the purpose of analyzing the whole season.

For example, two challengers qualify a team to the same masters and the plan for a team was to qualify through the first challenger, but that wasn't accomplished, so playing the other challenger increases the number of played tournaments which also requires a change in the training plan and program.



# THE MOST IMPORTANT COMPETITIONS

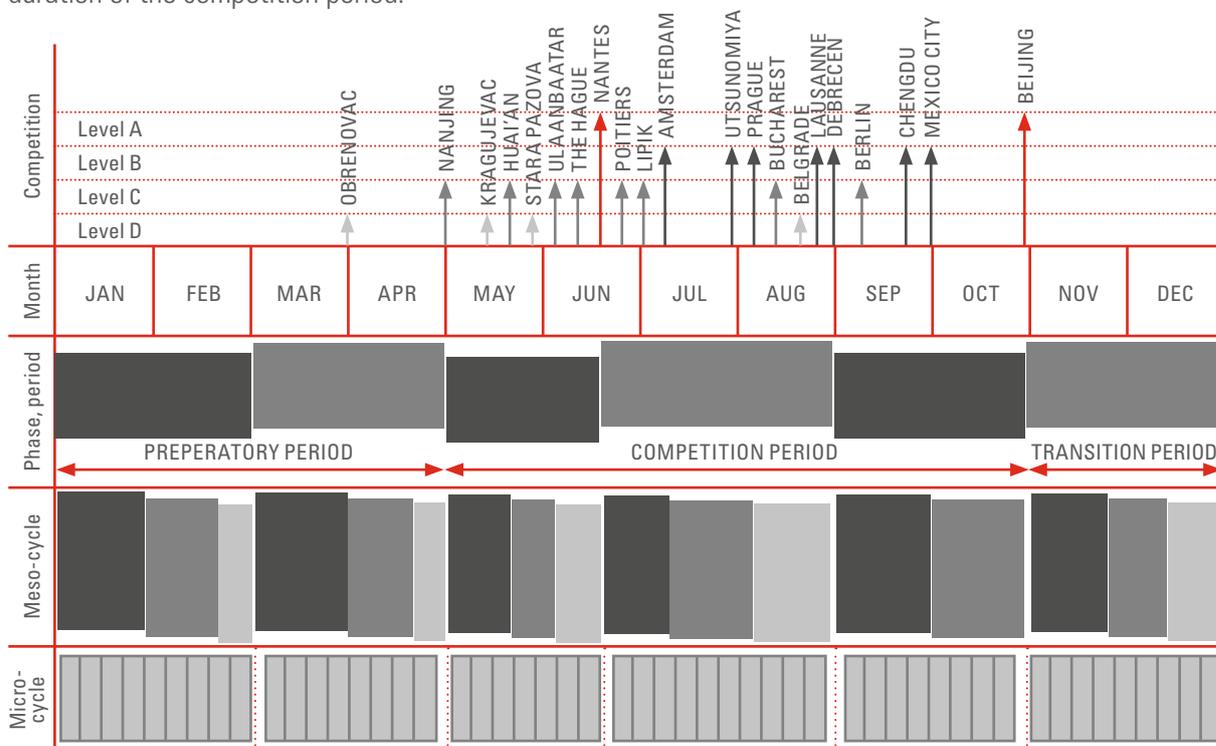
The second thing in planning a season is determining the importance of every tournament (and also the most important ones for that season). These tournaments divide the season into phases and periods. The optimal plan includes planning the best possible performance at the end of the training phase. It's important to emphasize that not all the tournaments are equally fundamental for a team. There has to be a one-year plan in relation to a long-term plan, the quality of the team and their possibilities at any given time.

For example, all the tournaments which take place before the World Tour Final may be more important for one team than other tournaments, because having a good result and qualifying to the World Tour Final could be their personal team goal.

The third thing is to acknowledge the difference of training a player, who only plays 3x3, and training a player who plays 3x3 and a 5v5 basketball season.

When a player only plays 3x3, they provide themselves with a preparatory period of adequate duration and gradation in training, which later affects the duration of the player's good shape. By only playing 3x3, they have a shorter competition period, which implies a decrease in high effort and a much longer transition which allows the player to recover physically and mentally, to correct their defects and to prevent a long-term cumulation of fatigue.

In order to assure players who play 3x3 and 5v5 basketball reach their peak performance in time for the most important competitions, the first competitions must be acknowledged as preparatory due to the increased duration of the competition period.

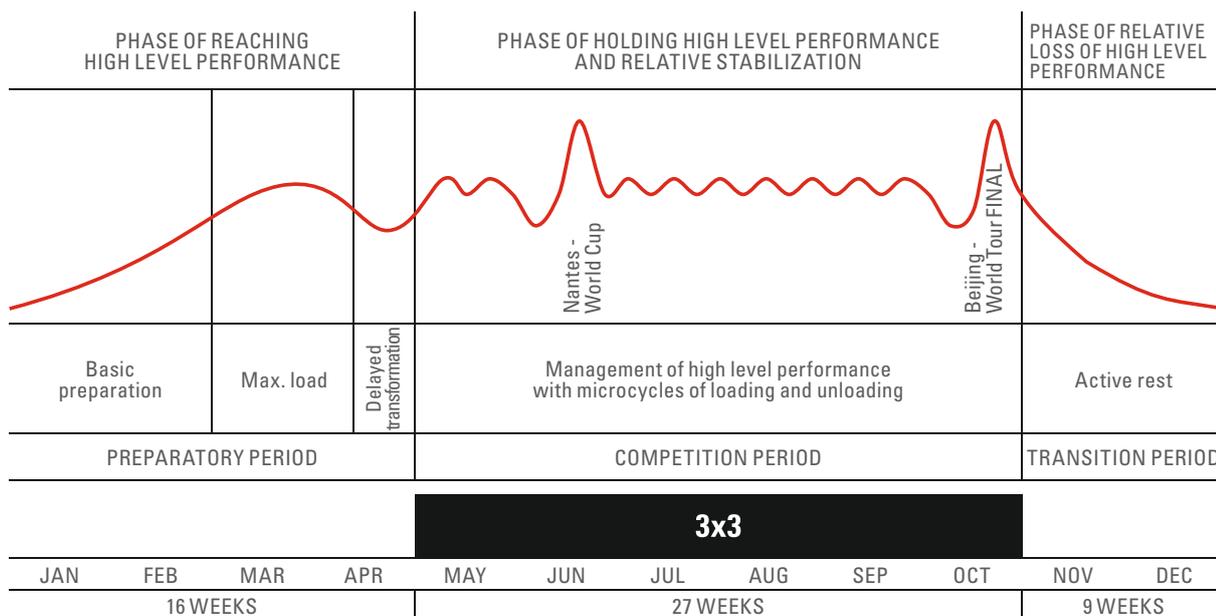


The 2017 one-year macrocycle of the Novi Sad team, with tournaments marked in terms of importance, as well as organization of the training phase – mesocycles and microcycles

