



The “3x3 basketball” game main characteristics as a new type of activity for students

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Abstract. Non-traditional forms of physical culture and sports activities, characterised by dynamism and the possibility of variable use at any time of the year, on many sites, and with different levels of physical and special preparation, are becoming more and more relevant among student youth. The game “basketball 3x3” has great potential for the development of both physical and personal qualities in students. The goal was to reveal the main characteristics of the game “basketball 3x3” and conduct an experiment to determine the feasibility of its use in the process of physical education for student youth. Based on the generalisation of data from the scientific and methodological literature, it was established that 3x3 basketball is the most dynamic of all types of basketball (the game lasts 10 min of playing time, there is no pause in the game after a goal is scored, the time for an attack is up to 12 s, the size of the playground is reduced, and there are a smaller number of players). After the conducted pedagogical experiment, it was established that classes using a new type of motor activity, “basketball 3x3”, had a positive effect on the development of the physical qualities of female students in the experimental group and could be introduced into the educational process at a higher educational institution. According to the results of the survey, it was established that 65.3% of students have a desire to play 3x3 basketball and participate in competitions. Based on the results of the ascertainment experiment, the initial level of physical development of female students was established, and the number of forms of physical exertion that will be applied in the formative experiment was determined. It was established that regular 3x3 basketball classes have a positive effect on the development of the physical abilities of female students in the experimental group. It is proposed to include this type of motor activity in the students’ learning process because it will have a positive effect on the development of physical qualities, increase the level of technical preparation, and strengthen their health. According to the results of the pedagogical experiment, it was established that 3x3 basketball is an effective means of physical education for students. The results of the study can be used by physical education teachers at higher education institutions to prepare annual lesson plans

Keywords: institution of higher education; physical education; sports games; streetball; non-traditional forms of sports activities

Introduction

For many years, sport has been functionally adapted to the needs of society. As a result of social changes such as technological progress, a fast pace of life, and increased physical activity, new types of competitive activity appear. This significantly affects the nature of physical activity and

leads to a variety of forms of competition, as motor activity is expanded due to the addition of various non-Olympic sports. In addition to recognised sports, there are a huge number of other forms of physical activity in the world, each of which strives to become a sport and later enter the

Suggested Citation: Yuzkovets, I., & Krasov, O. (2024). The “3x3 basketball” game main characteristics as a new type of activity for students. *Theory and Practice of Physical Culture and Sports*, 3(1), 58-64. doi: 10.69587/tppcs/1.2024.58

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programmes of various international complex competitions (World Games, Olympic Games, Paralympic Games, etc.). 3x3 basketball is a relatively new type of physical activity, but its popularity among student youth is high. The main reasons for the popularity of this type of game are the educational process, which is quite simple to organise, does not require a lot of equipment, and allows students to communicate and achieve a sufficient level of motor activity. The variety of movements that are inherent in 3x3 basketball contribute to the strengthening of all systems of the human body, the activation of the circulatory and respiratory organs, the work of all major muscle groups, and the improvement of metabolism. 3x3 basketball is a research-relevant means of developing physical abilities and strengthening the health of students.

Scientists O. Klius *et al.* (2022a; 2022b) came to the conclusion in their work that female students of institutions of higher education are interested in the game of basketball 3x3 and want to try their hand at this sport. During practical classes, they have a desire to gain theoretical knowledge. According to scientists, in institutions of higher education, basketball 3x3 can be used as a means of physical education only to a limited extent, usually within the framework of the main topics of classes, such as basketball. But 3x3 basketball can be included as an additional sports section available to female students on a voluntary basis. As G. Lavrin (2019) notes in his work, to increase students' interest in physical education, non-traditional sports games such as streetball, korfbal, netball, speedminton, ringo, floorball, and ultimate can be introduced into the physical education process. They are easy to master, do not require a lot of inventory, and, at the same time, are interesting for student youth. A. Hakman *et al.* (2019) came to the conclusion that the most important thing in the process of involving students in physical education is a close relationship between the teacher and the student in order to take into account interests and motives and to form a positive attitude towards physical education.

