



WORLD ASSOCIATION OF  
**BASKETBALL**  
**COACHES**

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**EX3 3X3 PLAYERS GUIDE**

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# WORLD ASSOCIATION OF BASKETBALL COACHES

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# 3x3 PLAYERS GUIDE

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## ABOUT THIS RESOURCE

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*(for more information: [play.fiba3x3.com](http://play.fiba3x3.com))*

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3x3 is considered the number one urban team sport. From the first official event at the 2010 Youth Olympic Games, FIBA has had an ambitious vision for the game.

3x3 is simple and flexible enough to be played anywhere by anybody. All you need is a hoop, a half court and six players. Events can be staged indoor and outdoor in iconic locations to bring basketball directly to the people.

The rules are very simple and designed to make 3x3 a fast, spectacular and exciting game. It is an opportunity for new players, organizers and countries to go from the streets to the World Stage. The stars of the game play in a professional tour and some of the most prestigious multi-sports events. On 9th June 2017, 3x3 was added to the Olympic Program, starting from the 2020 Tokyo Games.

Inclusion as an Olympic discipline followed FIBA's staging of the first national team world competition in 2011 and the introduction of the professional FIBA World Tour in 2012. 3x3 has quickly established itself as one of the most dynamic and exciting sports in the world. Played in the streets throughout the world and now rising to the ultimate sporting stage.

3x3 has been used as part of a team's preparation for 5v5 basketball for almost as long as the game has been played. The skills of 3x3 are the skills of basketball. It is a player's game and innovations in how the game is played stem from the athleticism and imagination of the players involved.

There is no courtside coach in 3x3 and the game flows freely with substitutions and any change of tactic instigated and implemented by the players themselves.

This resource provides an outline of key elements of 3x3 basketball, however, the game is not learnt in a textbook, it is learnt on courts throughout the world! The information in this resource is a starting point and the rest is up to the exploration and imagination of players:

- 1. Main differences between 3x3 and 5v5
- 2. World Competition Framework
- 3. A 3x3 Player
- 4. Principles of Play

More information can be found on [www.fiba3x3.com](http://www.fiba3x3.com). A free e-learning is also available at request ([3x3@fiba.com](mailto:3x3@fiba.com))

# 1 DIFFERENCE 3x3 AND 5v5

## 1.1 MAIN DIFFERENCES – 3x3 AND 5v5

RULE	3x3	5v5
<b>HOOP</b>	1	2
<b>COURT</b>	HALF	FULL
<b>PLAYERS</b>	3 per side (+ 1 substitute)	5 per side (+ 1 substitute)
<b>BALL</b>	3x3 Ball (size 6 weighted as size 7)	Women: size 6 Men: size 7
<b>FOUL BONUS</b>	2 fouls shots as of 7th foul 2 foul shots plus possession for 10th and subsequent team fouls	2 foul shots for 5th and subsequent team fouls each quarter
<b>PLAYING TIME</b>	10 minutes	4 x 10 minutes
<b>GAME OVER</b>	First team to score 21 points in regular time	N/A
<b>OVERTIME</b>	First team to score 2 points in overtime period	5 minute periods until a winner at end of period
<b>SHOT CLOCK</b>	12 seconds	24 seconds
<b>FIELD GOALS</b>	1 or 2 points	2 or 3 points
<b>AFTER SCORING</b>	No break	Inbound from end-line
<b>POSSESSION</b>	“Check Ball” exchange at top of arc Defence possession	Throw-in Determined by possession arrow

# 2 COMPETITION FRAMEWORK

## 2.1 WORLD COMPETITION FRAMEWORK

Simplified, there are three types of FIBA 3x3 endorsed events:

- National team events: For national teams of basketball federations.
- Pro circuit events: For city-based pro teams (World Tour & Challengers)
- Grassroots events: Open to all teams, all ages and all skill levels

All events operate under the same in-court rules and off-court regulations, creating an interconnected competition pyramid. A team might get together into a local recreational event, hit it off – both chemistry- and result-wise – and later find themselves competing as FIBA 3x3 professionals in the world tour. A 3x3 national team coach may spot a basketball prospect from the world tour and make a player's dream to play for her/his country possible in a new and exciting way. Or basketball crazy people just want to do what's most fun in basketball – just play.

Teams representing their country compete in Continental Cups (Asia/Oceania, Africa, Americas and Europe), the World Cup and (since 2010) the Youth Olympics and (from 2020) the Olympics.

Professional teams (representing a city) compete in a Pro Circuit, made up of the following events: World Tour, Challengers and qualifiers to those (split in Quests and Satellites).

### QUICK COMPETITION NETWORK GLOSSARY

#### Event levels

a coding, displayed with colors and number from 10 to 1, signaling the hierarchy of event in the competition network.

#### World Tour

FIBA 3x3 Official Competition consisting of a series of FIBA-standardized tournaments with prize money played by teams of professional players representing a city.

#### Challengers:

FIBA 3x3 Official Competition which is a premium World Tour Qualifier comprised one stand-alone, international FIBA-standardized tournaments with prize money played by teams of professional players representing a city.

#### Quest & Satellites

a local/regional competition, mainly grassroots focused, qualifying to the Pro Circuit (either World Tour or Challengers).

### PRIZE MONEY

The top players in the world are specialized 3x3 athletes playing professionally. Prize money is paid at all Pro Circuit events and sometimes even in lower level events.

# 3 3x3 PLAYERS

## 3.1 A 3x3 PLAYER

*(further information is available at [www.fiba3x3.com/fitness](http://www.fiba3x3.com/fitness))*

The physical and physiological characteristics required of a 3x3 player have been analyzed in a research paper available at the link noted above. Key findings of this research is that:

1. The demands of a 3x3 game are different to a 5v5 basketball and, in particular, 3x3 basketball is significantly more anaerobic than traditional 5v5 basketball;
2. Although 3x3 is played in a shorter time-frame than 5v5 basketball, the intensity in 3x3 is higher than that of 5v5 basketball;
3. Male 3x3 players match the height and weight characteristics of “forwards” in 5v5 basketball. Female 3x3 players match the height and weight of guards in 5v5 basketball;

### PREPARATION OF ATHLETES

The following recommendations for the preparation of athletes are made by Montgomery and Maloney, drawn from their research:

- Aerobic Fitness
  - Practically, the quicker players can recover between efforts or during a substitution break, the more performance will be maintained
  - Training drills that are specific (e.g. 1v1, 2v2 and 3v3 scrimmage drills) or High Interval Intensity Training will meet explicit demands of 3x3. These should reflect intervals of 1-4 minutes performed at 90-95% of maximal heart rate with a work: rest ratio of 2:1 (e.g. 2 min work, 1 min rest) <sup>2</sup>

- Anaerobic Fitness
  - 3x3 has high anaerobic requirement
  - Anaerobic power requires maximum intensity efforts characterized by short HIIT with intervals less than 60 seconds
  - Repeated short sprints lasting between 6 – 10 seconds with recovery periods of approximately 60 seconds may be effective. Focus of this training is to reduce fatigue deficit between sprints so that slowest sprint should be within range of fastest sprint
- Agility Training
  - Integrating agility drills within speed and strength training will have a dramatic impact on performance
  - Drills that include rapidly switching between forward, backward, lateral and vertical movements should be included
- Strength Training <sup>3</sup>
  - Maximal intent to move the weight as fast as possible when lifting is important in increasing strength and power
  - Players should lift close to failure (i.e. with the ability to lift 1 or 2 more repetitions).