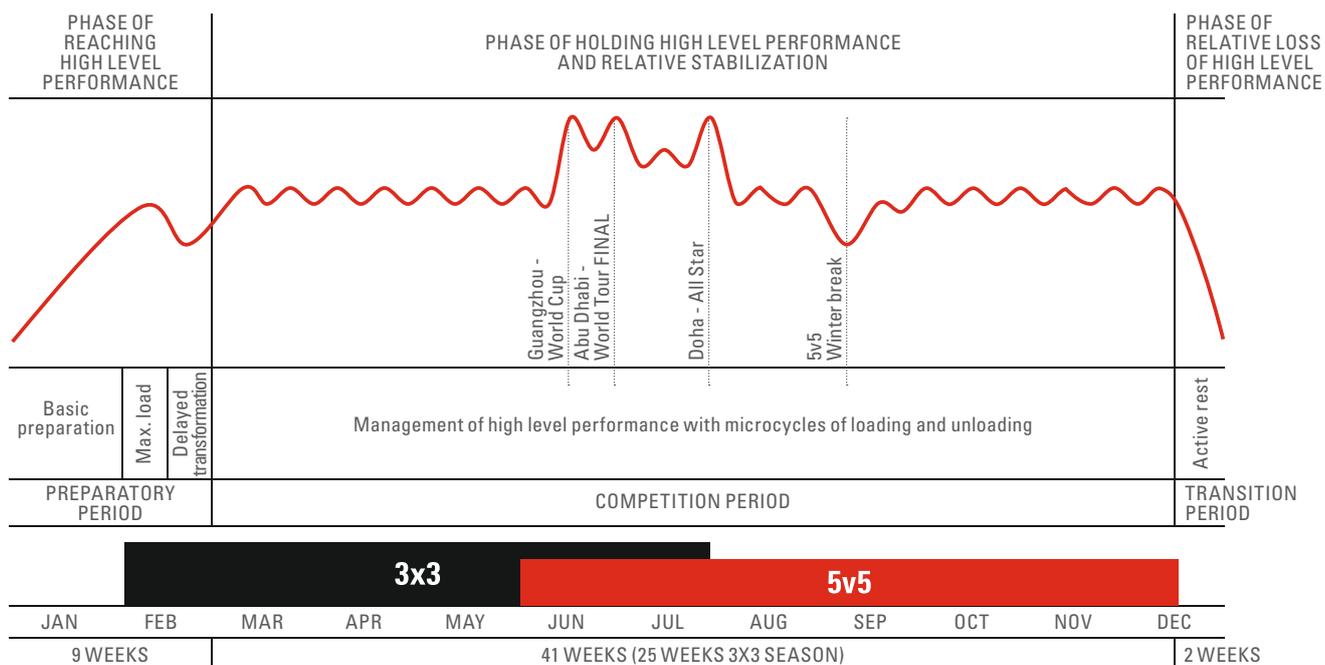
## PHYSICAL PREPARATION OF PROFESSIONAL 3x3 ATHLETES

They are considered as preparatory because there is a presupposition that the first tournaments are often played by teams with a lack of quality and there is a bigger possibility of qualifying to a tournament of a higher level.

If the first tournaments are the most important ones, it is necessary to ensure that the player can recover as much as possible. For example, in Dejan Majstorovic's 2015/2016 season, the first tournaments were of a lower level (June 4-5 – Odense, Denmark-Quest; June 11 – Segedin, Hungary-Satellite; June 24-25 – Abu Dhabi, UAE-Challenger) and were only considered as preparatory in order to get in shape for the World Cup.



Performance line of a player who only plays a 3x3 season – 2017 Novi Sad season



Performance line of a player who plays a 3x3 and 5v5 basketball season – Dejan Majstorovic's 2015/2016 season

The number of Masters' stops on the World Tour is growing (2012 – five Masters; 2013 – five Masters; 2014 – six Masters; 2015 – six Masters; 2016 – seven Masters; 2017 – eight Masters; 2018 – nine Masters); and so are the tournaments at a lower level (Challengers, Quests, Satellites, etc.), which in the end gives a greater number of tournaments in one season.

The number of quality players and teams, and thus the quality of the game itself, is on the rise so the tournaments are becoming more arduous, beginning at phase one of the competition. Also, 3x3 is becoming more global and is played on almost every continent, which increases the number of kilometers travelled during one season.

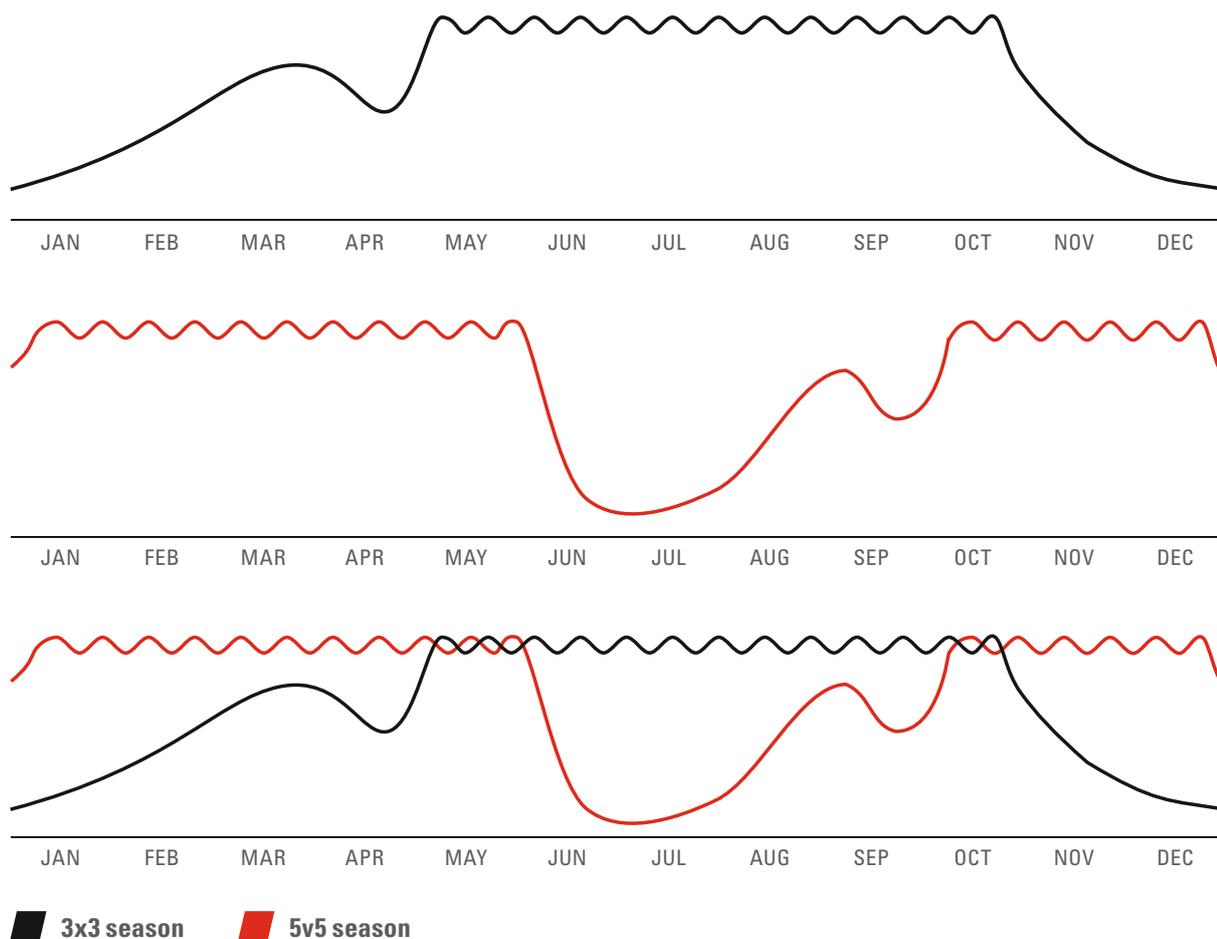
To prepare periodization of the practice for the physical preparation of a player who elects to play 5v5 and 3x3 at the same time in realistic circumstances is not possible, except in amateur competitions. It is totally not realistic to be professionally engaged in both sports at the same time.

