



FIBA 3x3 Fast Track

International Camp

MANUAL 2018

Table of Contents

| | | |
|-----------|----------------------------------|-----------|
| 1. | INTRODUCTION | 3 |
| 1.1 | Presentation..... | 3 |
| 1.2 | Skills Camps programme..... | 3 |
| 1.3 | Continuation programme | 3 |
| 1.4 | Scope of this manual..... | 3 |
| 2. | LOGISTICS | 4 |
| 2.1 | Duration | 4 |
| 2.2 | Participants..... | 4 |
| 2.3 | International transport..... | 4 |
| 2.4 | Local transport | 4 |
| 2.5 | Accommodation..... | 4 |
| 3. | STAFF | 5 |
| 3.1 | FIBA staff and 3x3 Experts | 5 |
| 3.2 | Referees..... | 5 |
| 3.3 | Hosting NF staff..... | 5 |
| 3.4 | Participating NF staff..... | 6 |
| 4. | EQUIPMENT AND VENUE..... | 7 |
| 5. | CAMP PROGRAMME | 8 |
| 5.1 | General presentation | 8 |
| 5.2 | Gym session | 8 |
| 5.3 | Classroom sessions | 12 |
| 6. | OTHER CONSIDERATION | 13 |
| 6.1 | Uniforms of players | 13 |
| 6.2 | Participating NF obligation..... | 13 |
| 6.3 | Special awards | 13 |
| 6.4 | Extra activities | 13 |

1. INTRODUCTION

1.1 Presentation

3x3 has been included in **the Olympic Programme as of 2020**. The Fast Track is intended to support the preparation of National Federations (“NFs”) pursuant Olympic qualification and participation. 1st edition of Fast Track was 2017 with 11 countries participating.

The objective of the Fast Track programme is to improve skills level and competitiveness of 3x3 National Teams (preferentially from non-powerhouses) to get them competitive for a potential Olympic participation. This will be achieved by:

- Offering support in developing a long-term performance plan.
- Mentoring 16-23 old players with high potential for 3x3.

The concept of the program is to have a long-term plan (until 2020) open to all National Federations (“NF”) to identify & tutor young talent. It is based on two pillars:

- Skills Camps programme for U18
- Continuation programme for U23

Both programmes have regular, standardized activities to raise 3x3 competence of young players. NF can choose to join the Skill Camps or the Continuation Programme or both; however once enrolled it is mandatory to stay until 2020. FIBA reserves the right to allow ad-hoc participation.

1.2 Skills Camps programme

Participating NFs have to identify and select a talent pool of 16 U18 players in each gender at the beginning of every year; those 32 chosen players have to remain in the programme for one year. The 32 selected players will participate every year in four *2-day national skills camps organized by the NF*.

In addition, each enrolled NF will send one team of four players per gender (selected from the talent pool) to two *3-day international skill camps* every year. Such camps will be hosted by participating NF on a rotational basis and is organized in cooperation with FIBA. The programme of the international skill camp will follow the guidelines presented hereafter.

1.3 Continuation programme

Participating NFs will have to select a U23 national team in each gender and send it to several stops of an international U23 tour. Said team will be comprised by roster of up to 6 players, thereof only 4 will play in each tournament.

1.4 Scope of this manual

This manual is about the content of the U18 Int'l skills camps and the hosting obligations. Manual has been written for a camp attended by 4 NFs with two teams per gender each. More info on Fast Track can be found in www.fiba3x3.com/fasttrack.

2. LOGISTICS

2.1 Duration

The international skills camp consists of three days of activities. Delegations are expected to arrive one day prior to the start of the camp and leave one day after the international competition programmed for the last day.

2.2 Participants

Circa 4 National Federations will participate in each camp (3 invited NF + 1 hosting NF). Every federation will have two teams of four players and two coaches (total of 10 persons per federation) attending the whole duration of the camp.

In addition, FIBA will also send staffs and experts to support the technical handling of the camp. Up to 2 FIBA staff and up to four 3x3 experts will attend the camp. All costs related to FIBA staff and 3x3 experts are covered by FIBA.

2.3 International transport

Every participating NF is responsible of their international travels. Visa must be handled by each participating NF. However the hosting NF shall assist with invitation letters or other documents that can facilitate the visa procedure.

2.4 Local transport

The hosting NF must provide local transportation from the nearest international airport and back for every participating NF and the international staff (FIBA staff and experts).

In case the hotel is not walking distance from the venues, the hosting NF must also provide transport between the venues and the hotel to all participants. However, FIBA strongly recommends that venues are in walking distance from the hotel to facilitate logistics.

2.5 Accommodation

Each participating NF will pay a forfeit of USD 3'600 (EUR 3'600 in Europe) to the hosting NF as a participation fee to the full-board accommodation and local transport costs for 10 persons.

