

BASKETBALL AND BASKETBALL 3X3

Contents

Part 1. Characteristics of the basketball game

Part 2. Basics of basketball training for students from study groups

Part 3. A brief history of the development of basketball at Sofia University "St. Kliment Ohridski" as a discipline.

Part 4. Basketball 3X3

BASKETBALL

Lecturer: Full Professor Iren Peltekova, PhD

Part 1. Characteristics of the basketball game

The name of the game "basketball" is a combination of the English words "basket" and "ball".

Basketball is a collective, emotional and fast ball game in which there are many time constraints.

Basketball is a sport in which each team strives to overcome the resistance of the opponent and achieve victory through specific technical and tactical actions in attack and defense. It can be said that the game is a "situational" sport in which the actions of the players are performed according to the game situations that occur during the game.

The motor actions in basketball have a speed-force character and are manifested in a very large variability, in conditions of compensated fatigue [3]. "For active basketball players, the average heart rate during training varies between 130-160 beats per minute, and during a competition 150-180 beats / min are reported, and in particularly contested and important matches it reaches 200 beats / min. energy for a basketball game of 40 minutes is 900 kcal, and for a day 1700 kcal. The maximum oxygen debt under load is 17.5 l / min (178 ml / min / kg) and 14.3 l / min (265 ml / min / kg), and this consumption increases by 11% during the competition preparation period. The average weight loss is between 1 and 3 kg depending on the load" [4].

Part 2. Basics of basketball training for students from specialized groups

The general orientation of the basketball training at the university goes through regular *didactic-methodical stages*, which can be summarized as follows:

- ✓ Gradual transition from learning technical skills to their application in tactical actions.
- ✓ Improving technical skills and tactical actions based on improving physical and mental training.
- ✓ Systematic addition of variability in the implementation of technical elements and improvement of tactical interactions with other players in attack and defense.
- ✓ Using more competitive exercises during school hours.
- ✓ Individual increase in the volume of the training load.
- ✓ Increasing the intensity of classes and respectively improving the ways of recovery, which will contribute to maintaining the required level of training and maintaining the health of students.

The tasks that are solved during the basketball classes with the students are sports-health-improving and educational and basketball-educational tasks.

Sports and health-improving and educational tasks during basketball classes:

- ✓ Strengthening the health and hardening of the body of students.
- ✓ Acquisition of habits for control of the state of health and physical working capacity.
- ✓ Assimilation and improvement of basic motor skills.
- ✓ Improving the personal qualities of students.
- ✓ Building a lasting interest in sports.

Basketball-educational tasks during basketball classes:

- ✓ Overall development of physical abilities with the means of basketball.
- ✓ Study and improvement of the basic basketball technique and tactics in the process of training sessions during the semesters.
- ✓ Acquisition of specific qualities (coordination, speed and flexibility) for successful mastering of basketball skills and their transformation into motor habits.

Part 3. A brief history of the development of basketball at Sofia University "St. Kliment Ohridski" as a discipline

In 1891, the basketball game was created in the United States specifically for students in order to diversify their sports activities. To this day, it continues to be part of the great variety of sports. For 92 years, basketball at Sofia University "St. Kliment Ohridski" is developing as an effective university sport and although the word "basketball" does not sound very academic, basketball at Sofia University goes hand in hand with a successful university history. Basketball is a social phenomenon that attracts many students, teachers, coaches and activists, and undoubtedly contributes to the development of sports activities at the University. The game of basketball unites students and creates true friendships for many years after graduation.

Historical records show that on **May 30, 1929**, a student sports club at the State University was founded in one of the auditoriums of the State University. The newly formed club first formed a football team, organized for the first time inter-student athletics competitions and by the end of the year gradually spread and organized competitions in skiing, volleyball, basketball, swimming and other sports [2]. This information gives us reason to claim that basketball is a well-known and practiced game by students at Sofia State University since 1929.

Twenty years later, on **August 28, 1949**, a decision was published by the government, which specified the tasks of higher education institutions, which stated: "The Committee for Science, Art and Culture to appoint for the academic year 1949/1950 in all universities physical education teachers" [5]. Even before the decision of the Central Committee of the Bulgarian Communist Party, the first five teachers of physical education were appointed at the State University, among whom is the teacher Lyubka Ivanova. According to the then organization, the teachers were assigned to a specific faculty and on this basis Lyubka Ivanova became the head of the Faculty of History and Philosophy. To him she created the first women's basketball team and her name appears both as a coach and as a player.

In 1950/1951, the Department of Physical Education was filled with two of the best basketball specialists of its time, Alexander Dimitrov and Georgi Petkov-Shefa and the two basketball referees, and Georgi Petkov was an honorary international referee. After their appointment, Alexander Dimitrov became the coach of the women's team, and Georgi Petkov of the men's team. The two are tasked with conducting training work with the representative teams of the university, to popularize the sport, to lead the competitions, and to train the beginners. They are assigned to

conduct courses for instructors and judges. After 4 years, the position of coach was transformed into a teaching position [5].