The basketball season in the majority of men's leagues in most parts of the world lasts from October to May (in the worst case until June), while the 3x3 season starts in May and ends in October. From this, we can conclude that periodization for these two sports is totally opposite, which means that the preparatory, competition and transition period for these sports is not matching (the preparatory period for one sport is during the other's competition period). Also, the 5v5 basketball season almost ends when the 3x3 basketball season starts, which as far the calendar is concerned, means that a player with minor absences and exclusions on one side might be able to appear and perform in both sports, but in that case:

- A preparatory period would not exist as such
- The competition period lasts 'too long' which automatically means that the short overlap of the season would appear two times in one year
- The transition period, which is basically used by players to recover physically but also mentally, and to take care of injuries, would almost not exist as such
- The risk of injury as a result of two of the above-mentioned factors is increasing rapidly, if not in the very next season, then by an accumulation of micro traumas. In that case, it is just a matter of time before an injury will occur
- Finally, the factor which is perhaps most important from competition point of view: From all of this we can conclude that it is very difficult and maybe almost or even totally impossible to have players retain peak performance for both the 5v5 and 3x3 seasons

Also, an important factor in the variety of these two sports is the presence of aerobic and anaerobic capabilities. Just to remind you, aerobic activity is an activity which requires free oxygen. It's a physical exercise with low intensity and can be performed during extended periods of time, and anaerobic activity is an activity which doesn't require free oxygen where the energy is drawn from anaerobic energy systems (ATP – CP, glycogen). It's a physical exercise with high intensity and can be performed during short periods of time. During this activity, lactic acid is formed, which symbolizes fatigue of the organism (muscles).

## PHYSICAL PREPARATION OF PROFESSIONAL 3x3 ATHLETES

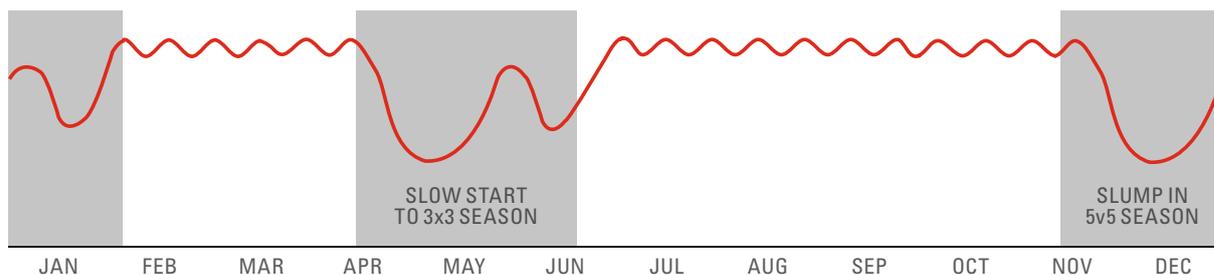


Performance line of the player who plays only 3x3, only 5v5, and the player who plays both seasons

From the above information, we can conclude that one of the dominating sources of energy which is used in both of these sports is anaerobic endurance, but aerobic endurance is more present in 5v5, while in 3x3 it is negligible. The influence of anaerobic capabilities is bigger in 3x3 than in 5v5 for a couple of reasons. 3x3 is a sport with a higher level of energy consumption from anaerobic sources, unlike basketball, which is different in the aspect of dynamics of movement (changing directions on all plains, amount of moving backwards, etc.), and from the aspect of the regime of work (duration of playing time and break). In regards to these subjects, we will discuss them more in the chapter: "Specific 3x3 Training and Drills".

This factor of diversity means a player who is coming from a 5v5 season, although in good condition, cannot be expected to perform at the peak of their abilities due to the lack of anaerobic preparation, which is present in 3x3. Although 3x3 is much more anaerobic, it needs to be said that the development of aerobic capacity during the preparatory period is a basis later on, for the faster recovery of the players in specific game conditions, where breaks are very short.

Combining both disciplines and playing the 3x3 and 5v5 seasons consecutively will require a trade-off: while such players will have their performance peaks during both seasons, they also will have to face certain performance slumps in both disciplines when they will need to take their recovery periods and readjust their bodies to new physical demands. That will typically result in a slow start to the 3x3 season (right after the 5v5 season comes to an end), and a lower performance in the first to second trimester of the 5v5 season (shortly after the 3x3 season comes to an end).



These slumps can be timed differently based on when the player enters and/or finishes the other season.

Competition system – A tournament type of competition is something that is completely different than in 5v5 basketball. The amount and the intensity of the stress which the body is taking in two days is something totally different to what the body of a well-prepared 5v5 player is used to, so we can rightfully assert that the specific way of playing tournaments from week to week with significant travel between tournaments is something that attention has to be paid to, and taken into consideration during the preparatory period. Playing under the influence of jetlag is something that almost every player will feel and be exposed to during the season. Also, this whole story is amplified with the fact that more contact is allowed in this way of playing so we can be free and say 3x3 is a more physical game. Therefore, mental preparation for 3x3 and its specific game conditions, dynamics and ways of moving and regimes of work is something that is dividing 3x3 from 5v5 players, not only on the court, but also in the way that they prepare for competitions.

So far in its premise, 3x3 has been a 'non-coached' sport, with additional support staff on teams currently rare. Therefore, a player has to be trained and in theory must understand for what, why, when and how. Also, to allow for more independence for the player during the training process, mental preparation differs, allowing that independence to exist.

Unless the athlete holds a unique ability to be professional in both sports, it is strongly recommended that the athlete pick one key sport to focus on.



# ONE YEAR 3x3 MACROCYCLE

## COMPETITION PERIOD

- May, June, July, August, September, October

## TRANSITION PERIOD

- November, December

Each of these periods is based on developing, or maintaining, certain motor skills and energy systems with basic or specific training, depending on requirements.

Basic preparation is versatile preparation in which content is based on all natural forms of movement (walking, running, throwing, jumping, lifting, carrying etc.).

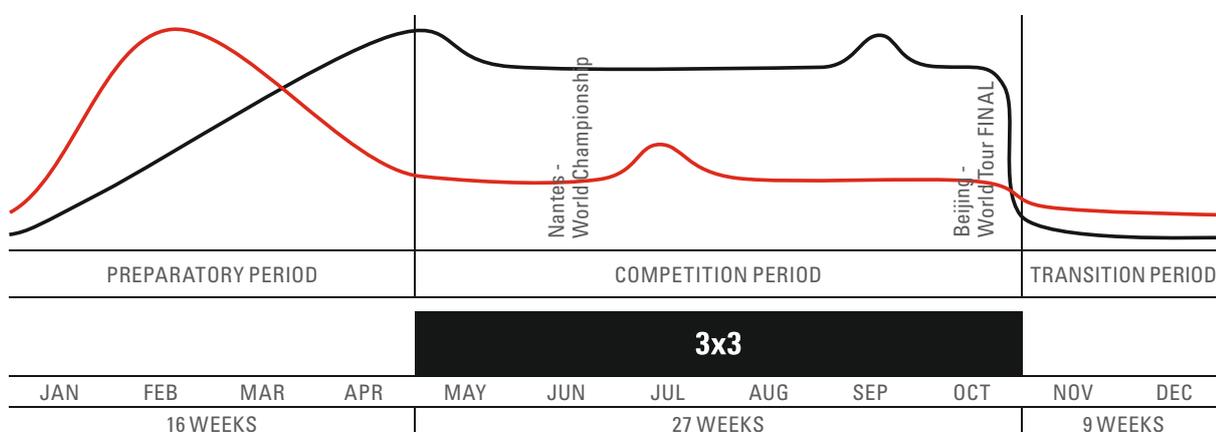
Specific preparation is based on developing specific motor skills, in terms of 3x3 it is the development of speed, agility, coordination, strength and anaerobic capacity.