The work of A. Aydiner (2021) presents the results of a study in which the author highlights specific differences between 3x3 basketball and classic basketball. According to his data, the specifics of conducting 3x3 basketball classes and competitions have a great impact on the game behaviour and level of players' training due to differences in the rules of the game. D. Ferioli *et al.* (2022a; 2022b) conducted a comparative analysis of men's and women's 3x3 basketball competitions. They found the following differences in the process of conducting matches: men played games with a greater intensity of physical exertion, while women's teams had a lower level of physical activity. Scientists recommend that team coaches, when developing training sessions, take into account gender and the specific requirements of matches. A. Musienko & Zh. Tymbalyuk (2021), analysing the historical aspects of the development of 3x3 basketball, came to the conclusion that in Ukraine, the country needs to pay more attention to this type of motor activity because its intensive development in the world has an impact on the development of 3x3 basketball in the middle of the country. Scientists R.A. Birrento Aguiar *et al.* (2023) in their work drew attention to the fact that the expansion of scientific knowledge about the rules of 3x3 basketball and their modification taking into account the age of athletes is

an urgent task and initiated the conduct of more research on this issue. But the content, organisation, and conduct of this game and its main characteristics are not sufficiently covered in the special literature, which determined the relevance of this study. The goal was to identify the impact of 3x3 basketball classes on the physical condition of female students with the help of pedagogical research methods and functional diagnostic methods and determine the expediency of introducing a new type of motor activity into the educational process of physical education in a higher educational institution.

Materials and Methods

The following theoretical methods were used to solve the research tasks: analysis and generalisation of data from scientific and methodological literature. Pedagogical methods: observation, ascertainment experiment (it was carried out to determine the initial positions of the study, an analysis of medical records was carried out, as well as the initial level of physical development of female students was determined), and a formative experiment (during the formative experiment, the effect of the use of 3x3 basketball on the physical condition and level was determined for the physical fitness of female students in the experimental group). Mathematical statistics methods were used to calculate the research results. The study was conducted at the Hryhorii Skovoroda University in Pereiaslav (Pereiaslav, Ukraine). 52 students from the 1st and 2nd years of the Faculty of Ukrainian and Foreign Philology took part in the experiment. The participants consented to participate in the study, and the students were informed about its purpose. The study was conducted in accordance with ethical norms (Declaration of Helsinki, 2013).

The work was carried out in two stages in the 2022-2023 academic year. The participants of the experiment were divided into a control group of 26 people and an experimental group of 26 people. The control group of female students was engaged in a typical programme of physical education, and the programme of the experimental group included 3x3 basketball as the main type of motor activity in educational and extracurricular activities. At the first stage, the current state of physical culture and recreation and leisure activities among female students was studied, as well as the hypothesis, goal, and tasks of the study. Before conducting the study, an analysis was used to review the medical records of female students. Information was obtained regarding the lifestyle, physical activity, and health status of female students in the 1st and 2nd years. At the second stage of the research, an assessment of the effectiveness of the introduction of elements of street basketball into educational classes on physical education, as well as into some extracurricular forms (the organisation of 3x3 basketball competitions (class duration: 90 min)) was carried out. The following tests were used to determine indicators of physical fitness: 1,000 m run (strength endurance); 30 m run (speed); pull-ups on a low bar and long jump from a place (dynamic strength); physical working capacity (PWC_{170}) was measured by assessing heart rate (heart rate) during standard muscle work using the formula:

$$PWC_{170} = N_1 + (N_2 - N_1) \times \frac{(170 - f_1)}{f_1 - f_2}, \quad (1)$$

where N_1, N_2 – power of two applied loads, f_2, f_1 – corresponding heart rate. A survey was conducted to find out the level of motor activity. The survey was conducted face-to-face during a physical education class in October 2022 and included the following questions. 1. Do you consider your lifestyle healthy? 2. How many hours during the last week did you spend on physical exercises or other types of motor activity? 3. How many hours a day do you usually spend sitting or lying down? 4. How do you rate your health? 5. How do you maintain your physical form? 6. What types of physical activity/sports do you do? 7. How often do you do physical activity/sports? 8. Does physical activity/sports help you overcome stress and improve your mental health? 9. Where do you usually engage in any types of physical activity or sports? 10. Would you like to play 3x3 basketball to maintain your physical shape and take part in competitions? 11. Do you use online classes for self-paced physical activity/sports?