<sup>1</sup> Dr Paul Montgomery and Brendan Maloney, The Physical and Physiological Characteristics of 3x3. Results of Medical Study and Scientific Test

<sup>2</sup> Ibid, p19

<sup>3</sup> Ibid, p20

<sup>4</sup> Ibid, p20

- Nutrition <sup>4</sup>
  - Players should aim to keep fluid loss within 2% of body weight during competition (measuring pre- and post-match body weight and replacing fluids as necessary)
  - Sport drinks during competition will be the easiest way to replenish carbohydrate during and between games. Well balanced plates of food (with combination of carbohydrate, protein and leafy greens) should be a priority each day of competition
- Stretching <sup>5</sup>
  - Players should complete daily stretching for flexibility, with focus on mobility and allowing maximal joint mobility
  - Players should limit static stretching before matches as excessive stretching can interfere with muscles maximal power production and may cause a temporary reduction in performance

<sup>5</sup> Ibid, p21

# 4 PRINCIPLES OF PLAY

## 4.1 TRANSITION

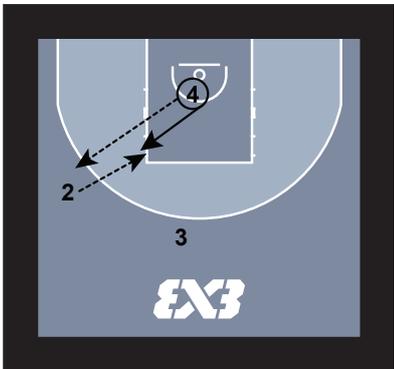
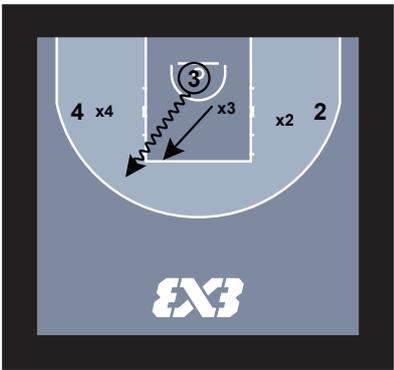
*Check out the FIBA3x3 channel on YouTube for the latest 3x3 action - [www.youtube.com/fiba3x3](http://www.youtube.com/fiba3x3)*

3x3 is a player's game and the skills and tactics of the game are evolving regularly. 3x3 tournaments are regularly live-streamed and watching tournaments is an excellent way to keep up to date with current trends.

Below are some trends in the various components of 3x3 play:

### TRANSITION

The change in possession after a score, rebound or a steal.

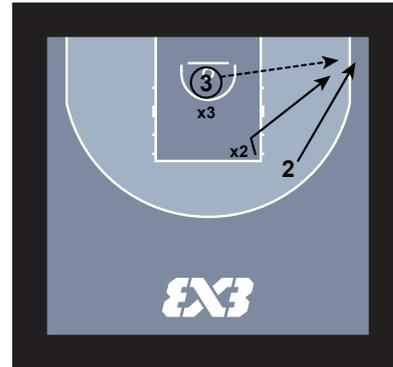
OFFENCE	DEFENCE
<p><b>1. PASS OUT AND RE-SEAL</b></p> <p>Commonly, the player rebounding the ball (or after a basket) will pass the ball to a player outside the arc. The passer will then "seal" to establish position and receive the pass straight back.</p> <p>Players commonly seal at the high post rather than the low post but this is at the preference of each player.</p> 	<p><b>1. FORCE THE DRIBBLE OUT</b></p> <p>Teams will often force the offence to dribble to the perimeter rather than allow a pass, because:</p> <ul style="list-style-type: none"> <li>• Passing tends to be quicker (create shot-clock pressure);</li> <li>• Passing can lead to long close-outs or open shots from the perimeter.</li> </ul> 

**TRANSITION**

The change in possession after a score, rebound or a steal.

**OFFENCE**

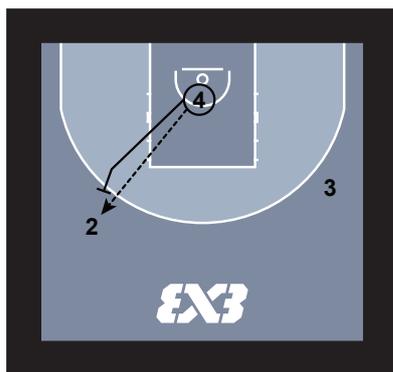
**DEFENCE**



Players will often cut to the perimeter corner, as this is often an easier passing angle, if the defender is standing in front of the passer.

**2. PASS AND ON-BALL**

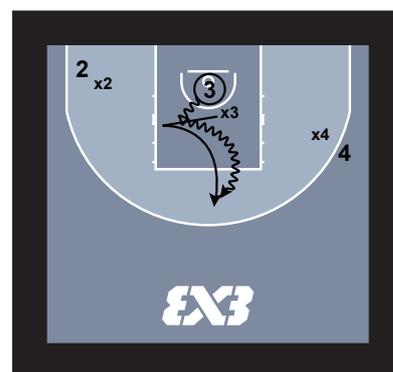
The passer will often sprint to screen for the perimeter player with the ball. Screens are often “fluid” with players almost in constant movement.



The screen is often set “flat” (behind the defender rather than at the side). Both creener and dribbler tend to move toward the basket, with the shooter usually on the side in the direction of the dribble (to allow for an easier pass).

**2. STEALING TIME (DEFEND DRIBBLE-OUT)**

Teams will often force the offence to dribble out and then defend the dribbler, “turning” them and stop them progressing outside the arc.

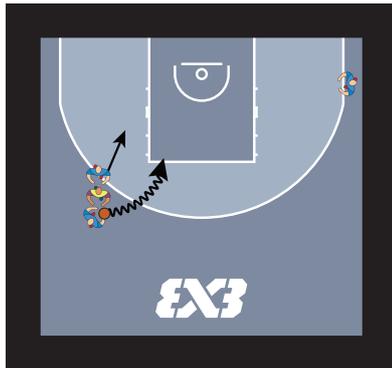


The intent is not necessarily to steal the ball, and defenders must move their feet rather than reach for the ball.

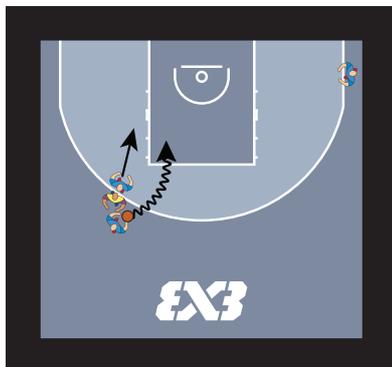
## TRANSITION

The change in possession after a score, rebound or a steal.

### OFFENCE

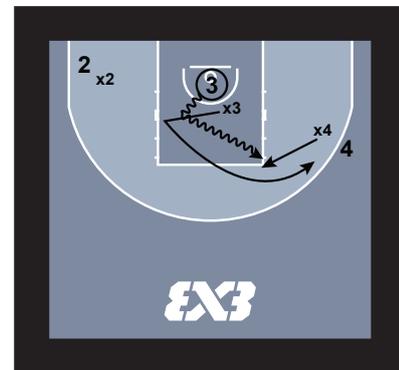


The screen may also be set as a “Butt Screen”, where the screener has their back to the dribbler.



### DEFENCE

Whilst there is no time limit on how long the offence take to get to the perimeter (no equivalent of 8-seconds in the backcourt), defending the dribble will reduce the time available for offence. With a 12-second shot clock “stealing time” can be very effective.



Teams may also employ “run and jump” technique, where defenders switch who is defending the ball. This is most effective when:

- the second defender (x4 above) is in front of the dribbler;
- the second offensive player (4 above) is close and the switching defender has a short close-out if the ball is passed.

### 3. TWO PASS OUTLET

Often the two players without the ball will cut near each other before moving to the perimeter.

### 3.CROWD THE PASSER

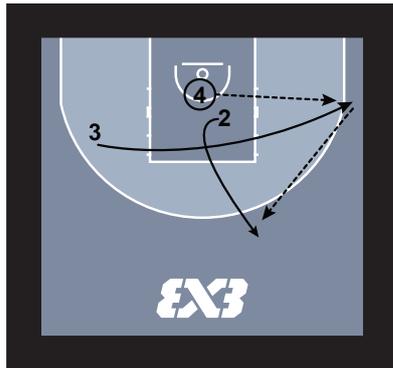
Some teams will “crowd” the passer, with two defenders around the “no-charge” circle.

This is most effective when the other two offensive players are close to each other, enabling the third defender to “guard 2”.

## TRANSITION

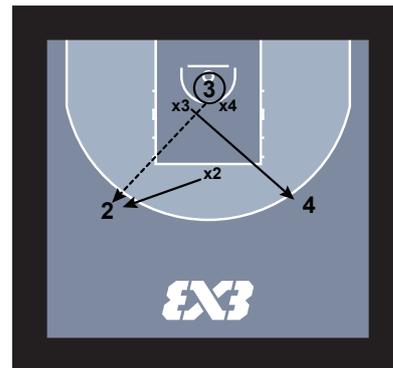
The change in possession after a score, rebound or a steal.