As we already mentioned, being in shape is to be the best when it is most needed, and the ratio of basic and specific preparation is one of the main factors of being in good shape, as well as answering the question: 'What to do?'

Another very important factor of being in shape is the ratio of volume and intensity in training and it answers the question: 'How and how much?'

Volume indicates the overall quantity of activity being performed in training. It also refers to the sum of work performed during the training phase.

The intensity is the qualitative component of work which a player performs at a given time.



The above chart shows the correlation between volume and intensity during a 3x3 season

■ Volume ■ Intensity



3x3 is an extremely intense sport and is sometimes referred to as the '10-minute sprint'. It is characterized by a high intensity workout over a relatively short duration, so the main task of the preparatory period is to make players ready for such efforts. The above graph shows the ratio of volume and intensity in relation to the two most important competitions, so this periodization can also be called a double periodization.

As the season lasts much longer than two-and-a-half months, which is the longest period in which the fitness level of a player can last, dividing the season into phases is one of the main preconditions that helps players give their best game throughout most of the season, especially in the most important competitions.

The first phase (January, February) – The volume of work is growing rapidly and reaches its peak, and the intensity is moderate. The aim is to gradually introduce players into the training program.

The second phase (March-April) - The volume of work is reduced, and the intensity reaches its peak with the aim of super-compensation for the first major competition.

The third phase (May, the first half of June) – The first phase of the competition period where it is expected to have a super-compensation of fitness level. The intensity is slightly reduced because it is implied that only playing tournaments is at maximum intensity. The most important competitions are always at the end of the phase – in the case above it is the World Cup.

The fourth phase (the second half of June, July, August) – During the first period of Masters and the European Championship, the volume of work is increasing during 3-4 weeks which leads to a 'downfall' in fitness level, in order to renew it (i.e. to enter into the phase of super-compensation at the time of the main competitions that are to begin in the second part of this phase and in the beginning of the next one).

The fifth phase (September, October) – The second period of the Masters Tournament, together with the last and the most important tournament, which is World Tour Finals. The intensity of training raises to the same level as when the season started (April). This way, the level of specific physical preparation is again being increased to the maximum, followed by a decrease in the intensity of training which results in super-compensation during the most important tournament which is the World Tour Finale.

The sixth phase (November, December) – The volume and intensity of training is suddenly decreased because this period is intended for a combination of passive and active rest (i.e. a period of psycho-physical regeneration from a very grueling season in order to recover adequately for the beginning of preparatory period for next year).

\*Graphic display of stages is listed on page 8.

# **SPECIFIC 3x3 TRAINING AND DRILLS**

The most specific form of preparation for 3x3 is actually playing, however in order for all other elements of the training process to work in the mode that is specific to the game, we should have all the parameters of volume and intensity of the game itself.

The volume of work performed is measured by time (hour, minute, second) or by distance (meter, kilometer). One game lasts for 15 to 20 minutes and every player has their own average time which they spend playing or on the bench.

By analyzing the number of intervals spent in the game and on the bench, we came to the most common duration of activities and rest in a game. The most common intervals spent in the game are 30-75 seconds, which is 54% of all measured intervals, and the most common intervals spent on the bench are 0-30 seconds which is 62% of all measured intervals, and if we analyze more closely, 15-30 seconds is 45% of all measured intervals.

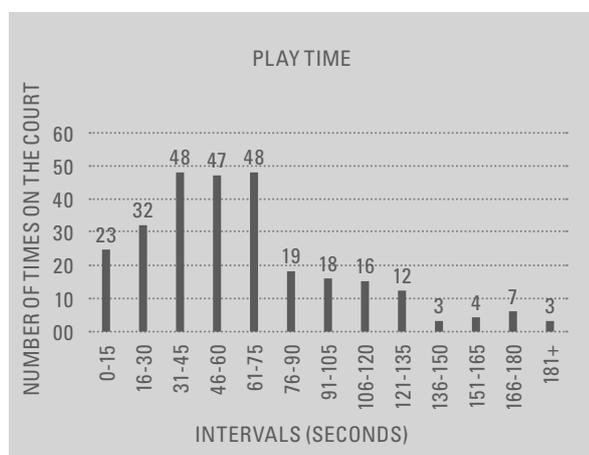
The results of the analysis of competitive activity for the Novi Sad team were conducted by their coaches on all five games of the World Tour Final in 2017 and five games of the World Cup 2017.

WORLD CUP - NANTES 2017				
Player	Dusan Domovic Bulut	Dejan Majstorovic	Marko Zdero	Marko Savic
<b>Playtime</b>	07:52,4	08:23,2	06:36,6	05:58,8
<b>Benchtime</b>	01:44,8	01:13,8	03:00,4	03:38,2

\*Average game duration 09:37,  
Quarter Final, Serbia – USA

WORLD TOUR FINAL - BEIJING 2017				
Player	Dusan Domovic Bulut	Dejan Majstorovic	Marko Zdero	Marko Savic
<b>Playtime</b>	07:35,2	07:38,4	06:11,0	07:05,4
<b>Benchtime</b>	01:54,8	01:51,6	03:19,0	02:24,6

\*Average game duration 09:30,  
Quarter Final, Novi Sad – Liman

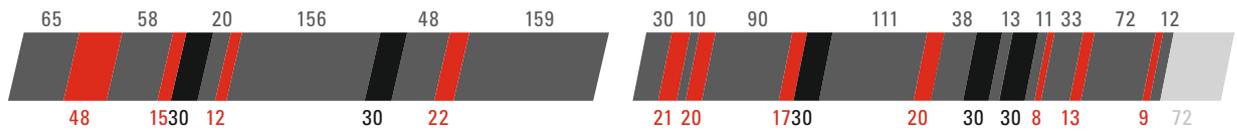


Nantes – World Cup,  
Quarter Final, Serbia – USA

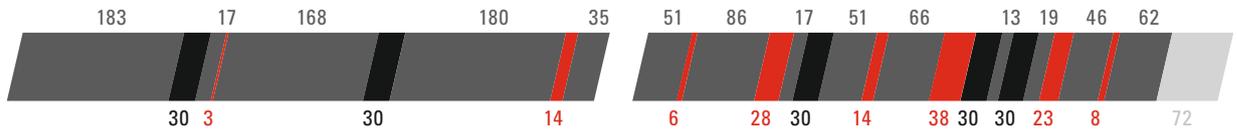


Beijing – World Tour Final  
Quarter Final, Novi Sad – Liman

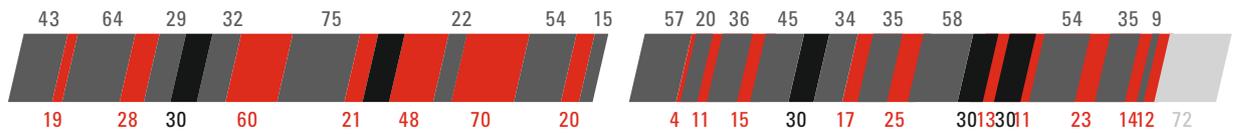
**Dusan Domovic Bulut**



**Dejan Majstorovic**



**Marko Zdero**



**Marko Savic**



\*Number of substitutions 16

\*Number of substitutions 27



All intervals are displayed in seconds



## **PHYSICAL PREPARATION OF PROFESSIONAL 3x3 ATHLETES**

With the intention to find the regularity in duration of interval time and the alternation of intervals according to the duration, an analysis was carried out during every game separately. The duration of intervals depends primarily on one factor, the number of substitutions. The more substitutions that occur, the shorter intervals become.