Hosting NF must cover full-board accommodation for 10 persons per participating NF from day-1 to last day (or one additional overnight) of the camp (up to 4 nights in total). Any extra persons travelling with teams are fully at the participating NF's expense.

Every participant in the camp shall be hosted in the same hotel (FIBA staff, experts, players and coaches). The hotel can be a budget hotel or a sports/students dorm but shall be walking distance from all venues.

The full board shall consist of 3 main meals per day (served as a buffet). The hosting NF shall also prepare some snacks for the players (fruits, cereal bars, sandwiches, etc...) to be served in-between practices. Sufficient water supply shall be available at any time for all camp participants.

3. STAFF

3.1 FIBA staff and 3x3 Experts

FIBA will send 1-2 FIBA staff to help coordinate the technical aspect of the camp onsite. FIBA will also nominate 1 coaching expert and up to three additional 3x3 experts to attend the camp.

The coaching expert will be responsible for the technical aspect of the camp. He/she will coordinate and supervise the practices and assign responsibilities to participating coaches and expert. The coaching expert will act as the head of coaching during the camp. He/she will lead dedicated parts of the practices and share his/her knowledge with participating national coaches.

The other experts will act as mentors for the young players and shall share their experience and knowledge with players and coaches throughout the camp. Beside their assigned tasks (such as Q&A on day 1, mentoring of a group during the scouting session on day 2 and preparation of warmup for each practice sessions), experts are also expected to actively interact with players and coaches during the camp. They shall correct the players individually during practices, give advice and feedback after the practices and games but also have social interaction with the teams (having lunch or dinner with them for example).

3.2 Referees

A total of 4 referees are necessary to officiate the tournament on the final day of the camp. FIBA will nominate 2 licensed referees (insofar possible) and 2 national referees with 3x3 experience.

3.3 Hosting NF staff

The hosting federation shall have sufficient staff to coordinate the general organization and logistic of the camp. The staff needed for the camp is the following:

- **Camp manager** – Overall responsible and main contact for FIBA.
- **Logistics manager** – Responsible for coordination of local transport, food and hotel for all camp participants.
- **Venue/operation manager** – Responsible for the coordination of the equipment and venue used during the camp.
- **Local 3x3 referees (4) and table officials (4)** – Will officiate during the tournament on day 3. They shall have 3x3 experience.
- **Physiotherapist** – To ensure treatments of players before and after practices (taping, massage, recuperation etc...)
- **Medical staff (doctor or nurse)** – Shall be available during every practice and during the tournament in case of injuries

3.4 Participating NF staff

It is the responsibility of each NF to communicate to the hosting NF the accompanying staff with the teams. Every participating NF is expected to come with a delegation of 10 people (4 players per gender and 2 coaches). Any extra member of the delegation must be announced to the hosting NF in advance and will be fully at the expense of the participating NF.

4. EQUIPMENT AND VENUE

The hosting federation will be asked to provide the following venues:

- A gym with minimum 4 3x3 courts available on Day 1 and 2 and in the morning of Day 3 provided with the following equipment:
 - o 20-30 cones
 - o 2 agility ladders
 - o Sufficient water supply for all practices

- A gym with 2 full-sized 3x3 courts with competition settings in the afternoon of Day 3, provided with the following equipment:
 - o Wi-Fi
 - o 2 scorers' tables with 3 chairs
 - o Printer
 - o Scoreboard
 - o 12-seconds shot-clock
 - o Sufficient water supply for all games

- 1 meeting room with minimum 50 seats for afternoon of day 1 and 2 equipped with
 - o Projector & screen
 - o Sound
 - o Wi-Fi

20 official 3x3 basketballs and sufficient practice bibs for all players will be provided by FIBA.

Outdoor venues are also an option if the weather and climate allow for it. Nevertheless back-up indoor facilities are required in case of adverse weather conditions.

5. CAMP PROGRAMME

5.1 General presentation

The programme of the international camp shall focus on the specificities of the 3x3 game. During the first 2 days there will be two training sessions per day in a gym (one in the morning, one in early evening) as well as one classroom and video scouting session. The last day of the camp will be dedicated to playing 3x3 games with an international tournament between all the participating teams.

The standard camp programme is split into gym sessions (red) and classroom sessions (blue):

| | Day -1 | Day 1 | Day 2 | Day 3 | Day +1 |
|------------|---------|------------------------------------|--|--|-----------|
| 9am – 11am | Arrival | Fundamental individual skills | 3x3 specific individual skills | 3x3 Game situations | Departure |
| 2pm – 3pm | | 3x3 presentation | Video scouting | 3x3 International Tournament (until 6pm) | |
| 6pm – 8pm | | 3x3 specific group dynamics | 3x3 specific team work | Departure | |
| 9pm – 10pm | | Coaching clinic (for coaches only) | Coaches round table (for coaches only) | | |

5.2 Gym session

5.2.1 Camp introduction and warm up

Every gym sessions will start with a joint warm up prepared by one of the experts. After the joint warm up, players will be split into 4 groups (2 groups per gender, mixed nationalities) and will work with the same group of player for one full session.