### OFFENCE



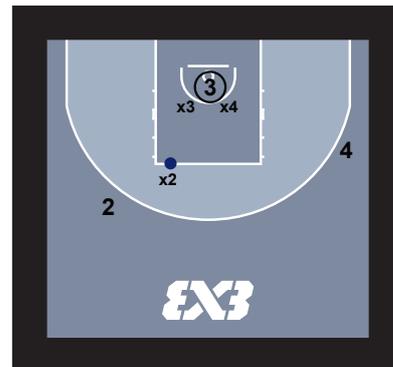
2 allows 3 to cut first, which creates similar to a screen, however players will generally be on the move. 3 completes the cut (and may even cut inside the 2 point line) and then passes quickly to 2 as they move to the perimeter.

### DEFENCE



If a pass is made, x2 defends whoever receives the pass. Whoever can see the open player moves to defend. Above, 4 is standing behind x4, so x3 (who can see 4) moves to defend 4 on the pass.

Sometimes teams will crowd the pass and strongly deny one player. This is only suitable if the other offensive player is a poor shooter from the perimeter.



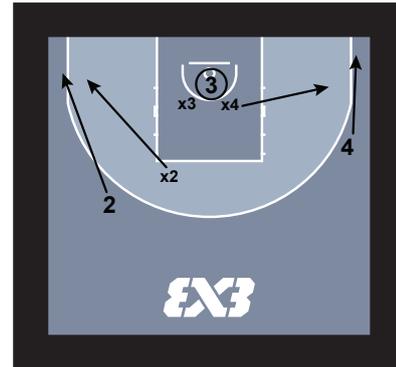
Crowding the passer is less likely to be successful, if the offensive players move to the corners. When this happens teams will usually move to defending one player each.

**TRANSITION**

The change in possession after a score, rebound or a steal.

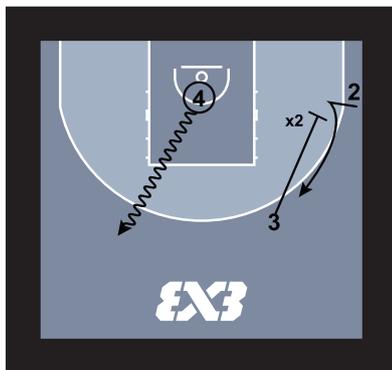
**OFFENCE**

**DEFENCE**



**4. DRIBBLE OUT**

Offensive players will often dribble out, pushing the ball in front of them to minimize the number of dribbles required.

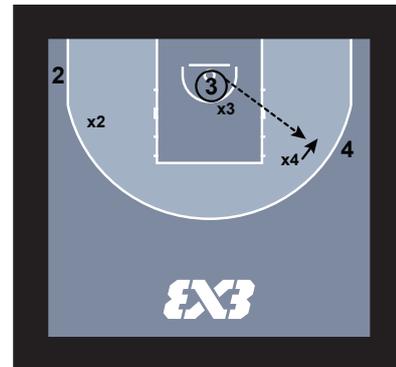


There will often be screening action between the other two players as the dribble occurs or once the player has got position on the perimeter.

When dribbling out, the player needs to quickly establish position of the floor by turning to face the basket.

**4. PICKING OFF THE PASS**

Some players will stand behind the player that is guarding the passer so that the passer does not have vision of them. The defender then attempts to intercept the pass.



## TRANSITION

The change in possession after a score, rebound or a steal.

### OFFENCE

### DEFENCE

#### 5. CONTROLLING THE TEMPO OF TRANSITION

After a basket, the defensive team cannot stand in the “no charge” circle – it is a protected zone for the offensive player.

When teams wish to quicken the tempo (i.e. they may be behind) they will often take the ball from the net and immediately start to move to the perimeter.

When teams wish to slow the tempo, they may stand in the “no charge” circle, rather than make the immediate movement to the perimeter.

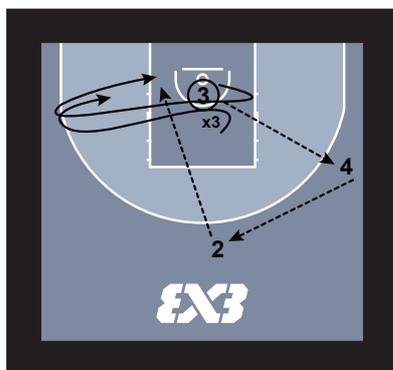
Slowing the tempo can be important for a number of reasons:

- When players are fatigued;
- Defending a lead;
- Stopping the momentum of other team (if they have consecutively scored).

Teams must always be conscious of the 12 second shot clock, which commences once the player new offensive team gain possession of the ball.

#### 6. BACK CUTS

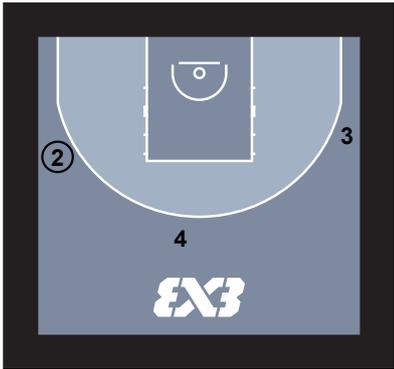
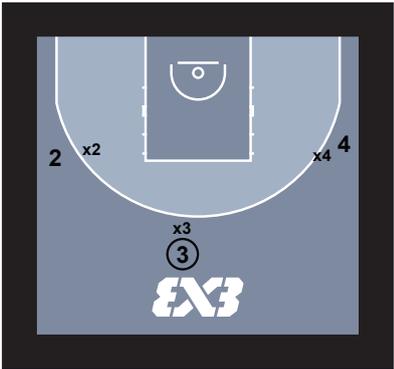
After passing the ball out, the player passing the ball can cut to the perimeter and then sharply back cut. This is most effective if they are an effective shooter from the perimeter:



## 4.2 SPACING

### SPACING

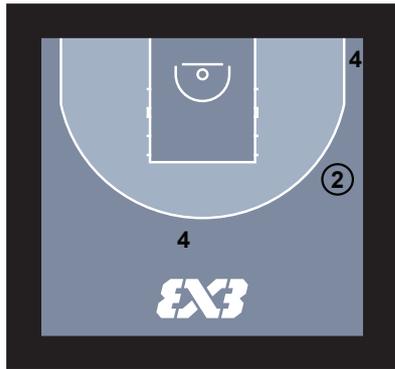
With a 12-second shot clock, teams have limited time to “set-up” or use complex structure. The “check” on a dead ball is an opportunity to adopt an initial alignment.

OFFENCE	DEFENCE
<p><b>1. 3 OUT</b></p> <p>Most teams adopt an initial alignment that has 3 players on the perimeter, which is designed to:</p> <ul style="list-style-type: none"> <li>• Maximise the space available for driving to the basket</li> <li>• Give the option for a 2-point shot (outside the arc)</li> </ul> 	<p><b>1. INDIVIDUAL RESPONSIBILITY</b></p> <p>Zone defences are rare and most teams play a “tight” man to man to get maximum coverage on the “2-point” shot from beyond the arc.</p>  <p>Teams do not play the “help” or “split” line defence which is typical in 5v5. Such as the orange defenders below:</p> <ul style="list-style-type: none"> <li>• Line of ball (help position) – x3</li> <li>• Split line (help position) – x4</li> </ul>

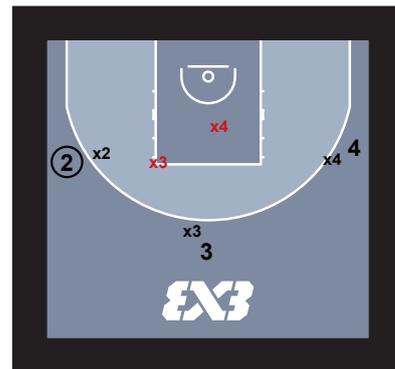
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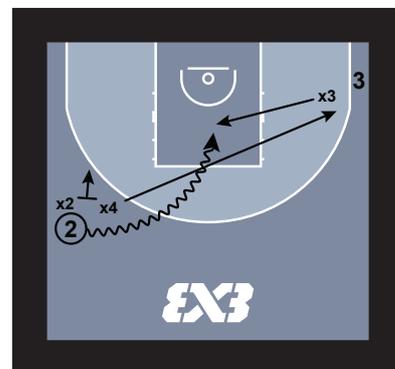
**OFFENCE**



**DEFENCE**



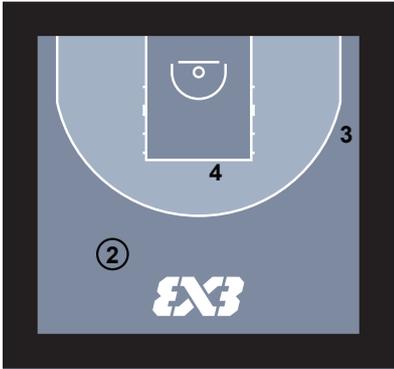
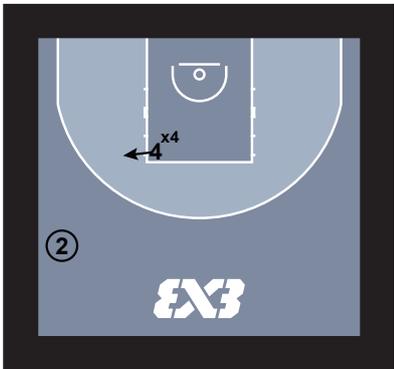
With 3 players, the ability to “help the helper” is limited. If x3 below rotates to the dribbler, 3 in open and x4 has a “long close-out”.



