



LITHUANIAN SPORTS UNIVERSITY
STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	B	28W	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

3x3 Basketball

Prerequisites

Fulfilling the requirements of the previous semesters. Knowledge of the fundamentals of Sports games.

Main aim

To provide students with the opportunity to develop general and subject competences of the sport, theoretical (subject) knowledge of the science of coaching and practical skills related to 3x3 basketball, based on modern scientific knowledge.

Provided knowledge and abilities

Students will be able to use scientific literature related to the latest research on 3x3 basketball. Demonstrate knowledge and skills in the technical actions of 3x3 basketball. Students will be able to creatively analyse and organise information in a group setting. Demonstrate knowledge of the topics studied in the module.

Summary

The module provides an in-depth introduction to the game of 3×3 basketball. The lectures will introduce the historical background of the new game, the achievements of Lithuanian teams, statistical data, specific terminology, definitions of strategies, game structure, tips and recommendations for players. The lectures will analyse the peculiarities of competitive activities of professional players and teams. The rules of 3×3 basketball, the structure of competitions, the stages of their organization and execution are studied. The characteristics of the 3×3 basketball game, the basics and peculiarities of the technique, and research methods will be analysed.

Level of module

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	
First	Bachelor	Bendrojo universitetinio lavinimo

Group under financial classification

10.Dailė (mokytojai), teatras (mokytojai), muzika (mokytojai), pedagogika (auklėtojai, pedagogai), sportas (treneriai)

Syllabus

№.	Sections and themes	Responsible lecturer
1.	THE ORIGIN AND HISTORY OF 3×3 BASKETBALL	
2.	LITHUANIAN 3×3 BASKETBALL	
3.	OFFICIAL 3×3 BASKETBALL RULES	
4.	3×3 GAME STRUCTURE	
5.	THE STRUCTURE AND UNIQUENESS OF 3×3 BASKETBALL COMPETITIONS	
6.	PROFESSIONAL 3×3 BASKETBALL TEAMS AND PLAYERS	
7.	SPORTS PREPARATION OF 3x3	
8.	STATISTICAL ANALYSIS OF 3×3 BASKETBALL	
9.	3×3 BASKETBALL TACTICS	

Teaching/learning methods:

Individual work, seminar, information searching task, analysis of a scientific article, practical tasks, practice exercises, reflection, group work.

Evaluation procedure of knowledge and abilities:

References

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	Snoj, L. (2021). 3×3 Basketball. Meyer & Meyer Sport.	796.323 Sn25	1	No	
2.	Montgomery, P. G., & Maloney, B. D. (2018). 3×3 basketball: inertial movement and physiological demands during elite games. International Journal of Sports Physiology and Performance, 13 (9), 1169-1174.			No	
3.	Montgomery, P. G., Maloney, B. D. (2018). 3×3 basketball: performance characteristics and changes during elite tournament competition. International Journal of Sports Physiology and Performance, 13(10):1349-1356			No	
4.	Oliver, D. (2004). Basketball on Paper: Rules and Tools for Performance Analysis. Potomac Books Inc.: Dulles, VA, USA.			No	
5.	Ortega, E., Ortin, M., Gimenez – Egido, J. M., Gomez, M. A. (2021). Technical tactical performance indicators during the phases of play in 3 × 3 basketball. Revista de Psicología del Deporte, 30(2):187-194.			No	

Additional literature

№.	Title
1.	https://www.basketballforcoaches.com/3on3 basketball plays/
2.	Boros, Z., Toth, K., Csuri, G., & Sterbenz, T. (2022). A Comparison of 5v5 and 3×3 Men's Basketball Regarding Shot Selection and Efficiency. International Journal of Environmental Research and Public Health, 19(22), 15137.
3.	Conte, A. D., Straigis, E., Clemente, F. M., Gomez, M. A., Tessitore, A. (2019). Performance profile and game related statistics of FIBA 3x3 Basketball World Cup 2017. Biol Sport. 36(2):149-154.
4.	Conte, D., Lukonaitiene, I., Matulaitis, K., Snieckus, A., Kniubaite, A., Kreivyte, R. R., Kamandulis, (2023). Recreational 3 × 3 basketball elicits higher heart rate, enjoyment, and physical activity intensities but lower blood lactate and perceived exertion compared to HIIT in active young adults. Biology of Sport, 40(3), 889-898.
5.	Erčulj, F., Vidic, M., Leskošek, B. (2020). Shooting efficiency and structure of shooting in 3×3 basketball compared to 5v5 basketball. Int J Sport Sci Coach. 15(1):91-98
6.	Ferioli, D., Rampinini, E., Conte, D., Rucco, D., Romagnoli, M., Scanlan, A. (2022). Physical demands during 3×3 international male and female basketball games are partially impacted by competition phase but not game outcome. Biol. Sport, 40, 377–387.
7.	Ferioli, D., Conte, D., Rucco, D., Alcaraz, P. E., Vaquera, A., Romagnoli, M., Rampinini, E. (2023). Physical demands of elite male and female 3×3 international basketball matches. J Strength Cond Res. 37(4): 289-296.
8.	Ferioli, D., Conte, D., Scanlan, A. T., Vaquera, A. (2023). Technical tactical demands of 3×3 international basketball games according to game outcome, player sex, and competition phase. J Strength Cond Res. 37(2):403-412.
9.	Ferioli, D., Rampinini, E., Conte, D., Rucco, D., Romagnoli, M., Scanlan, A. (2023). Physical demands during 3 × 3 international male and female basketball games are partially impacted by competition phase but not game outcome. Biol Sport. 40(2):377-387
10.	McGown, R. B., Ball, N. B., Legg, J. S., Mara, J. K. (2020). The perceptual, heart rate and technical–tactical characteristics of 3×3 basketball. Int J Sport Sci Coach. 15(5–6):772–782.

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Associate Professor		89

Subdivision

Entitlement	Code
Department of Coaching Science	2005

Study module teaching form №. 1

Semester		Mode of studies	Structure				Total hours	Credits
			Theory	Seminars	Lab Works	Ind. work		
A	S	D	9	3	18	100	130	5

Languages of instruction:

Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.
------------	---	---------	---	---------	---	--------	---	--------	---	-------	------

Plan of in-class hours

№. of Themes	Academic hours			№. of Themes	Academic hours		
	Theory	Seminars	Lab Works		Theory	Seminars	Lab Works
1.	1	0	0	6.	1	0	0
2.	1	0	0	7.	1	1	5
3.	1	1	4	8.	1	1	0
4.	1	0	0	9.	1	0	9
5.	1	0	0				
				Total:	9	3	18

Schedule of individual work tasks and their influence on final grade																			
	№. of syllabus	Total hours	Influence on grade, %	Week of presentment of task (*) and reporting (o)															
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Scientific paper (text) analysis	2, 4, 7, 8	10	10	*														0	
Accounting for practice sessions	3, 7, 9	25	20	*														0	
	3, 7, 9	25	20	*														0	
Reflection on action	1-9	20	30	*														0	
Seminar	5, 7, 8	20	20	*												0			
Total:	-	100	100																

[illegible]