Results and Discussion

As of 2023, work on physical education in institutions of higher education does not meet the requirements of organising the educational process with student youth. The modern educational process in higher education is characterised by an increase in volume and intensification, which negatively affects the physical condition of the future specialist. Increasing the level of motor activity in students is the most rational way to solve this problem. The introduction of new types of motor activity, which are the most widespread among student youth, will contribute to increasing their interest and forming motivation for regular physical exercises. T. Krutsevykh & Zh. Malakhova (2020) note that modified types of classic sports games are quite popular among students: mini-football, streetball, beach volleyball, beach handball, rugby-7, and others. However, the use of new types of motor activity in the process of physical education in higher education is complicated due to the fact that in the scientific and methodical literature there are only episodic data on the organisation and methods of conducting classes with elements of new types of sports.

A pedagogical study was conducted with the aim of expediting the application of the elements of the streetball game in the process of physical education for female students in the junior years of higher education institutions. The analysis of the medical records of female students shows that 19.2% of the studied female students are assigned to the preparatory group and 17.3% to the special medical group. In addition, according to the results of the survey, it was found that 67.3% of female students have a low level of physical activity. The analysis of indicators of the physical fitness of female students shows that the greatest non-compliance with regulatory requirements is observed in indicators of strength endurance (61.5%), dynamic strength (57.6%), speed (46.1%), and physical work capacity (42.3%). In the course of the survey, it was found that female students showed the greatest interest in the modifications of sports games, in particular streetball, although it is a relatively new type of physical activity. The main reasons for this popularity are: the dynamic nature of the game; the opportunity to show oneself in a short period of playing time; the ability to quickly interact and

communicate with teammates; and obtaining a sufficient level of motor activity.

The application of streetball elements in the process of academic classes and the organisation and conduct of street basketball competitions with female students of the 1st and 2nd years were based on taking into account the following components: ensuring conditions for the necessary daily energy expenditure; the main motives that determine the interest and desire to play streetball; determining the main parameters of streetball game movements; determining the amount of physical exertion (volume, intensity, duration, and nature of rest) of special exercises and game modes in streetball; and the organisation and features of 3x3 basketball competitions. In the course of the ascertainment experiment, it was established that during one game of streetball, each participant covers a distance of up to 500 m, performs at least 25-30 jumps, accelerations with the ball handling up to 100 m, 15-20 passes, and 18-20 throws of the ball into the basket. Movements during the game occur with a change in intensity; running at maximum speed alternates with pauses and walking. Taking into account that in the process of classes and competitions, a student can participate in three or more games, the total physical load varies from medium to large. In addition, it is also characterised by high emotional stress.

Determining the physical load of street basketball exercises made it possible to differentiate them according to the direction and magnitude of the impact on the cardiovascular system of female students. Aerobic exercises (heart rate up to 150 bpm⁻¹). This group includes the following elements: uniform running on the court; technical actions in the attack (passing the ball, free throw). Exercises performed in an aerobic-anaerobic mode (heart rate up to 180 bpm⁻¹). Elements of actions in attack and defence: "opening" for the ball; game without a ball; dribbling the ball with a change in the direction of movement; "pick-up", "tear-out", "knock-out", "interception"; transmission in motion; shots from a distance. Anaerobic exercises (heart rate 180 bpm⁻¹ and higher). These include: accelerations that are necessary to perform an attack; hindering the attacking actions of a player of the opposing team; jerks on the ball; quick transition from attack to attack; offensive actions on the move and shots from a distance with the active actions of the defender; dribbling with active tackling and attacking the ring. Playing streetball can be the content of conditioning training (the main goal is to increase the level of physical condition to the proper level) in a mixed zone of energy supply (anaerobic-aerobic). The average heart rate of female students who participated in the game is 168 ± 4 bpm⁻¹, which is about 80% of the maximum possible heart rate at this age. The reduction in body weight during one training session (3-5 games) was 1-2 kg, depending on the weight of the participants in the game, due to the loss of moisture in the body.