A team may “help” in an “emergency” (e.g. the opponent is on 20 and an open lay-up results in winning the game).

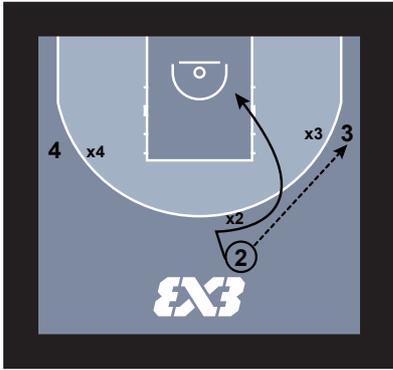
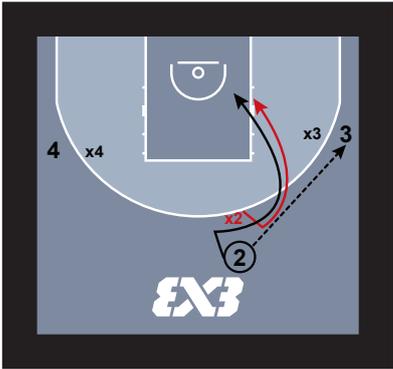
## SPACING

With a 12-second shot clock, teams have limited time to “set-up” or use complex structure. The “check” on a dead ball is an opportunity to adopt an initial alignment.

OFFENCE	DEFENCE
<p><b>2. “2 OUT”</b></p> <p>Some teams will adopt an alignment where one player is in a post position – often in the high post. This is particularly common in transition.</p> 	<p><b>2. PUSH POST PLAYERS</b></p> <p>Most teams will attempt to “push” a post player off the post position (whether it is low or high) so that they are catching the ball outside the key.</p>  <p>There is little scope for “fronting” post players as there is usually no “help” defender behind the post player.</p>
<p><b>3. “LONG RANGE” NOT “MID-RANGE”</b></p> <p>Most teams will look to create shots inside the keyway or a shot outside the arc (worth 2 points).</p> <p>Teams do not tend to take “mid-range” shots (areas shaded yellow below). When the ball is caught in this area, the player will generally penetrate to the basket.</p> 	<p><b>3. FORCE “MID-RANGE” SHOTS</b></p> <p>Most teams regard a defensive position as a “win” if the offensive player takes a mid-range shot.</p> <p>Priority for defenders is stopping the open “2-pt” shot and secondly stop the open lay-up.</p>

### SPACING

With a 12-second shot clock, teams have limited time to “set-up” or use complex structure. The “check” on a dead ball is an opportunity to adopt an initial alignment.

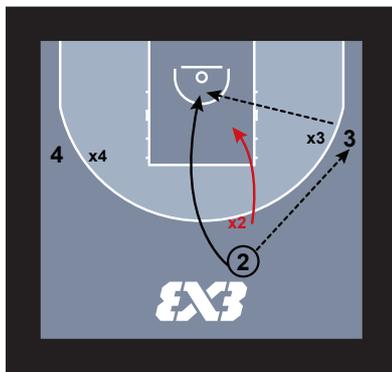
OFFENCE	DEFENCE
<p>Alternatively, the offensive player will relocate beyond the arc and not to a mid-range positions.</p>	
<p><b>4. PASS AND CUT</b></p> <p>Perhaps the simplest offensive play is the “pass and cut”.</p>  <p>The player with the ball cuts to the basket after making a pass. They may initially hesitate or even move as it to screen for a player on the other side.</p>	<p><b>4. JUMP TO THE BALL</b></p> <p>Defenders will often “jump to the ball”, so that they remain between their direct opponent and the player with the ball</p>  <p>Good pressure is also required on the passer to stop the possibility of a lob pass.</p>

## SPACING

With a 12-second shot clock, teams have limited time to “set-up” or use complex structure. The “check” on a dead ball is an opportunity to adopt an initial alignment.

### OFFENCE

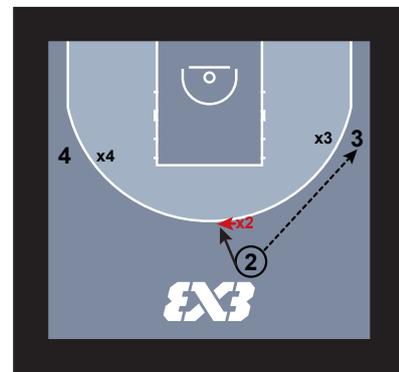
Because there is a lack of “help” defence (x4 is likely to stay on the perimeter to defend 4), a lob pass may also be effective, particularly where the offence make a quick cut to the basket.



### DEFENCE

#### 5. STOP THE CUT

To stop the possibility of a lob pass, the defender may step into the path of the cutter and not let them cut. Aggressively “bumping” or holding the cutter.



This tactic may particularly be expected if there is a mismatch in height or athleticism between the two players.

## 4.3 1v1 CONTESTS

### 1v1

The 1v1 contest (particularly on the ball) is critical. Defenders must be able to contain a dribbler due to the limited help defence. Similarly, offensive players must be able to quickly create an opportunity to score within the 12-second shot clock.

#### OFFENCE

##### 1. 5-SECOND POSSESSIONS

Many 5v5 teams divide the 24 shot clock into 3 phases:

- Push (1st 8 secs) – transition
- Poise (2nd 8 secs) – ball reversal
- Penetrate (last 8 seconds)

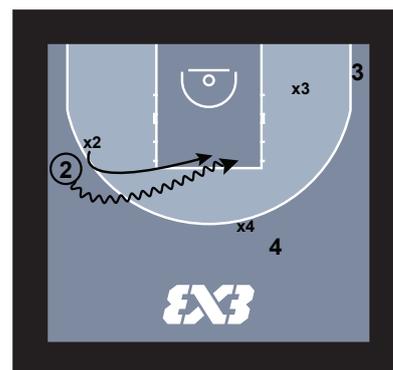
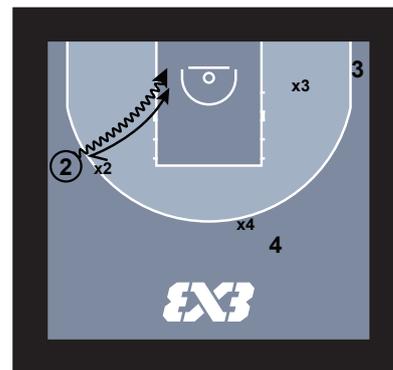
The 12-second shot clock in 3x3 means that teams are almost immediately into a “penetrate” phase.

The initial handler has no more than 5 seconds to beat their opponent. Emphasis must be on “attacking” the defender, not simply looking “fancy”.

#### DEFENCE

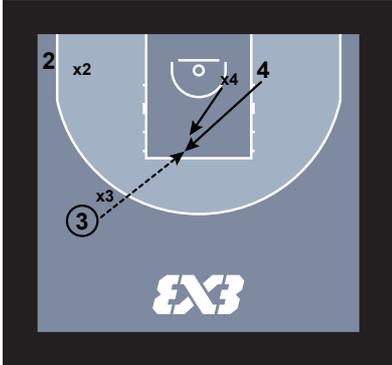
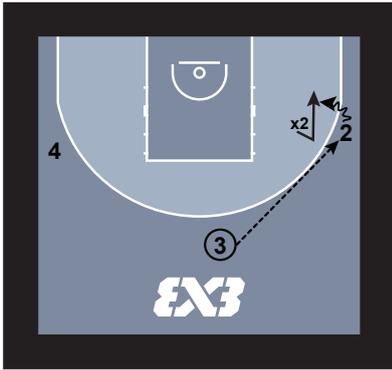
##### 1. LOCK ON THE HIP

If a defender is beaten by a dribbler they must turn and get “on the hip” of the dribbler to influence their path – away from a lay-up.