Besides that, the intervals of the game in most cases are longer than time spent on the bench (i.e. the period of work is almost always longer than rest time, another regularity of dynamics in rotation of intervals by length cannot be determined). There are numerous factors in the game (the number of substitutions, the development in results, the tactical ideas, injury of a player on the eve of the game or during the game, etc.) that affect the duration of the intervals and the dynamics in their rotation by length.

There is an example of two completely different games in duration of interval time, rotation of intervals by duration, and finally in the number of changes and the reasons for it (i.e. the game against USA in the final of the FIBA 3x3 World Cup 2016, Savic played with an injured calf which made other players increase their time in the game (in this case, primarily Majstorovic and Bulut), and the game against Liman in the Quarter-Final of the FIBA 3x3 World Tour Final 2017 demanded a greater number of changes due to the high intensity of the game and hence shorter periods in the game).

The average distance covered is 771m (measured at the Doha All-Star 2015 tournament) and the biggest distance covered is slightly less than 1km.

The intensity of work performed is measured by pulse (the number of heart beats per minute), and by lactates (lactate levels in the blood). The average pulse of all the measured players in this testing is 152 (Doha 2015) and the average heart rate peak is 186 (Doha 2015).

The amount of lactate is about 6mmol.





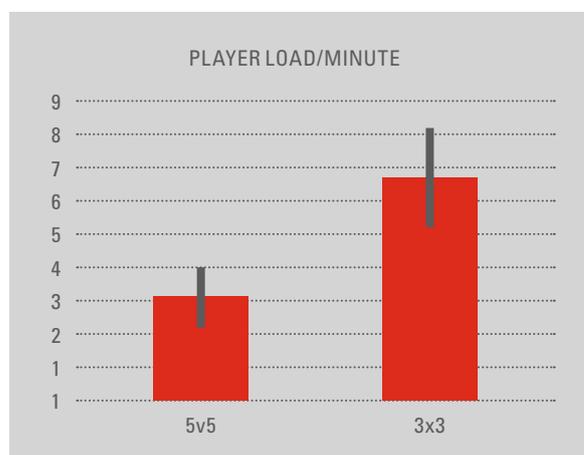
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**Lausanne**  
CAPITALE OLYMPIQUE





Also, with testing we came to the conclusion that the player's load (method of estimating motion of the body that accumulates during a game with the help of GPS devices (up-down, left-right, front-back)) if relativized to the duration of a 5v5 game, is twice as big.



The average player load for 5v5 is  $435.3 \pm 120.4$  and for 3x3 it is  $128.2 \pm 39.6$ .

When player load is evaluated relative to time, the relative intensity for 3x3 is  $6.7 \pm 1.5$ , and for 5v5 it is  $3.10 \pm 0.9$ .

It should be taken into account that the number of measured changes in direction of movement is also much larger and 3x3 has much more lateral and backward movements.

If we add that two to three games are played in one day at a tournament, which means that short intervals between two training sessions (or in other words – the realization of training in terms of insufficient recovery) is a specificity of playing a tournament, we are getting closer to the model of specific 3x3 training.

# **PHYSICAL PREPARATION ILLUSTRATED THROUGH PERIODS**

## **Preparatory Period consists of two phases:**

### **Basic Preparation**

During this period, training is based on increasing the volume of work performed while the intensity is at a low level. Within this period, we work on improving basic motor skills.

*\*Example of training within one microcycle during this period (Table 1)*

### **Specific Preparation**

During this period, training is based on reducing the volume of work, while the intensity increases. Within this period, we work on increasing the maximum strength, specific motor skills (agility, speed, and especially the development of anaerobic capacity through a specific movement).

*\*Example of training within one microcycle during this period (Table 2)*

## **Competition period consists of two phases:**

### **Pre-Competition Preparation**

During this period, the training is based on increasing specific motor skills with high intensity of the realization and with decreased volume of work performed, compared to the previous period.

*\*Example of training within one microcycle during this period (Table 3)*

### **Competition Preparation**

Within the competition microcycle, the training is based on maintaining a high level of speed, explosive strength, agility and specific endurance. The volume of work performed is lowest during the training process.

*\*Example of training within one microcycle during this period (Table 4)*

### **Transition Period**

During the transition period, we work on physical and mental recovery, through active rest (it is recommended to take part in activities such as swimming and sports besides basketball), correction of defects, the rehabilitation of injuries and in its final stage, the adaptation for the next preparatory period.





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**PHYSICAL PREPARATION OF  
PROFESSIONAL 3x3 ATHLETES**

**TABLE 1 - BASIC PREPARATION**

<b>MORNING</b>	
<b>MONDAY</b>	<p>* <b>Warm up - Active stretching/foam roller 7min</b></p> <p>* <b>WEIGHT TRAINING-3 rounds (rest 6min between rounds) Video 1</b></p> <ul style="list-style-type: none"> <li>- 2 sets 10 reps 50% of MAX load (bench press, back squat, leg curl) - rest 3min</li> <li>- 2 sets 10 reps (biceps, triceps curl, pectoralis) - rest 3min</li> <li>- 2 sets 10 reps (standing calf, clean jerk, leg extension)</li> </ul> <p>* <b>CORE-STABILITY WORKOUT Video 2 Video 3 Video 4</b></p> <p>Core-stability sets of exercises are being made in relation to the period of the season. These are just examples of exercises that can be done.</p> <p>* <b>Static stretching/foam roller 7min</b></p> <p>* <b>Shooting drills for transference from weight training to shooting</b></p>
<b>TUESDAY</b>	<p>* <b>Warm up - Active stretching/foam roller 10min</b></p> <p>* <b>LADDER DRILLS - 3 sets 2 reps Video 10</b></p> <ul style="list-style-type: none"> <li>- low knees forward, in and out forward, hockey, low knees side, in and out - side, basketball stand moving (2-1)</li> </ul> <p>* <b>RESISTANCE MOVEMENTS (rope) Video 11</b></p> <ul style="list-style-type: none"> <li>- 2x slow lateral sliding-10m (weight 5-7.5kg) + 60m running 5kg</li> <li>- 2x lateral sliding-10m + 60m running</li> <li>- 4x slow backwards 10m (weight 5-7.5kg) + 60m running 5kg</li> <li>- 4x backwards running + 60m running</li> <li>- 4x 20m sprinting 80% + 60m running 5kg</li> <li>- 4x 60m running</li> </ul> <p>* <b>CORE-STABILITY WORKOUT</b></p> <p>* <b>Static stretching/foam roller 7min</b></p>
<b>WEDNESDAY</b>	<p>* <b>REST(recovery-massage-Jacuzzi bath)</b></p>
<b>THURSDAY</b>	<p>* <b>Warm up - Active stretching/foam roller 7min</b></p> <p>* <b>WEIGHT TRAINING-3 rounds (rest 6min between rounds) Video 14</b></p> <ul style="list-style-type: none"> <li>- 2 sets 10 reps (incline bench press, single leg semi squats, pullups) - rest 3min</li> <li>- 2 sets 10 reps (biceps, clean, pectorals) - rest 3min</li> <li>- 2 sets 10 reps (step up, snatch, both leg jumps)</li> </ul> <p>* <b>CORE-STABILITY WORKOUT</b></p> <p>* <b>Static Stretching/foam roller 7min</b></p> <p>* <b>Shooting drills for transference from weight training to shooting</b></p>
<b>FRIDAY</b>	<p>* <b>Warm up - Active stretching/foam roller 10min</b></p> <p>* <b>HURDLES FOOTWORK DRILLS (6 hurdles – distance between 1,2m) Video 15</b></p> <ul style="list-style-type: none"> <li>- 5x side steps -each side + 6x side steps 180 degrees + 6x abductors-abductors</li> <li>- 3x side steps (2-1)-each side + 6x 360 rotation + 1x kamikaze</li> </ul> <p>* <b>VERTICAL BOX JUMPS Video 16</b></p> <ul style="list-style-type: none"> <li>- 6x single leg jump 40cm + 6x single leg jump 50cm + 6x single leg jump 60cm</li> <li>- 6x both leg jump 60cm + 6x booth leg jump 75cm + 6x booth leg jump 90cm</li> </ul> <p>* <b>MEDICINE BALLS (5kg) Video 17</b></p> <ul style="list-style-type: none"> <li>- 3x10 side step throwing + 3x10 both hands floor hitting + 3x10 both hands vertical throwing</li> </ul> <p>* <b>CORE-STABILITY WORKOUT</b></p> <p>* <b>Static Stretching/foam roller 7min</b></p> <p>* <b>Shooting drills for transference from weight training to shooting</b></p>
<b>SATURDAY</b>	<p>* <b>6000m treadmill–fartlek Video 18</b></p> <ul style="list-style-type: none"> <li>- 1000m jogging + 1000m (in 4min00s)</li> <li>- 1000m jogging + 1000m (in 3min50s)</li> <li>- 1000m jogging + 1000m (in 3min40s)</li> </ul> <p>* <b>Static Stretching/foam roller 15min</b></p>
<b>SUNDAY</b>	<p><b>REST (recovery-massage-Jacuzzi bath)</b></p>