In the first years, basketball was very well received by female students and there were many willing to join the team of the Faculty of History and Philosophy. The newly formed team is joined by students majoring in French, German and English philology, history and geography. Gradually, teams of the Faculty of Law and Philology were formed. In the presence of four teams, the first domestic women's basketball championship is organized. It is held on the open area in front of the Academy of Arts. After this tournament, the formation of men's teams at the faculties is not late. The established sports structure in the first years established the newly formed teams at the Sofia State University (SDU) to compete on behalf of the Faculties in which they study. Immediately after their creation, women's basketball teams from different faculties began participating in competitions.

From October 16 to 23, 1948, the Student Tournament (Spartakiada) was held. Five basketball teams from Sofia, Varna and Svishtov and Plovdiv take part in it. The winner is the Faculty of History, which with great ambition won the match with the Higher School of Physical Education (VUF) with 24:16 points.

The first student basketball championship for women was held in the competitive year 1948/49. It played a total of 22 games, ending at a score of 732: 594. The numbers speak for a good level of student women's basketball. The VUF team before the Medical, Economic and Historical Faculties became the first [4].

In April 1949 at the Chavdar Stadium in the capital the beginning of the general student games was set. Competitions were held in five sports - athletics, gymnastics, swimming, volleyball and basketball. Only four higher education institutions from Sofia, Varna, Svishtov and Plovdiv take part in the first general student games. They are the pioneers of student sports in Bulgaria. The women's basketball teams play in the city of Varna. After a contested fight, the final matches ended on May 8, 1949, and the athletes from Sofia won the first prize. They are followed by the representatives of Varna, Svishtov and Plovdiv.

The first participation of the women's basketball team of "Academic" – Sofia dates back to September 1948 in the basketball tournament for the cup of "Saved Mileva". The basis of this team are the students from VUF, the Faculty of Law and the Faculty of History and Philology at the State University.

Almost in parallel with the formation of women's teams in SDU, men's teams are also created.

On March 23, 1950, DSO "Academic" organized a basketball tournament for the students from the Sofia teams. The matches are played in the hall of "Aksakov". The teams have a great desire to win. There is an interesting and dramatic struggle on the field. Some of the results are known to this day: Faculty of Economics - Nature. Faculty - 13: 5; IFF - VUF - 15: 7; Faculty of Law - Faculty of Medicine - 11: 2. The leader in the ranking is the IFF team [1].

In all the following years, basketball has established itself as a desirable discipline among students and so far provides an opportunity for everyone who loves the game to play sports. "Many prominent basketball professionals have worked at the University and have contributed to the establishment of the game - deserved master of sports Veselina Manikova, Kiril Haitov, Galya Neycheva, Dimitar Sahanekov, Delcho Ilchev. In recent years, a number of respected Bulgarian coaches have helped and led the representative teams of Sofia University. These are: Bozhidar Takev, Slavey Raichev, Stanimir Petrov, Yanko Yanchev, Ivan Gogov, Kiril Kukov, Krassimir Genov, Atanas Kuchkov, Kiril Bozov, Tsanko Tsankov. Lyubomir Panov, Elvina Marinkova, Dora Dudeva, Delcho Ilchev, Borislav Peltekov worked with profiled groups.

All part-time coaches and teachers are very responsible and dedicated professionals. They lead the teams of Sofia University and work with the profiled more out of love for the game, not for financial gain. The names listed speak volumes about the success they have achieved as athletes and subsequently as coaches" [6].

As of the current academic year 2021/2022, the Department of Sports has two main teachers of basketball – Full Professor Iren Peltekova, PhD and Senior Assistant Prof. Boyana Mitreva, PhD. Full Professor Iren Peltekova, PhD trains students who have chosen the sport - basketball in specialized groups. In parallel, he is the coach of the women's representative teams in basketball and 3X3 basketball. Full Professor Peltekova, PhD also trains students majoring in "Physical Education and Sports" at the Department of National Education, at the National Institute of Physical Education, where she teaches the discipline "Methods of teaching basketball." Senior Assistant Professor Boyana Mitreva, PhD. trains students who have chosen the sport - basketball in profiled groups. She is the coach of the men's representative teams in basketball and 3X3 basketball. Ch. Asst. If necessary, part-time teachers are invited to the Department of Sports, and the number of part-time teachers is directly related to the number of students wishing to practice

sports. For this school year there are 13 profiled study groups, which cover more than 200 students and 2 basketball teams (men and women).

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15.11.2021 г.