### 1v1

The 1v1 contest (particularly on the ball) is critical. Defenders must be able to contain a dribbler due to the limited help defence. Similarly, offensive players must be able to quickly create an opportunity to score within the 12-second shot clock.

OFFENCE	DEFENCE
<p><b>2. PENETRATE THE BALL</b></p> <p>Most teams will look first to penetrate the ball through either the dribble or the pass.</p> <p>The “penetrate and pitch” style common in 5v5 is less successful in 3x3 because defenders are not “helping”.</p> <p>Generally, following penetration the offensive player will shoot.</p> 	<p>Typically, more contact is allowed on a dribbler in 3x3 than in 5v5. The defender should use their body to move/push the defender rather than reaching for the ball.</p> <p><b>2. PLAY TIGHT ON THE PERIMETER</b></p> <p>Defenders will stay close to perimeter players, so that they are able to both stop a perimeter shot and stop penetration.</p> 

## 1v1

The 1v1 contest (particularly on the ball) is critical. Defenders must be able to contain a dribbler due to the limited help defence. Similarly, offensive players must be able to quickly create an opportunity to score within the 12-second shot clock.

### OFFENCE

#### 3. "BACK-IN" MOVE

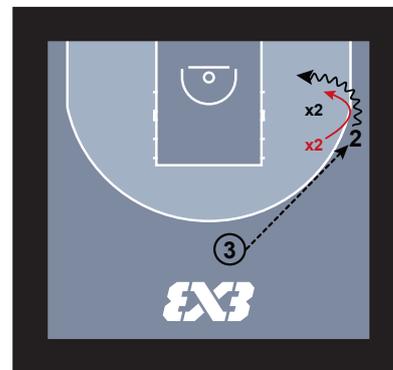
With defenders on the perimeter, rather than help position, after penetration the offensive player will often "back-in" to create their shot.



### DEFENCE

#### 3. PLAY FLAT ON THE PERIMETER

Defenders will often adopt a "flatter" position on a perimeter player and not move toward the ball as they would in 5v5.



The orange x2 has "jumped to the ball", adopting a position common in 5v5 defence. However, this makes the defender more susceptible to be beaten off the dribble.

Accordingly, defences often put less pressure on the "passing lane" to focus on stopping the shot or dribble.

#### 4. FOUL ON THE MISMATCH

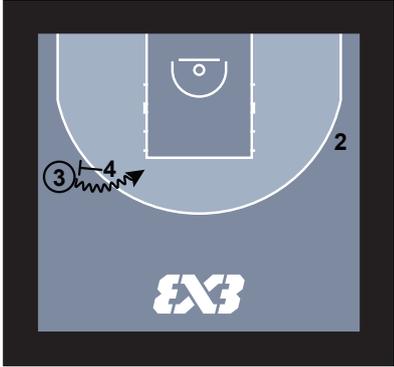
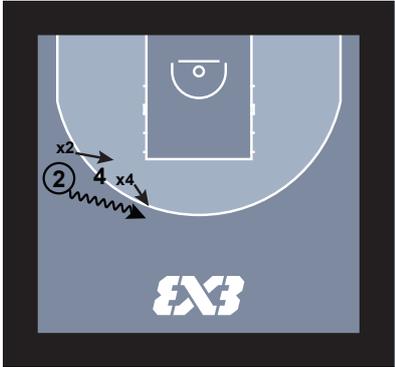
Mismatches are common in 3x3, particularly where defenders switch. In a mismatch situation, defenders will defend physically attempting to move the offensive player from any position of advantage.

Fouling the player is another common tactic in a mismatch situation, although players must be conscious of the team foul situation (after 6 team fouls a player gets two foul shots).

## 4.4 SCREENING

### SCREENING

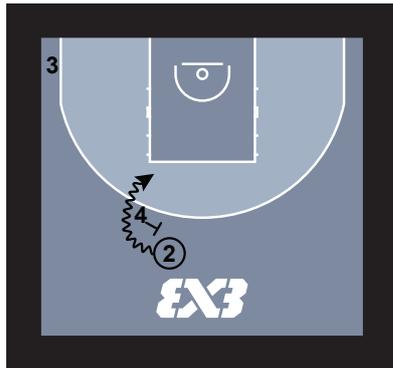
The use of on-ball and off-ball screens is very common in 3x3 and may occur at any point on the court.

OFFENCE	DEFENCE
<p><b>1. ON-BALL SCREENS</b></p> <p>On-ball screens are very common in 3x3 at both the mid-point and at the side of the court.</p> <p>Generally, the dribbler will use the screen so that they are dribbling toward the 3rd offensive player – making the pass to a perimeter shooter a dangerous option.</p> 	<p><b>1. SWITCH EVERYTHING!</b></p> <p>Teams typically switch all screening situations and switch aggressively to stop the offensive movement.</p> 

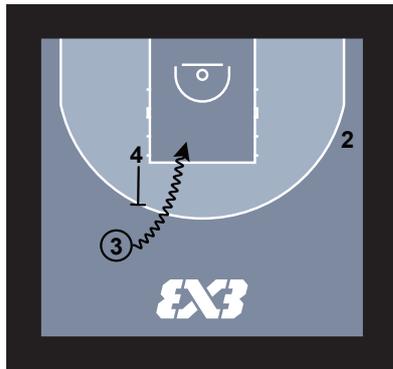
### SCREENING

The use of on-ball and off-ball screens is very common in 3x3 and may occur at any point on the court.

#### OFFENCE

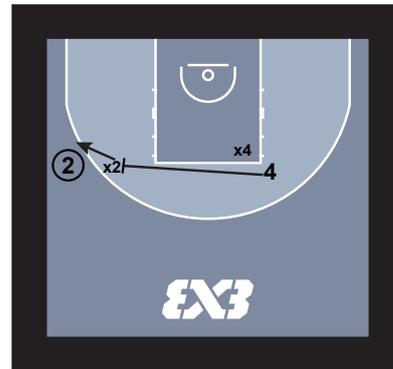


Screens are often set “flat”, with the screener’s back to the baseline and standing underneath the defender.



#### DEFENCE

The defenders need to adjust position early to be ready to switch, although the screener may “slip” if the defenders move too early.



#### 2. PICK AND ROLL

Commonly the screener will then move toward the basket and the dribbler may either throw a bounce pass or lob pass (at the screener’s preference).

The dribbler should attack the ring and take a lay-up if possible. They also have a pass to the 3rd player on the perimeter.

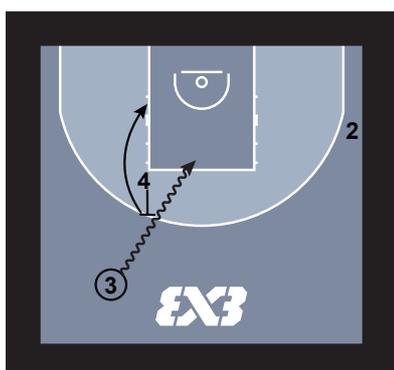
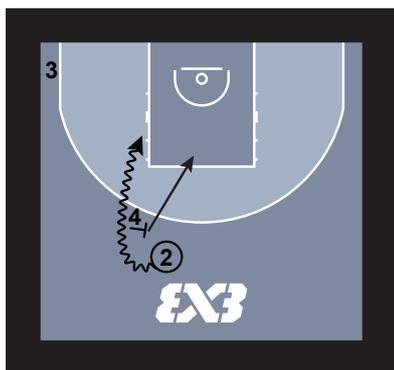
#### 2. FIGHT MISMATCHES

Switching screens will often lead to a mismatch

## SCREENING

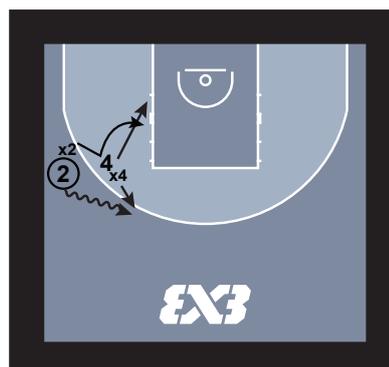
The use of on-ball and off-ball screens is very common in 3x3 and may occur at any point on the court.