5.2.2 Fundamental individual skills

The session will consist of 4 stations of 20 minutes, each of them being prepared and managed by a pair of coaches mixed by nationality.

This approach will allow coaches to share their ideas and knowledge on skills improvement and will greatly benefit the players by offering them different practices and exercises for skills improvement from what they are used to receive in their country. Groups will rotate from station

to station every 20 minutes. Each stations will focus on individual skills that are more relevant for 3x3.

The main subjects covered in each station will be the same in every camp. The four stations shall cover the following subjects:

Station 1: Dribbling – Passing

Station 2: Outside shooting

Station 3: Defensive work

Station 4: Athletic work – Footwork

Coaches will be informed in advance of the camp on their pairing and the station they have to prepare. The coaching pairs will have time on Day-1 in the evening or in the morning of Day 1 before the practice to share their ideas on how to run their station to finalize the 20 minutes sessions. This process will allow each coach to bring his/her own touch and approach on fundamental work and will foster knowledge sharing.

5.2.3 3x3 specific group dynamics

The 3x3 specific group dynamics shall focus on team situations that are specific to the 3x3 rhythm of the game. It will help the players to improve their ability to play as a team in a more fluent and dynamic way.

This session will be prepared in advance by the coaching expert (with FIBA's coordination) and will be presented to the national coaches before the start of the session. The session will be executed by pairs of national coaches that will be able to bring their own touch in each exercise; whilst the coaching expert will go from court to court go guide the national coaches and correct the players.

Players will be divided in groups of 8 (same gender, mixed nationality) and will stay with the same group on the same court for the whole session.

This session shall be focus on repetition of pre-defined situations related to 2 of the 4 covered subjects. The coaching expert has to prepare exercises that will allow players to integrate the dynamic and quickness of the game by repeating the movement several times in game speed

Two of the 4 below subjects will be covered in each international camp:

1. 3x3 transition game
 - offense to defence after a scored basket
 - offense to defence after missed shot
 - defence to offense after a conceded basket
 - defence to offense after a defensive rebound
2. 3x3 game entries
 - After check ball
 - After cleared ball
3. 3x3 team defence
 - 2 players relations in defence
 - 3 players relations in defence

4. Off ball movement on a 3x3 setting

5.2.4 Coaching clinic

The coaching expert will give a 1-hour clinic in the gym only for the national coaches (not for players) about a subject related to 3x3. The subject will be decided by the coaching expert in coordination with FIBA. It can cover a broad range of things such as but not limited to:

- Game management
- Set plays after a check ball
- How to prepare a team for a 3x3 tournament
- Physical preparation in 3x3
- How to benefit from the “no-active coaching” rule in a 3x3 competition

The hosting federation can open the clinic external coaches. The number of coaches and conditions of entry to the clinic must be approved by FIBA.

5.2.5 3x3 specific individual skills

The dynamic of this session will be the same as for the fundamental work. It will be based around 4 stations of 20 minutes, each of them being prepared and managed by 2 coaches from 2 different participating NFs. Players will be divided in groups of eight (same gender, mixed nationality).

The stations are focused on 1on1 skills that are used the most in a 3x3 setting. Every station shall start with 1on0 situations focusing on details and end with 1on1 situations to put the movements into practice.

The main subjects covered in each station will be the same in every camp. The four stations will cover the following subjects:

Station 1: High post moves

Station 2: Low post moves

Station 3: Perimeter offense out of the dribble

Station 4: Perimeter offense out of the pass

5.2.6 3x3 specific team work

The 3x3 specific team work shall be mainly *playing* 3x3 games but with a focus on the work as a team. It shall put into practice the dynamics learned in the previous session by forcing players to follow certain rules/restrictions while playing the game.

Players will be divided in teams of four (same gender, mixed nationality) and will have to play 3x3 with special rules, restrictions and directions to emphasize certain aspects of the game, such as:

- The team has restricted number of **dribbles** before scoring, such as
 - o Max. 1 dribbling every time a player has the ball
 - o Max. 5 dribblings for the whole team in each possession
 - o A player is obliged to finish the action with a shoot if he/she dribbles.