## AFTERNOON

### Warm up ≈30 minutes

- TRX > **Video 5** 
- resistance band > **Video 6** 
- exercises to prevent back injury > **Video 7** 
- stabilization with balancers > **Video 8** 
- combinations > **Video 9** 

### \* 3x3 BASKETBALL PRACTICE

#### \* Static stretching/foam roller 10min

### \* Warm up ≈30 minutes

Warm up sets of exercises are being made in relation to the period of the season, level of training, the needs of players and their chronic and acute injuries.

These are just examples of exercises that can be done with the props and be used in the making of a set for each player individually

### \* 3x3 BASKETBALL PRACTICE

#### \* Static stretching/foam roller 10min

### \* Warm up - Active stretching/foam roller 10min

#### \* JUMP ROPES – 3 x 20s **Video 12**

- basic hops, side to side, running hops, single foot hops
- 4 x 60m running 60-70% of max speed

#### \* DISTANCE RUNNING **Video 13**

- 6 x 200m running 60-70% of max speed (3min rest between)
- 400m cool down running

#### \* Static Stretching/foam roller 7min

### \* Warm up ≈30 minutes

### \* 3x3 BASKETBALL PRACTICE

#### \* Static Stretching/foam roller 10min

### \* Warm up ≈ 30 minutes

### \* 3x3 BASKETBALL PRACTICE

#### \* Static Stretching/foam roller 10min

### \* Warm up ≈ 30 minutes

### \* 3x3 BASKETBALL PRACTICE

#### \* Static Stretching/foam roller 10min

**REST** (recovery-massage-Jacuzzi bath)

**PHYSICAL PREPARATION OF  
PROFESSIONAL 3x3 ATHLETES**

**TABLE 2 - SPECIFIC PREPARATION**

<b>MORNING</b>	
<b>MONDAY</b>	<ul style="list-style-type: none"> <li>* <b>Warm up - Active stretching/foam roller 7min</b></li> <li>* <b>WEIGHT TRAINING</b> (5 sets-4 reps with 80% of maximum weight load) - bench press - back squat (3 sets-10 reps with 50% of maximum weight load) - biceps - triceps - leg curl - leg extension</li> <li>* <b>CORE-STABILITY WORKOUT</b></li> <li>* <b>Static Stretching/foam roller 7min</b></li> <li>* <b>Shooting drills for transference from weight training to shooting</b></li> </ul>
<b>TUESDAY</b>	<ul style="list-style-type: none"> <li>* <b>Warm up - Active stretching/foam roller 10min</b></li> <li>* <b>RESISTANCE MOVEMENTS (6x5m-elastic rope) 2-4 sets Video 19</b> </li> <li>- run stop, run stop -slide stop, slide stop - run slide, run slide -backwards run, slide</li> <li>* <b>RESISTANCE SPECIFIC MOVEMENTS (3x3 court-elastic rope) Video 20</b> </li> <li>- 6-8 reps 25sec activity - 3-4min rest</li> <li>* <b>CORE-STABILITY WORKOUT</b></li> <li>* <b>Static Stretching/foam roller 7min</b></li> </ul>
<b>WEDNESDAY</b>	<ul style="list-style-type: none"> <li>* <b>Warm up ≈ 30 minutes</b></li> <li>* <b>3x3 BASKETBALL PRACTICE</b></li> <li>* <b>Static Stretching/foam roller 10min</b></li> </ul>
<b>THURSDAY</b>	<ul style="list-style-type: none"> <li>* <b>Warm up - Active stretching/foam roller 7min</b></li> <li>* <b>WEIGHT TRAINING Video 21</b> </li> <li>(5 sets-4 times with 80% of maximum one time load) - step forward -clean (3 sets-10 times with 50% of maximum one time load) - abductors -abductors -pectoralis -standing triceps</li> <li>* <b>CORE-STABILITY WORKOUT</b></li> <li>* <b>Static Stretching/foam roller 7min</b></li> <li>* <b>Shooting drills for transference from weight training to shooting</b></li> </ul>
<b>FRIDAY</b>	<ul style="list-style-type: none"> <li>* <b>Warm up - Active stretching/foam roller 10min</b></li> <li>* <b>HURDLES FOOTWORK DRILLS Video 22</b> </li> <li>- 10 reps side steps (quadruple hurdles)</li> <li>* <b>VERTICAL HURDLES JUMPS Video 23</b> </li> <li>- 10 reps 10 hurdles (40cm-1.2 m between)</li> <li>* <b>VERTICAL BOX JUMPS Video 24</b> </li> <li>- 3 sets 5 reps run in both legs jump 120cm</li> <li>* <b>SHOT-PUT (5kg) Video 25</b> </li> <li>- 10 reps forward both hands throwing - 10 reps overhead both hands throwing</li> <li>* <b>CORE-STABILITY WORKOUT</b></li> <li>* <b>Static Stretching/foam roller 7min</b></li> </ul>
<b>SATURDAY</b>	<ul style="list-style-type: none"> <li>* <b>Warm up ≈ 30 minutes</b></li> <li>* <b>3x3 BASKETBALL PRACTICE</b></li> <li>* <b>Static Stretching/foam roller 10min</b></li> </ul>
<b>SUNDAY</b>	<p><b>REST (recovery-massage-Jacuzzi bath)</b></p>

## AFTERNOON

- \* Warm up ≈ 30 minutes
- \* 3x3 BASKETBALL PRACTICE
- \* Static Stretching/foam roller 10min

- \* Warm up ≈ 30 minutes
- \* 3x3 BASKETBALL PRACTICE
- \* Static Stretching/foam roller 10min

- \* REST(recovery-massage-Jacuzzi bath)

- \* Warm up ≈ 30 minutes
- \* 3x3 BASKETBALL PRACTICE
- \* Static Stretching/foam roller 10min

- \* Warm up ≈ 30 minutes
- \* 3x3 BASKETBALL PRACTICE
- \* Static Stretching/foam roller 10min

- \* Warm up - Active stretching/foam roller 10min
- \* 3x3 COURT ABILITY MOVEMENTS **Video 26** 
- 6-8 reps 1min activity with 3-4min rest time  
(heart rate between 120-beginning - 180-end)
- \* Stretching/foam roller 7min

- REST (recovery-massage-Jacuzzi bath)

