



3X3 Program Outline for U9 (Tykes)



3X3 Basketball has been around for many years but only in the last decade has it become an officially recognized international sport, independent from the 5 on 5 game. 3X3 allows players of all ages to engage, compete, develop and enjoy the sport of basketball in a way that allows all players to be involved in every aspect of the game. By choosing to incorporate 3X3 into your programming, players, coaches and referees can grow their knowledge and skills of the game in a unique way.

History of Basketball Welcomes 3X3

The game of basketball was invented by Canadian, Dr. James Naismith, 13 decades ago in 1891. The Original 13 Rules for basketball were simple and user-friendly—[click here to view the Original 13 Rules](#). A number of the Original Rules remain an important component in the game today. Did you know that the first game of basketball was played with 9 players on each team? [click here to view the Original 9 Player Positions](#)

Basketball was first introduced as an Olympic sport in 1936 in Berlin, Germany. In 2021, 3X3 Basketball will be introduced as an Olympic sport in Tokyo, Japan—the great game of basketball has evolved to become the most exciting game in the world today!

The 3X3 outline that follows is designed primarily for youth and takes into consideration Dr. James Naismith’s approach to introduce a game that is enjoyed by all and can be played by everyone. 3X3, as designed by FIBA, is a high-energy, free-flowing and non-contact sport—if they have not already done so, players of all ages will fall in love with the 3X3 game.

Younger players will enjoy the benefits of more touches and more shots...

Coaches will be instructed on how to direct players with a hands-off approach during games and an active approach during training sessions...

3X3 will provide an excellent training ground for young referees...

ABA 3X3 Program Categories

3X3 Outline

- 8-week fall program + 8-week winter program (progression & loading)

3X3 Rules

- Original 13 Rules for youth

3X3 Skills, Drills, Actions & Concepts

- Foundation of player development—detailed program curriculum

3X3 Coach Development

- How to coach; How to teach 3X3; How to encourage player development (presented via an ABA Coaching Clinic)

3X3 Tracking Points for Coaches

- Activity for coaches during games—tracking player progress (concepts, actions, skills)

3X3 Player Development

- Primary goals & objectives

3X3 Referee Development

- Primary goals & objectives

3X3 Learning Outcomes

- Defining what players are expected to learn at the conclusion of the program

3X3 Code of Conduct, Expectations & Responsibilities

- For players, coaches, referees & spectators

Season-ending Jamboree—at Youth Provincials

- Season wrap-up jamboree for all 3X3 programs in Alberta (optional)

ABA’s 3X3 program outline & information booklet to be made available by summer’s end, 2021.