- The team has rules on the **passes** before scoring, such as:
 - o It has to make 3/5/10 passes before it is allowed to score
 - o Every player of the team must have touched the ball at least once
- The team has restricted **scoring** options such as:
 - o Only from inside the arc
 - o Only from outside the paint
 - o Only with a cut to the basket
 - o Only out of a 1on1 isolation situation
- The team must play a specific **defence**, such as:
 - o Switching defender in every screen
 - o Not switching defender in any screen
 - o Not helping
 - o If the opponent scores from a drive, it is minus 1pt.
- The team must start each play with certain entries such as:
 - o A hand-off
 - o A pick & roll
 - o A inside pass
 - o A weak-side screen

The goal is to direct the game and work on one specific aspect. Coaches shall stop the players and correct them during the games. They shall emphasize on aspect seen as “weak” points of the players during the camp (i.e. if coaches see that players are usually using too many dribblings during the games, they will put more restrictions on dribblings).

5.2.7 Game situations

The game situations session should focus on preparing the players to handle specific in-game situations such as last possession, foul trouble in the last minute etc....

Players will be divided in teams of four (same gender, mixed nationality) and will be put in situations decided by the coaches at their station. The situation will be played and players will receive feedbacks from the coaches and play again various times the same situation correcting the identified errors.

Example of situations to work on:

- Last possession with 1 point difference and both teams in bonus/not in bonus.
- Last possession with 2 points difference and both teams in bonus/not in bonus.
- Last minute with a specific score, amount of foul and time-outs left.
- First team to 2 points (overtime situation) with both teams in bonus/not in bonus
- Free-throw situation with shooting team leading by 1 point or losing by 1 point and 3-5 seconds on clock
- Let them play for 3 minutes and suddenly change the score (to teach players to handle fast situation reversals).
- Field a team with 3-4 short players against a team with 3-4 tall players.
- Two players playing against three players in defense
- Three players playing against 2 players in defence.

The goal is to prepare the players to play difficult situation that they will face during tournaments and repeat them several times until they master it.

5.2.8 3x3 international tournament

The international tournament will be played on Day 3 on 2 courts in a regular round robin format followed by a final. Men's games and women's games shall alternate to allow for resting periods and receiving feedback. Finals of Men and Women will be played on same court. **The tournament will be ranked as a U18 National Team competition, thus give higher ranking points.**

5.3 Classroom sessions

5.3.1 3x3 presentation

The sessions will start with a short introduction from FIBA about 3x3 in general. Selected videos of game situations will then be shown and analysed together with experts and players. The last 20 minutes should be taken by player experts that will explain some of their experience in 3x3 and have a Q&A session with the players and coaches.

5.3.2 Video scouting

Players will be put in small groups and asked to watch a selected game (in full length or excerpts of games) and to analyse one specific team or situation. The players are then asked to give an analysis of the game such as: "how to beat this team in offense", "how to play defence against them", "what are their strength/weaknesses", "how I would have acted in this situation") etc.. Experts will have prepared their own analysis of the game and will give the players feedbacks on their analysis.

5.3.3 Coaches round table

FIBA will lead a round table with all coaches to share ideas and options about aspects of coaching, development or rules of the game. The round table will focus on several talking points pre-defined by FIBA and will be organized in a way to encourage interactions (small groups discussion for example).

6. OTHER CONSIDERATION

6.1 Uniforms of players

Players from the same country are asked to wear the same reversible practice jerseys in every practice (preferably National Team practice gear) and to wear National Team jersey for the international 3x3 tournament at the end of the camp.

Players have to be properly dressed by the NFs, like when taking part in National Team competitions (YOG, World Cup etc...). It is fundamental that NFs transmit to players that the camp is an activity for very few selected players with high potential. The activity is not summer camps, but a tool to identify the next Olympians.

6.2 Participating NF obligation

National coaches are required to take part actively in the camp and practices.

Every player must have a medical insurance from their respective NF.

Prior to attending the international camps and even before organizing the first national camp of the year, NFs have to register with FIBA the 16 selected players per gender that have been enrolled in the talent pool and will participate in Fast Track in the current year.

6.3 Special awards

At the end of each morning practice session, individual competition will be organized such as shooting contest and skills contest. The winner of the contest will receive a “best shooter” or “most skilled player” award and receive a gift provided by FIBA (branded basketball gear).

At the end of each afternoon practice session, the coaches and experts will decide on the “Most Improved Player” of the practice based on the involvement and improvement of a player over the practice. This player will receive a gift provided by FIBA (branded basketball gear).

At the end of the international tournament the FIBA representative will decide on the MVP of the tournament for both men and women category. This player will receive a gift provided by FIBA (branded basketball gear).

6.4 Extra activities

In the evening of day 1 and 2, players will be free. The hosting NF shall organize an activity at least one of the evenings to encourage intercultural exchange, such has: playing another sport all together, watching a basketball game from the local team, board games etc.