At the end of the formative experiment, it was found that the use of elements of the streetball game in the process of physical education of female students in the experimental group contributed to the improvement of indicators in the tests "run 1,000 m", "run 30 m", "pull-ups on a low bar", "long jump from a standing position". During the experiment, the results in the 1,000 m race improved

from $4:29.3 \pm 3.7$ to $4:12.6 \pm 3.2$; in the 30 m run, from 7.1 ± 0.1 to 6.6 ± 0.2 ; in pull-ups on the low bar, from 13 ± 1.0 to 15 ± 2.0 times; and in the standing long jump, from 161.4 ± 7.2 to 179.2 ± 7.1 . It should be noted that the indicators of physical fitness of the girls in the control groups did not undergo significant changes. As for the indicator of physical work capacity, during the experiment in the control group they remained unchanged (before the

experiment 981 ± 19.31 kp·m min⁻¹, after 989 ± 19.61 kp·m min⁻¹) ($p > 0.05$), while in the experimental group, after a year of regular streetball training, the PWC_{170} index significantly increased from 987 ± 19.7 kp·m min⁻¹ to $1,087 \pm 17.5$ kp·m min⁻¹). 3x3 basketball has a lot in common with classical basketball, and among the important differences are the competitive struggle and the organisation of competitions in the 3x3 basketball format (Table 1).

Table 1. Main features of the basketball 3x3 game

The nature of the game	3x3 basketball is the most dynamic of all types of basketball (absence of a game pause when playing the ball after a goal, game duration up to 10 m of playing time, time for attack up to 12 s, smaller court size, fewer players).
Competition intensity	Competitions are held for 1-4 days, with a rest between games of one to several hours.
Energy supply mechanisms	At the competitive level, athletes' game actions take place both in aerobic and anaerobic metabolisms. During the match, the average heart rate is ≈ 163 bpm, and during the most intense loads, it reaches 200, which affects decision-making.
Contact	The small size of the court and the intense pace of the game lead to a significant increase in player contact, which makes the game even more rigorous. Taking into account the interpretation of fouls and their number in the rules, players prefer a power style that requires a high level of special physical training.
Universalisation of players	Players on high-end 3x3 teams are multifunctional and almost identical in characteristics. What is important is the collective action – the players' use of the best aspects of each of them.
Process management	The coach of the team actively interacts only during training, always looking for new tactical options that correspond to modern trends in the development of the game of 3x3 basketball and also choosing modern approaches in the process of training athletes. Players make independent decisions during the game; they are the initiators of tactical actions.

Source: made by the authors based on Rules of basketball 3x3 game (n.d.)

3x3 basketball is gaining more and more popularity in the world and in Ukraine and is in no way inferior to classic basketball, as noted by M. Hopei (2021). In particular, the scientist observed an increase in the desire to lead a healthy lifestyle and an improvement in one's own physical condition while continuing to practice 3x3 basketball. O. Klius *et al.* (2022b) add that, given that 3x3 basketball received the status of an Olympic sport, the holding of a number of regional, state, and world competitions among both professionals and amateurs became possible thanks to the development of uniform international rules. The European and World 3x3 Basketball Championships have been held every year since 2016. Competitions are held over two to five days, with teams playing multiple games each day. Since 2010, the International Basketball Federation (FIBA) has organised a complex of competitions for youth teams (up to 18 years old): the Youth Olympic Games, the World, European, Asian, and African Championships, the World Cup for players under 23 years old from 2018, and the League of Nations from 2017, respectively. The FIBA 3x3 World Tour, which has been held by FIBA since 2012 and consists of several stages held around the world, is particularly popular (Klius *et al.*, 2022b).

