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METHODOLOGY FOR STRUCTURING THE EDUCATIONAL AND TRAINING PROCESS OF 3×3 BASKETBALL PLAYERS WITH CONSIDERATION OF PLAYING ROLES

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Abstract
The article presents a scheme for intensification of the training process for basketball players in the 3x3 format. As part of the pedagogical experiment, a complex methodology was introduced, including high-intensity training loads, interval modes, game exercises modeling competition situations, and systematic assessment of the level of basic physical qualities such as strength, speed, endurance, flexibility and coordination. Analysis of the data obtained made it possible to identify statistically significant improvements in most of the general physical fitness indicators in the experimental group. This confirms the effectiveness of the proposed approach and the feasibility of its use in the training system of 3x3 basketball teams.

Keywords: 3x3 basketball, intensification, training process, game role, interval load, physical fitness.

Introduction

Basketball 3×3 is a dynamic and high-intensity sport that employs interval methods and game-simulation training. It is officially recognized by the International Olympic Committee and included in the Olympic Games program. Its game structure is characterized by a high density of episodes, limited competitive time for decision-making, and minimal pauses for recovery, which places increased demands on the functional, physical, and psychological readiness of athletes (Adams C., 2013; Anderson D., 2018). In this regard, particular importance is attached to ensuring the optimal development of key

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physical qualities: strength, endurance, speed, coordination, and flexibility (Carter B., 2014; Egorov A.A., 2010).

The relevance of this study is обусловлена the need for a systematic approach to intensifying the training process with a focus on game-related morphofunctional roles and parameters, as well as the development of adapted training models that take into account not only the specific loads of 3×3 basketball but also the individual characteristics of players, including their playing positions (Clark J., 2010; Vlasov T.T., 2015). Modern research confirms the necessity of using high-intensity training methods in the preparation of 3×3 basketball players.

Methods

The study involved 16 basketball players. We developed a training program for 3×3 basketball players. A comprehensive program was applied, including interval training, position-specific individual programs, modeling of game situations, exercises performed at maximal speed, as well as monitoring and analysis of physical fitness indicators.