**PHYSICAL PREPARATION OF  
PROFESSIONAL 3x3 ATHLETES**

**TABLE 3 - PRE-COMPETITION PREPARATION**

<b>MORNING</b>	
<b>MONDAY</b>	<ul style="list-style-type: none"> <li>* <b>Warm up - Active stretching/foam roller 7min</b></li> <li>* <b>WEIGHT TRAINING</b> (5 sets-2 reps with 90-95% of maximum weight load) - bench press -back semi-squat (3 sets 10 reps with 50% of maximum weight load) - biceps -triceps -leg curl -leg extension</li> <li>* <b>CORE-STABILITY WORKOUT</b></li> <li>* <b>Static Stretching/foam roller 7min</b></li> <li>* <b>Shooting drills for transference from weight training to shooting</b></li> </ul>
<b>TUESDAY</b>	<ul style="list-style-type: none"> <li>* <b>Warm up - Active stretching/foam roller 10min</b></li> <li>* <b>CONE DRILLS (3 sets 2-3 reps each drill) Video 27</b> </li> <li>- low knees forward -high knees forward - low knees side -high knees side - lateral sliding -zig-zag sliding</li> <li>* <b>3x3 SPECIFIC MOVEMENTS (3x3 court) Video 28</b> </li> <li>- 4-6 reps 20-sec activity -4-5min rest</li> <li>* <b>CORE-STABILITY WORKOUT</b></li> <li>* <b>Static Stretching/foam roller 7min</b></li> </ul>
<b>WEDNESDAY</b>	<ul style="list-style-type: none"> <li>* <b>Warm up ≈ 30 minutes</b></li> <li>* <b>3x3 BASKETBALL PRACTICE</b></li> <li>* <b>Static Stretching/foam roller 10min</b></li> </ul>
<b>THURSDAY</b>	<ul style="list-style-type: none"> <li>* <b>Warm up - Active stretching/foam roller 7min</b></li> <li>* <b>WEIGHT TRAINING</b> (5 sets-2 reps with 90-95% of maximum weight load) - step up - clean (3 sets-10 reps with 50% of maximum weight load) - abductors -abductors -pectoralis -standing triceps</li> <li>* <b>CORE-STABILITY WORKOUT</b></li> <li>* <b>Static Stretching/foam roller 7min</b></li> <li>* <b>Shooting drills for transference from weight training to shooting</b></li> </ul>
<b>FRIDAY</b>	<ul style="list-style-type: none"> <li>* <b>Warm up - Active stretching/foam roller 10min</b></li> <li>* <b>1HURDLES FOOTWORK DRILLS</b> - 3 sets 10 reps side steps forward-backward - 3 sets 10 reps forward-backward</li> <li>* <b>VERTICAL HURDLES JUMPS</b> - 10 reps 6 hurdles (80-100cm-1.5m between)</li> <li>* <b>SHOT-PUT (4kg)</b> - 6 reps forward both hands throwing - 6 reps forward both hands throwing</li> <li>* <b>CORE-STABILITY WORKOUT</b></li> <li>* <b>Static Stretching/foam roller 7min</b></li> </ul>
<b>SATURDAY</b>	<ul style="list-style-type: none"> <li>* <b>Warm up ≈ 30 minutes</b></li> <li>* <b>3x3 BASKETBALL PRACTICE</b></li> <li>* <b>Static Stretching/foam roller 10min</b></li> </ul>
<b>SUNDAY</b>	<p><b>REST (recovery-massage-Jacuzzi bath)</b></p>

## AFTERNOON

- \* Warm up ≈ 30 minutes
- \* 3x3 BASKETBALL PRACTICE
- \* Static Stretching/foam roller 10min

- \* Warm up ≈ 30 minutes
- \* 3x3 BASKETBALL PRACTICE
- \* Static Stretching/foam roller 10min

- \* REST(recovery-massage-Jacuzzi bath)

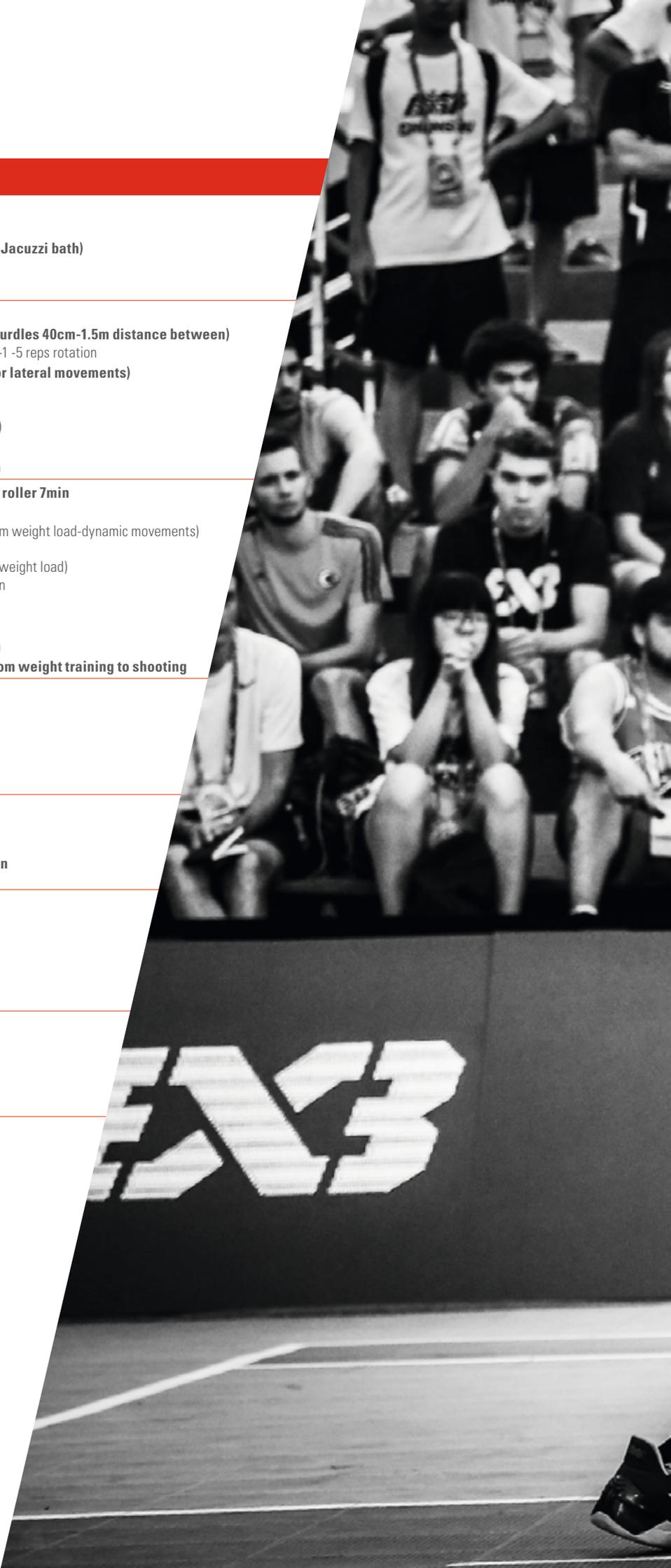
- \* Warm up ≈ 30 minutes
- \* 3x3 BASKETBALL PRACTICE
- \* Static Stretching/foam roller 10min

- \* Warm up ≈ 30 minutes
- \* 3x3 BASKETBALL PRACTICE
- \* Static Stretching/foam roller 10min

- \* Warm up - Active stretching/foam roller 10min
- \* 3x3 COURT ABILITY MOVEMENTS [Video 29](#) 
- 4-6 reps 45min activity with 4-5 min rest  
(hearh rate between 120-begining - 180-end)
- \* Static Stretching/foam roller 7min