Optimising physical activity in institutions of higher education is an important issue because it is closely related to the organisation and content of physical education. As noted by leading scientists T. Krutsevych & Zh. Malakhova (2020) and N. Moskalenko *et al.* (2021), the main condition for optimising physical activity is taking into account students' interest during classes. Streetball (basketball 3x3), as a separate sport, has both specific and common characteristics with classical game types that affect the organisation of the training process. The differences between "3x3 basketball" and classical basketball have been studied

by many scientists. In particular, scientists B. Figueira *et al.* (2022) compared basketball 3x3 with 5x5. As in this study, an experiment was conducted; however, its purpose was different. The scientists found that the condition of the athletes did not differ much during the games in both types of basketball, but there were significant differences in technical and tactical actions.

F. Erčulj *et al.* (2019) conducted pedagogical experiments to compare technical actions, such as throwing the ball and dribbling the ball. In particular, P.G. Montgomery & D.B. Maloney (2018) came to the conclusion that elite players with high physical capabilities who can qualitatively carry out such actions as throws have a chance for greater success in sports. Z. Boros *et al.* (2022) and G. Csurilla *et al.* (2023) also consider it necessary to take into account the gender differences of players. Their opinion is interesting: in men's basketball, victories depend more on luck (the difference between expected and obtained results) than in women's basketball. Offensive and defensive play are also different between classic basketball and what players use in 3x3 basketball. Each of the scientists focused on the fact that it is important for coaches to take into account the specifics of this type of sport, choose optimal loads, and take into account the conditions of classes and competitions.

As indicated by the research results of V. Ilchyshina & A. Bondar (2019) and O. Klius *et al.* (2022a), a large number of students have a desire to play 3x3 basketball and participate in competitions. Therefore, there is a need to update the content of the process of physical education in institutions of higher education, to give it a vital and practical orientation, and to meet the needs and individual characteristics of students. V. Ilchyshina & A. Bondar (2019) note that 3x3 basketball has many elements in common with classical basketball. However, this sport is separate

and has its own characteristics in terms of technical, functional, tactical, and psychological training. It differs from classic basketball in that 3x3 teams play on one ring, and the size of the court is 15 by 11 m. A shot through the arc is worth two points; anything else is one point.

The work of A. Blaghii *et al.* (2018) is interesting. Regarding the involvement of students in health and recreational activities. The study emphasises the importance of how young people spend their leisure time and whether people implement health-improving practices in their free time. In the author's opinion, although 3x3 basketball is a new type of motor activity, it can be used as a means of health and recreational activity for students. It is interesting for student youth. Research by N. Hodun (2022) confirms this thesis. The scientist established that the majority of the surveyed youth have deviations in their state of health, which makes the issue of improving their physical condition urgent. According to the authors of the study, 3x3 basketball can provide not only effective but also interesting physical exercise for strengthening physical conditions and leading a healthy lifestyle.

Taking into account the results of the conducted experiment, the information of V. Banakh & G. Iedynak (2021) about the fact that extracurricular physical education activities contribute to the greater development of morpho-functional and psychophysiological characteristics of female students of higher education institutions was confirmed. 3x3 basketball is an effective means of physical education for students. This type of physical activity is easy to organise, does not require a lot of equipment, and can be played on any basketball court, both outdoors and indoors. During competitions as well as trainings, musical accompaniment is often used, which helps to increase the emotionality of classes and creates a positive atmosphere among players. The game also has a positive effect on the development of physical qualities and functional abilities in the students' bodies. The game of 3x3 basketball requires the "inclusion" of energy supply mechanisms of an aerobic and anaerobic nature; therefore, the use of 3x3 basketball as a means of physical education for students of higher education institutions is effective for the development of endurance, which is important for future specialists of various specialties since the majority of them require long physical and mental loads.