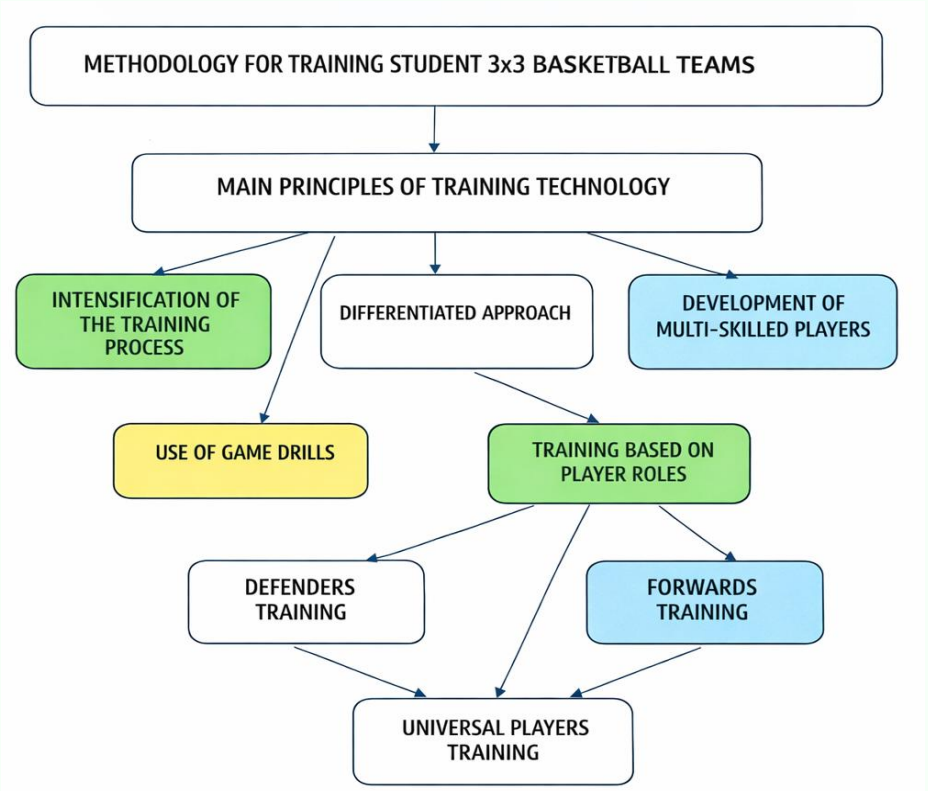

Fig. 1. Program for Intensifying the Educational and Training Process of 3×3 Basketball Players

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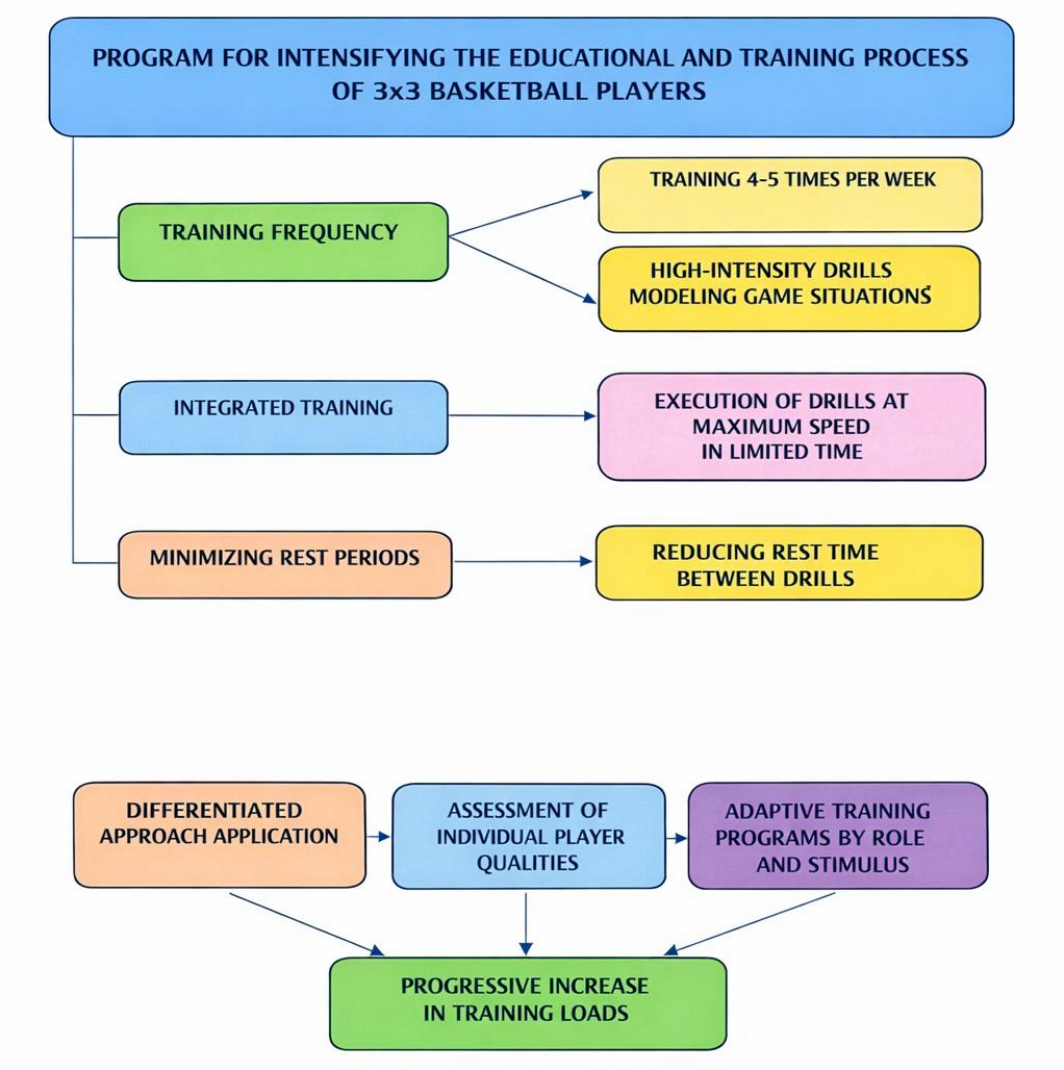