**TABLE 4 - COMPETITION PREPARATION**

<b>MORNING / AFTERNOON</b>	
<b>MONDAY</b>	TRAVEL - REST (recovery-massage-Jacuzzi bath)
<b>TUESDAY</b>	<ul style="list-style-type: none"> <li>* Warm up - 3x3 basketball</li> <li>* <b>HURDLES FOOTWORK DRILLS (6 hurdles 40cm-1.5m distance between)</b> <ul style="list-style-type: none"> <li>- 5 reps side steps -3 reps side steps 2-1 -5 reps rotation</li> </ul> </li> <li>* <b>LADDER DRILLS-1 set (+ 5m sprint or lateral movements)</b> <ul style="list-style-type: none"> <li>- low knees forward -low knees side</li> <li>- in and out forward -in and out side</li> <li>- hockey -basketball stand moving (2-1)</li> </ul> </li> <li>* <b>3x3 BASKETBALL PRACTICE</b></li> <li>* <b>Static Stretching/foam roller 7min</b></li> </ul>
<b>WEDNESDAY</b>	<ul style="list-style-type: none"> <li>* <b>Warm up - Active stretching/foam roller 7min</b></li> <li>* <b>WEIGHT TRAINING</b> <ul style="list-style-type: none"> <li>(5 sets-4 reps with 60-70% of maximum weight load-dynamic movements)</li> <li>- snatch -step up</li> <li>(1 sets-10 reps with 50% of maximum weight load)</li> <li>- biceps -triceps -leg curl -leg extension</li> </ul> </li> <li>* <b>CORE-STABILITY WORKOUT</b></li> <li>* <b>3x3 BASKETBALL PRACTICE</b></li> <li>* <b>Static Stretching/foam roller 7min</b></li> <li>* <b>Shooting drills for transference from weight training to shooting</b></li> </ul>
<b>THURSDAY</b>	REST – TRAVEL
<b>FRIDAY</b>	<ul style="list-style-type: none"> <li>* Warm up ≈ 30 minutes</li> <li>* <b>3x3 BASKETBALL PRACTICE</b></li> <li>* <b>Static Stretching/foam roller 10min</b></li> </ul>
<b>SATURDAY</b>	3x3 FIBA World Tour
<b>SUNDAY</b>	3x3 FIBA World Tour





# **INVISIBLE TRAINING**

## **NUTRITION**

“We are what we eat”. This well-known phrase is one really big truth. Each metabolism is different, tolerance to foods are different, everyone has their own different time of training, meals, sleep, use of supplements...for this reason it is best that each player visits their nutritionist and makes a plan that will be realistic for them. The big challenge for the nutrition of 3x3 players is frequent and long journeys, and therefore a large number of meals are taken in transition (on the plane, at the airport) and before or after the tournament when it is necessary to recover the body well. A proper diet is certainly one way to achieve this optimal nutrition. Therefore, players carrying their food represents in most cases the only way to overcome this challenge.

## **HYDRATION**

The body of an adult is made up of 60-70% water and therefore must be well hydrated to be able to give the best performance whatever the conditions may be. However, playing in not so ideal conditions – such as in the afternoon when the temperature is high – is common in 3x3 and they require a higher rate of hydration, because it is well-known that under conditions of dehydration there can be a reduction of physical work capacity even up to 20%. A strategy for fluid intake depends on the conditions in which they train and play, but general guidelines are as follows: Before physical activity - 5-7ml per kg of body weight about 20 minutes before the activity. During physical activity - 150-250ml for every 10-15 minutes of physical activity (or during a game that lasts about 15 minutes, spontaneously drinking fluids during the activity so as not to feel thirsty) because it is a sign that there is a misbalance in the organism. After the physical activity - 1.5 liters per each kilogram of weight lost during physical activity.

It is recommended to drink sports drinks with 4-8% carbohydrates (they provide effective rehydration during exercise); 10-25mmol / l of sodium (it compensates for the loss of fuel for the muscles and CNS, which is caused by perspiration); and low concentrations of magnesium and potassium.

## **MEDICATION & ANTI-DOPING**

Anti-Doping and proper and correct use of medication is an ever-important topic in professional sports and therefore also in 3x3 – even more so that 3x3 is an official basketball discipline of FIBA and is now part of the official program at the Olympics. FIBA provides fundamental knowledge and information on Anti-Doping & Healthcare on <http://www.fiba.basketball/anti-doping>. Further and more detailed information on Anti-Doping & Healthcare can be found in this manual prepared by the FIBA Medical Commission: <http://www.fiba.basketball/documents/medical-resource.pdf>.

## **SLEEP**

Sleep is one of the most important factors in recovery. It is recommended to have around 8 hours of sleep. Melatonin, a hormone of sleep, recognizes the time of day and directly affects the speed of recovery of the body. It begins to excrete automatically at sunset, about 20:00 in the evening, and the peak of its excretion is around 02:00-03:00, and for this reason it is not only important how much you sleep have, but also when.

## TRAVELS

3x3 includes a lot of traveling. Traveling from country to country, from continent to continent every week represents a challenge for the players, their bodies and organisms. Through periodic movement in an airplane, carrying an additional pair of compression stockings and by stretching every two hours, you can reduce the reservation of blood and swelling of the legs that results from long periods of inactivity. Also, due to the loss of water from the upper respiratory tract, which is attributed to inhalation of dry air from the cabin, drinking an additional 15-20ml of liquid each hour prevents dehydration in its early phase in the new time zone. When an athlete reaches the destination in a different time zone, they may suffer travel fatigue, loss of sleep (depending on flight times), and symptoms that have come to be known as jetlag. This term refers to feelings of disorientation, light-headedness, impatience, lack of energy, and general discomfort that follows traveling across time zones. Jetlag may persist for several days after arrival and can be accompanied by loss of appetite, difficulty in sleeping, constipation, and grogginess. Given that it takes about one day to adjust to a different time zone and tournaments are usually played for two days when there is a bigger time difference, it is clear that the ability to adapt in the shortest period of time is a great challenge for the players themselves. The direction of travel influences the severity of jetlag. Flying westward is easier to tolerate than flying eastward. When flying westward, the first day is lengthened and the body's rhythms can extend in line with their natural free-wheeling period of about 25 hours and thus adjust faster. Sleeping pills have been used by some traveling athletes to induce sleep while onboard flights. These drugs have not all been satisfactorily tested for subsequent residual effects on motor performances such as sport skills. They may in fact be counterproductive if administered at the incorrect time. Exercise can hasten the adaptation to a new time zone, and a light training session after a flight has proved beneficial. (based on "Ergonomics in sport and physical activity" by Thomas Reilly)

Travelling with the 3x3 Pro-Circuit can take players to various countries and continents and can expose them to different diseases. Regularly checking and refreshing a player's vaccinations is therefore a crucial part of the travel planning for a 3x3 player.

## OUTDOOR SPORT

3x3 is in most cases an outdoor sport. Playing outdoors has some hindering factors such as wind and temperature and for this reason, it is important to get as much training, especially with the ball in the competition period, outdoors in the same conditions that the players will experience during the competition.

## MUSIC

Music is an integral part of the 3x3 event, during breaks and also during the game itself, and therefore represents the specific conditions of the game. During the training, especially when games are played, it would be suitable to put the music on and get closer to the realistic conditions of the competition with that one small detail.



International Basketball Federation FIBA  
Route Suisse 5 - PO Box 29  
1295 Mies  
Switzerland

Tel: +41 22 545 00 00

Fax: +41 22 545 00 99