Conclusions

Summarising the obtained information, the following conclusions can be drawn: 3x3 basketball is a fairly new type of physical activity that is quickly gaining popularity among children and student youth in Ukraine. During the period of the experiment, female students received comprehensive knowledge of the technical techniques (throws, jumps, movement, dribbling, and passing the ball) and tactical techniques (various combinations and actions in attack and defence) of the game "basketball 3x3" and saw which elements differ from the classic basketball. During the 3x3 basketball competition, the students easily used the acquired knowledge. During the experiment, it was found that 3x3 basketball classes have a positive effect on the development of such physical qualities in female students as: dynamic strength (pull-ups on a low bar, long jump from a standing position), endurance (running 1,000 m), speed (running 30 m), and the indicator of physical working capacity. After the end of the experiment, these indicators increased significantly. Female students showed interest in classes and therefore had good results in mastering the elements of the game, participated in competitions, and thus increased the level of motor activity.

At streetball classes, female students were able to improve their physical condition because this type of motor activity was used as an element of conditioning training. Playing 3x3 basketball outside of school hours gave female students the opportunity to find new friends and be more open in communicating with like-minded people, so this type of physical activity can be considered not only a way to improve one's physical condition but also an opportunity to find new friends and spend free time with benefit for himself. Further directions of research consist in the development of methodological guidelines for the inclusion of 3x3 basketball in the educational process of physical education in higher educational institutions, not only during the educational process but also outside the educational (sectional classes) time.

Acknowledgements

None.

Conflict of Interest

None.

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Основні характеристики гри «баскетбол 3х3» як нового виду рухової активності студентської молоді

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Анотація. Дедалі більшої актуальності серед студентської молоді набувають нетрадиційні форми фізкультурно-спортивної діяльності, що вирізняються динамічністю, можливістю варіативного використання в будь-яку пору року, на багатьох майданчиках, із різним рівнем фізичної та спеціальної підготовленості. Гра «баскетбол 3х3» володіє великим потенціалом у розвитку як фізичних, так й особистісних якостей студентів. Мета – розкрити основні характеристики гри «баскетбол 3х3» та проведення експерименту для визначення доцільності її застосування в процесі фізичного виховання студентської молоді. На основі узагальнення даних науково-методичної літератури встановлено, що баскетбол 3х3 з усіх різновидів баскетболу є найбільш динамічним (гра триває 10 хв. ігрового часу, після забитого м'яча відсутня ігрова пауза при його розіграші, час на атаку до 12 с, зменшений розмір майданчика, менша кількість гравців). Після проведеного педагогічного експерименту встановлено, що заняття з використанням нового виду рухової активності «баскетбол 3х3» мали позитивний вплив на розвиток фізичних якостей студенток експериментальної групи та може бути впроваджено в навчальний процес у вищому навчальному закладі. За результатами опитування встановлено, що 65,3 % студентів мають бажання займатися баскетболом 3х3 і брати участь в змаганнях. З результатів констатувального експерименту встановлено вихідний рівень фізичного розвитку студенток і визначено об'єм та форми фізичного навантаження, які будуть застосовані в формувальному експерименті. Встановлено, що регулярні заняття баскетболом 3х3 мали позитивний вплив на розвиток фізичних здібностей студенток експериментальної групи. Запропоновано включити даний вид рухової активності в процес навчання студентів, адже він буде позитивно впливати на розвиток фізичних якостей, підвищення рівня технічної підготовленості та зміцнення їх здоров'я. За результатами проведеного педагогічного експерименту встановлено, що баскетбол 3х3 є ефективним засобом фізичного виховання студентів. Результати дослідження можуть бути використані викладачами фізичного виховання закладів вищої освіти для складання річного планування занять

Ключові слова: заклад вищої освіти; фізичне виховання; спортивні ігри; стрітбол; нетрадиційні форми спортивної діяльності