Fig. 2. Methodology for Training Student 3×3 Basketball Teams

Assessment: The evaluation was carried out using 16 indicators of general physical fitness measured before and after the experiment. To assess the significance of differences between the initial and final values, Student's t-test for paired samples was applied. Differences were considered statistically significant at a level of $P < 0.05$.

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Table 1. Comparative Analysis of General Physical Fitness (GPP) of 3×3 Basketball Players in the Experimental Group at the Beginning and at the End of the Experiment

№	Physical Fitness (GPP) Indicators	КГ (n=16)		ЭГ (n=16)		t	P
		$\overline{X}$ ±σ	V %				
1	20 m sprint, s	3,6±0,44	12,4	3,7±0,48	13,1	0,62	P>0,05
2	30 m sprint, s	5,5±0,64	11,7	5,26±0,72	12,8	0,41	P>0,05
3	Shuttle run 4×6 m, s	6,58±0,71	10,8	6,56±0,75	11,4	0,22	P>0,05
4	Shuttle run 4×20 m, s	15,86±2,21	13,4	16,01±1,95	12,2	0,37	P>0,05
5	12-minute run on a track	2120,1±203,52	9,6	2100,3±224,7	10,7	0,49	P>0,05
6	Cooper test	2,12±0,23	11,3	2,11±0,26	12,5	0,63	P>0,05
7	Standing long jump, m	36,2±4,56	12,6	37,8±3,70	9,8	0,71	P>0,05
8	Standing vertical jump, cm	6,8±0,71	10,4	6,7±0,71	10,8	0,39	P>0,05
9	Standing triple jump, m	11,5±1,37	11,9	10,4±1,39	13,4	0,54	P>0,05
10	Pull-ups on a horizontal bar, number of repetitions	18,5±1,59	8,6	17,4±2,24	12,9	0,38	P>0,05
11	Push-ups (arm flexion and extension in the prone position), number of repetitions	18,2±1,77	9,7	18,6±2,18	11,7	0,43	P>0,05
12	Squats in 20 seconds, number of repetitions	8,4±0,69	11,3	8,2±1,01	12,3	0,61	P>0,05
13	Overhead medicine ball throw (from behind the head), m	16,3±1,77	10,9	15,8±1,83	11,6	0,58	P>0,05
14	Sit-ups (lying on the back) in 20 seconds, number of repetitions	7,4±0,93	12,6	7,1±0,85	12,0	0,47	P>0,05
15	Hanging leg raises to hand grip on the bar, number of repetitions	6,5±0,66	10,1	6,2±0,83	13,5	0,36	P>0,05
16	Forward trunk flexion (sit-and-reach), cm Jump rope for 1 minute, number of jumps	88,4±11,67	13,2	86,9±10,6	12,2	0,65	P>0,05

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Conclusion

Thus, the model for intensifying the training process, based on the application of an individualized approach, high-intensity training, and game-based exercises with the simulation of competitive conditions, has proven its effectiveness in improving the physical fitness of 3×3 basketball players. The implementation of this program ensures a significant increase in the development of speed, endurance, jumping ability, flexibility, and coordination. The obtained data make it possible to recommend this model for practical application in the preparation of professional teams specializing in the 3×3 format, taking into account the specifics of competitive activity.

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