### OFFENCE



The dribbler's initial movement off the screen is toward the 3rd player, so that the rolling screener will not stop a possible pass to the perimeter.

### DEFENCE



In the mismatch situation the defender will need to be physical and attempt to minimize the position the offensive player has on the court.

With a 12-second shot-clock, the defender will not need to defend for too long, although equally it is unlikely that a second switch can be done to avoid the mismatch.

Defenders may also foul to avoid the mismatch, although should be aware of whether the team is in foul bonus before doing so.

## SCREENING

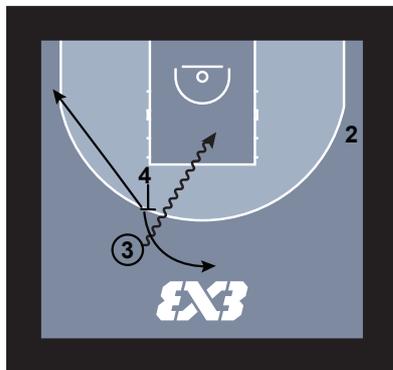
The use of on-ball and off-ball screens is very common in 3x3 and may occur at any point on the court.

### OFFENCE

#### 3. PICK AND POP

Less commonly a screener will “pop” (move to the perimeter) rather than moving toward the basket.

The dribbler will generally penetrate deeper (as there is no help defence) so the screener needs to either move toward the deep corner or behind the dribbler



#### 4. “BUTT” SCREENS

The screener will often use a “butt screen” so that they are facing the basket rather than the defender.

This gives better vision on the “roll” to see an early pass from the dribbler. It can also be done on off-ball cut.

The screen is set by making a reverse pivot, which is often as the dribbler or cutter starts to move and initiates the contact with the defender.

### DEFENCE

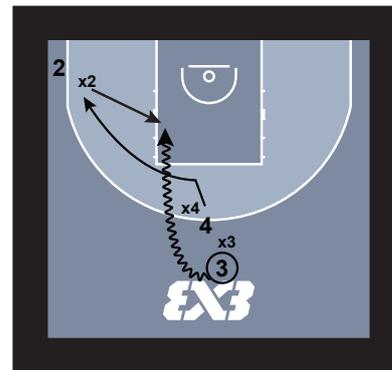
#### 3. SWITCH AND SPRINT

Defence in 3x3 is generally focused on containing the ball and stopping 2pt shots from beyond the arc.

Teams will often “give up” a lay-up in preference to a 2pt shot.

However, there are situations when even one point will win the game. For example, when the offensive team has 20 points during regular time (and will win if they score 21) or has already scored 1 point in the overtime period (and will win if they score a second).

In this situation, the defensive team may rotate to stop penetration and have the on-ball defender sprint to the perimeter shooter.



x4 initially switches at the on-ball screen, however if 3 is able to penetrate to the key, x4 sprints to defend 2 and x2 stops any lay-up. x3 switches to defend 4.

## SCREENING

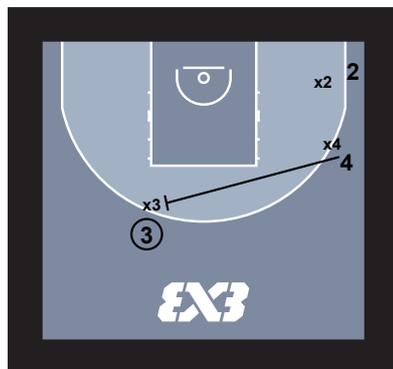
The use of on-ball and off-ball screens is very common in 3x3 and may occur at any point on the court.

### OFFENCE

### DEFENCE

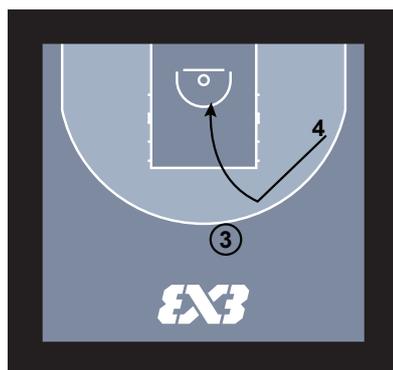
#### 5. FIND THE DEFENDER

Screens should not be set at a particular spot on the floor. Instead, the screener should find the defender initiate contact.



#### 6. SLIP SCREENS – CREATE “TRAFFIC”

Offensive players will often move to set a screen and then move toward the basket.

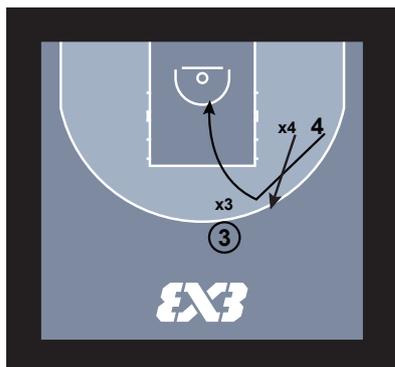


This can be done if the defenders move early to switch, giving the screener a path to the basket:

## SCREENING

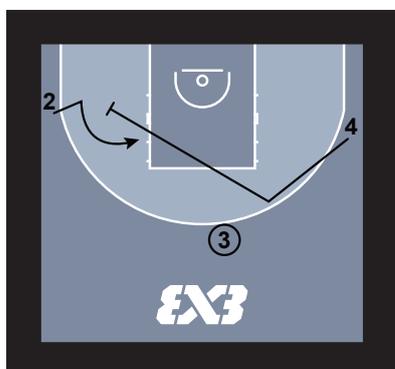
The use of on-ball and off-ball screens is very common in 3x3 and may occur at any point on the court.

### OFFENCE



### DEFENCE

However, it is common in 3x3 for the screener to continue moving rather than coming to a full stop. This has the effect of creating "traffic" that gets in the way of the defender. Often it is to fake a screen in one area and then screen in another:



## SCREENING

The use of on-ball and off-ball screens is very common in 3x3 and may occur at any point on the court.

### OFFENCE

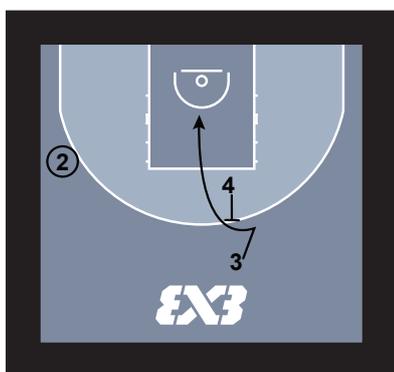
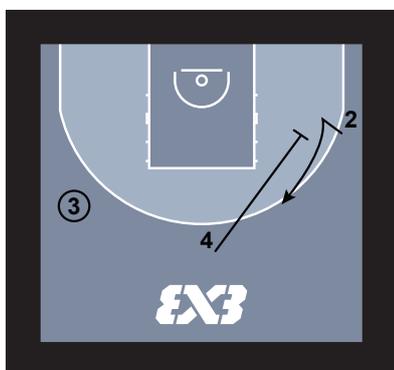
### DEFENCE

#### 7. OFF BALL SCREENS

Off-ball screens are also used commonly in 3x3 and are used in all areas of the court.

Typically the cutter will either:

- Cut toward the ball;
- Cut toward the basket.



“Flare screens” (cutting to a perimeter space) are also used although not as common.

As with on-ball screens, the screener will often “slip” (if defenders switch early) or use the screen to create “traffic” (with contact occurring in motion).

## SCREENING

The use of on-ball and off-ball screens is very common in 3x3 and may occur at any point on the court.

### OFFENCE

### DEFENCE

#### 8. MULTIPLE SCREENS

The switching defence used by most teams against screens presents an opportunity for multiple screens.



The offence force x4 to switch onto the dribbler and then the dribbler turns to the basket as x2 switches onto the ball.

The original screener (4) sprints to the deep corner.

## 4.5 HAND-OFFS

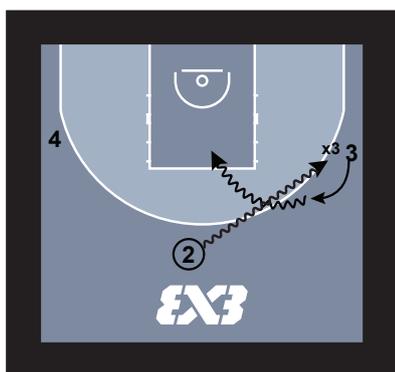
### HAND-OFF

The hand-off has a similar effect to an on-ball screen but often has more movement by the offensive players. There are two types of hand-off, where both offensive players are moving and where only the person to receive the ball is moving.