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BASKETBALL 3X3

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Part 4. Basketball 3X3

Basketball 3X3 is a new sport. The game is a continuation of the famous streetball and a kind of traditional basketball. The difference compared to traditional basketball is that it is held on one basket and the number of players in the team is four (three main and one substitute). The advantage of 3X3 basketball is that it can be practiced outdoors and in a hall, organized or independently, does not require expensive equipment, teaching aids and equipment.

Basketball 3X3 is a sport that develops all motor skills in a complex way, has a positive effect on the psyche and builds good personal and interpersonal relationships. The game is characterized by constantly and unexpectedly changing situations, requiring lightning creative solutions and ingenuity, brings a lot of emotional excitement that must be controlled to be adequate athletes in any critical situation - develop analytical skills; contribute to making quick and correct decisions; develop operational thinking and mental activity and valuable moral virtues.

The popularity of 3x3 basketball is growing after the entry into force of a unified international regulation approved by FIBA in 2011 and the organization of world, European and regional tournaments for teenagers, men and women.

In 2011, the first World Championship for men and women under 18 was held in Italy, and in 2012, the first World Student Championship was held in Serbia, organized by the International Federation of Student Sports (FISU).

The Academic University Sports Association (AUSA) organized the first for Bulgaria student edition of 3x3 basketball in May 2012, in which 16 men's and 7 women's teams participated. Sofia University participates in all competitions with teams for men and women organized by AUSA.

Basketball 3X3 debuted at the Tokyo * 2020 Olympic Games with great success. The gold medals of the first Olympics for this sport were won by the teams of Latvia in men and the USA in women. Basketball 3x3 is part of the competition program of the Summer Universiade, held by AUS Academic.

In Sofia University "St. Kl. Ohridski" is a tradition to hold 3x3 indoor basketball championships every semester, which provide students with a form of expression of their skills and serve as a method of control and evaluation of the training process.

Chief Assistant Galya Neycheva was the first teacher to start organizing "threes" competitions at Sofia University years before 3x3 basketball became an official sport. The tournaments are held in the fall (November) and have a wide response among students. This tradition continues to this day.

In 2012, the champion was the Faculty of Law (LA), followed by the teams of the Faculty of History (IF) and the Faculty of Mathematics and Informatics (FMI).

In 2013 the champion was FMI, and in 2014 was the Faculty of Economics (EF), followed by FMI and FNPP.

From 2011/2012 so far the teachers from the Department of Sports organize in addition to the traditional autumn tournament "threes" and Interfaculty tournament for the "Rector's Cup", which is held in April or early May. It is played according to the official rules introduced by FIBA for basketball 3X3.

During the tournaments there are also individual competitions for shooting from the penalty line and the three-point line. In the Rector's Cup tournaments, each faculty receives points for participation and success in competitions. Only students from the respective faculty play in a team. The faculty 3x3 basketball teams can have a mixed composition - men and women.

The quality of the matches in the tournaments between the groups is much higher in comparison with the tournament for the "Rector's Cup". This is due to the fact that students form their own teams, based on their qualities, which they have demonstrated during the learning games.

The representative basketball teams of Sofia University "St. Kliment Ohridski" have been participating since the beginning of the official State National Basketball Championships 3X3, which started in 2012. The successes of the women's basketball team 3X3 are, and of the men's team - 3rd place at the National Universiade St. Zagora 2021

The game 3X3 basketball is becoming more and more popular among young people. The students from Sofia University "St. Kliment Ohridski" are no exception. The 3X3 basketball tournaments are expected with great interest both by the students from the profiled groups and by the representative teams.

The official FIBA basketball rules also apply to 3X3 basketball with the following exceptions: it is played on one basket, on a basketball court measuring 15/11 m, and each team consists of four players (three on the court); every shot from behind the arc is two points, and inside the arc - one point; a period of ten minutes or up to 21 points in regular time is played; following each successful field goal or last free throw (except those followed by ball possession) - a player from a non-scoring team shall resume the game by dribbling or passing the ball from inside the court directly underneath the basket (not from behind the end line) to a place on the court behind the arc; following each unsuccessful field goal or last free throw (except those followed by ball possession) - If the offensive player rebounds the ball, he may continue to attempt to score without returning the ball behind the arc. If the defensive player rebounds the ball, he must return the ball behind the arc (by passing or dribbling); after a "dead ball", the team in possession of the ball can start an attack after an exchange of the ball (between the defensive and the offensive player) - a "check"

ball, which is made against the basket; in case of a disputed ball, the possession belongs to the defense; team fouls 7, 8 and 9 shall always be penalized with 2 free throws. Team foul 10 and any subsequent team fouls shall be penalized with 2 free throws and ball possession; attack time of one team is 12 s; each team shall be granted 1 time-out.

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