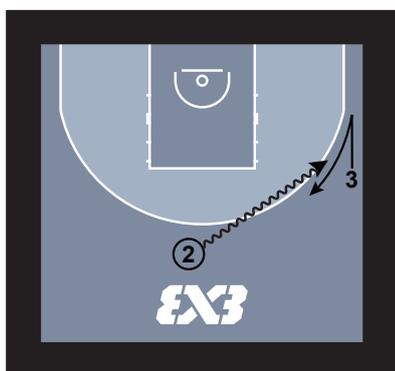
#### OFFENCE

##### 1. DRIBBLE HAND-OFF

The hand-off in 3x3 is similar to 5v5. The dribbler attacks their team mate's defender and their team mate then takes the ball whilst on the move.



The hand-off is most effective if the person receiving the ball first moves away and then comes back to the ball.



#### DEFENCE

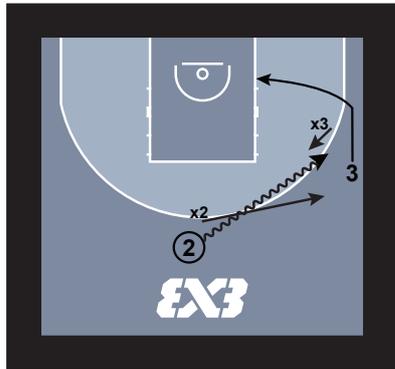
##### 1. SWITCH EVERYTHING!

As with screening situations, most teams switch hand-off situations.



The switch must be aggressive to stop the offensive player turning and dribbling into the key.

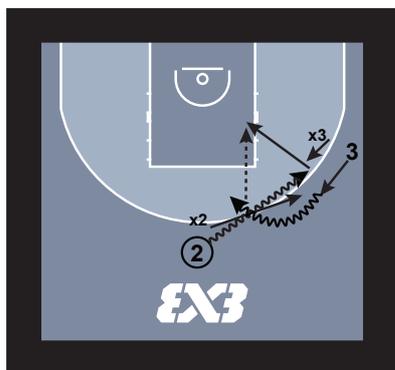
If the defenders move early to switch, or if the off-ball defender loses vision of their player, the player may cut to the basket instead of coming back to the hand-off.



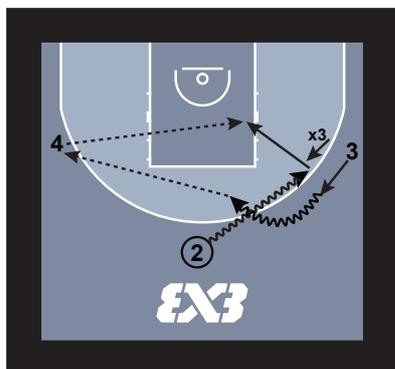
Defenders will establish contact with the offensive players to move them out of position. With the short shot-clock (12 seconds) the defence will have an advantage if they can disrupt the initial action.

**2. PIN" THE SWITCH" DEFENDER**

After the hand-off the dribbler will reverse pivot into the switching defender, which gives them good position to move to the basket to receive a pass.

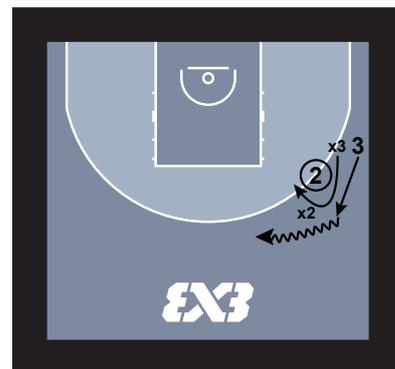


The ball can also be "reversed" to the other side and then passed to the cutter to the basket.



**2. OVER HAND-OFF**

The switching defender may go over the top of the dribbler to avoid being "pinned" after the hand-off.



Above, x3 steps into 3 and forces them higher, so that x3 can go over the top of 2. x2 stands "flat" to the screen and leaves a space for x3 to move through.

## HAND-OFF

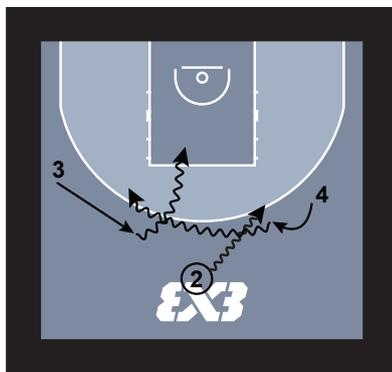
The hand-off has a similar effect to an on-ball screen but often has more movement by the offensive players. There are two types of hand-off, where both offensive players are moving and where only the person to receive the ball is moving.

### OFFENCE

### DEFENCE

#### 3. DOUBLE HAND-OFF

Some teams will run consecutive dribble hand-offs which can be difficult for switching defenders.



## HAND-OFF

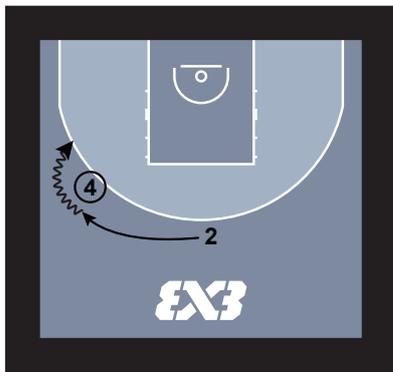
The hand-off has a similar effect to an on-ball screen but often has more movement by the offensive players. There are two types of hand-off, where both offensive players are moving and where only the person to receive the ball is moving.

### OFFENCE

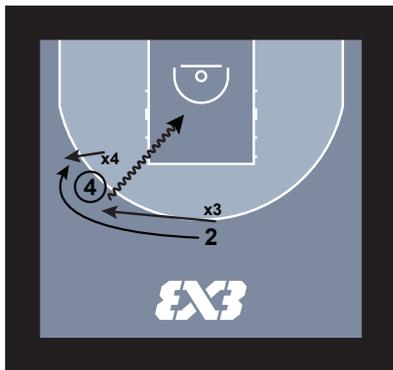
### DEFENCE

#### 4. "GET"

"Get" is where the player with the ball is stationary and a team mate cuts past:



It is particularly effective if the player with the ball has not yet dribbled.



x4 moves early to switch and 3 curls and creates contact with them. 4 turns to the basket before x3 gets into position to switch.

## 4.6 POST PLAY

### POST PLAY

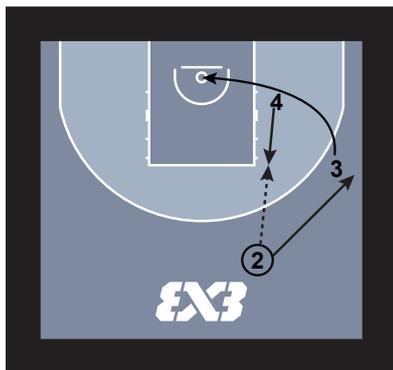
Teams can make effective use of post-play even without “traditional” post player. Any player may post, which can create numerous opportunities for the team.

#### OFFENCE

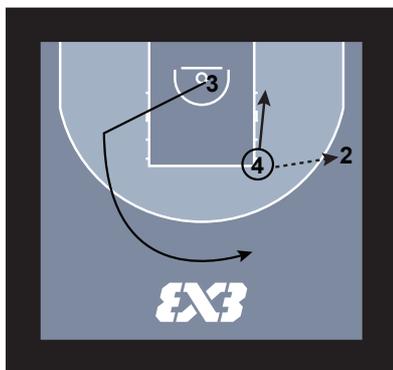
##### 1. HIGH POST

Pass to the high post player creates the opportunity for the wing player to cut strongly to the basket.

The post player reverse pivots to keep vision of the cutting player. Top player relocates to the wing.



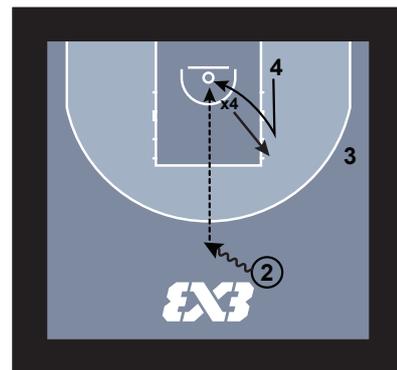
If no pass, post may look to score (“back-in” or face basket) or pass to wing. After pass they may post low and original cutter relocates high.



#### DEFENCE

##### 1. DENY POST PASS

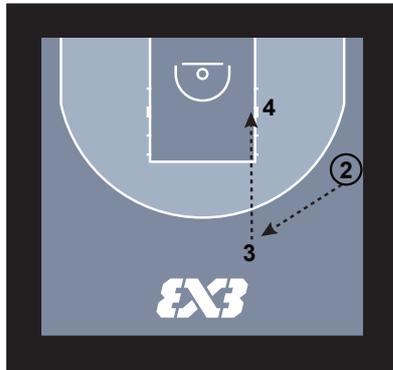
Teams may choose to deny the pass to the post player. However, if they overplay when a player cuts to the post, that player may “slip” or cut to the basket:



Due to the lack of “help” defence, if the post is denied strongly, the offence may be able to pass on the perimeter and create a passing angle to the post



The ball can be passed to the low post from either the wing or the top.



As shot clock is likely low, teams may set a wing ball screen.

Or the post player may be able to seal the defender in front, for a lob pass.



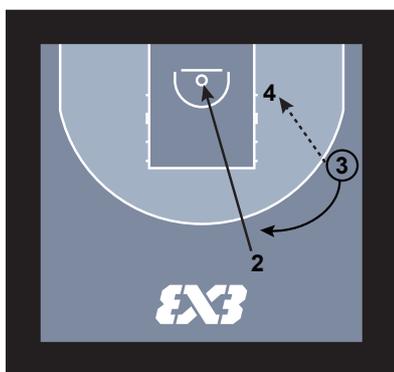
## POST PLAY

Teams can make effective use of post-play even without “traditional” post player. Any player may post, which can create numerous opportunities for the team.

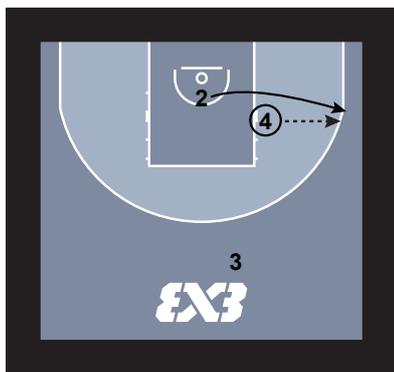
### OFFENCE

#### 2. LOW POST

Similarly, on a pass to the low post, the player high may cut to the basket and the wing relocates.



If the cutter does not receive the ball, they can move to the corner, using the post player as a screen.



Or they move to the opposite side and receive a pass on ball reversal.

### DEFENCE

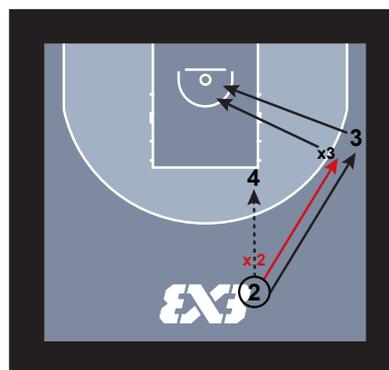
#### 2. PRESSURE THE BALL

By applying considerable pressure on the player with the ball, the defence can prevent the ball being passed to the post.

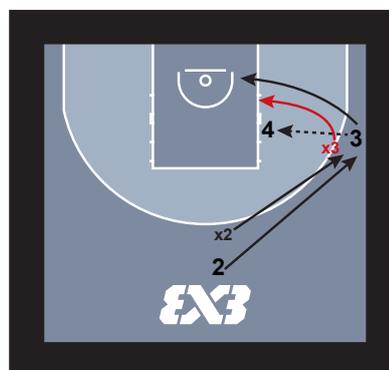
This can be particularly effective in combination with denying the post player the ball.

#### 3. DENY CUTTERS

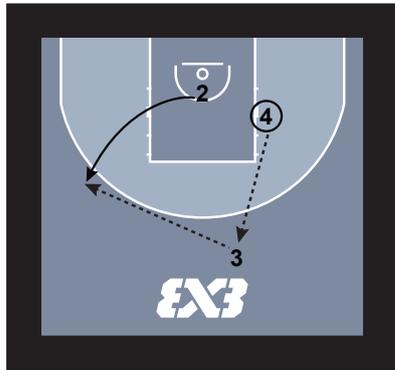
Many teams will allow the pass to the post but deny passes to the cutters.



When defending the cutters, the defender will often physically “bump” them, forcing them away from where they prefer to go.



Or they move to the opposite side and receive a pass on ball reversal.



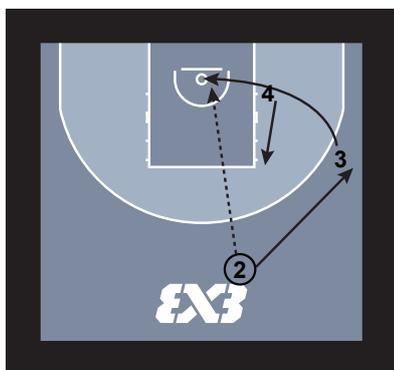
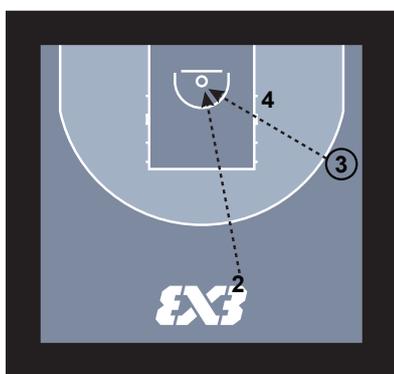
## POST PLAY

Teams can make effective use of post-play even without “traditional” post player. Any player may post, which can create numerous opportunities for the team.

### OFFENCE

#### 3. PLAYING ABOVE THE RING

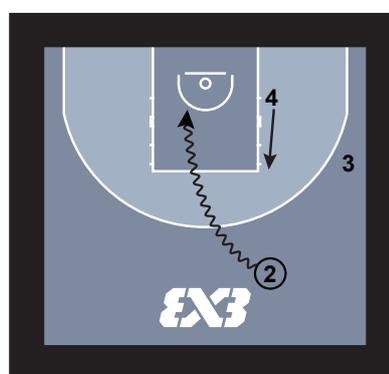
If a post player (either low or high) is denied that may present an opportunity for a cutter to cut to the ring and receive a lob pass.



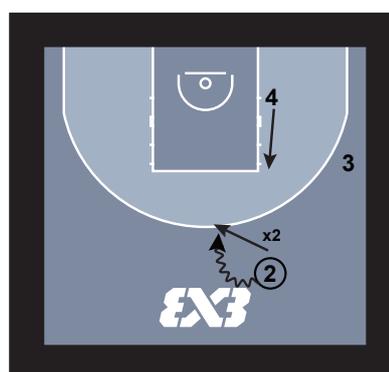
### DEFENCE

#### 4. STOP PENETRATION

With all players on one side of the court, the player with the ball may be able to penetrate to the basket through the weakside:



Accordingly, the defender on the ball must contain their player.



## 4.7 OTHER FACTORS

### OTHER FACTORS

There are a number of other factors that can impact how teams choose to play.

OFFENCE	DEFENCE
<p><b>WEATHER</b></p> <p>3x3 is primarily played outdoors and is accordingly can be affected by the weather.</p> <p>For example, wind can affect perimeter shooting and teams may need to change strategy during a game dependent upon the weather.</p> <p>If the wind is significant teams may wish to look to penetrate rather than shoot from perimeter.</p>	<p><b>FOULS</b></p> <p>Players do not foul out in 3x3 so there is no need for players to substitute because of “foul trouble” however a team can get into foul trouble for excessing fouling as the penalty after the 7th and more so after the 10th foul is quite punitive.</p> <p>The penalty for team fouls is significant, with two free throws awarded for the 7th, 8th and 9th team fouls. And two free throws and possession awarded from the 10th team foul.</p> <p><b>CHANGING TEMPO</b></p> <p>Teams may affect the tempo of the game through defense:</p> <ul style="list-style-type: none"> <li>• Defend the “dribble-out” to reduce the amount of time offence has to shoot;</li> <li>• Commit some (non-shooting) fouls to create check ball situations in case of trailing in the score with less than 1 minute to go with the goal of getting the ball possession.</li> </ul>

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