



2017-2020 REGION SØR 3MOT3 STRATEGY

Implementing the 3mot3 strategy into local basketball clubs

What is 3MOT3 ?

- 3MOT3 is a versatile activity that suits everyone, regardless of age and skill level. it's a very good opportunity to draw attention to your own club and a great way to recruit new players.
- 3MOT3 implements and follows FIBA 3X3 rules and regulations
- Click to watch official FIBA 3X3 video [here](#)
- Click to watch interviews of Emmanuel Davies and Martin Wroblewski by Fatstone tv regarding 3MOT3, 3MOT3 Tour, FIBA, Olympics 2020, and player development [here](#)

Benefits of adapting the 3MOT3 strategy for youth development

- Players touch the ball more often. in the 5 on 5 game, players can go almost the whole game without touching the ball. in 3 on 3, you could touch the ball every possession. when the player gets more experience handling the ball during game situations, the player is going to improve much more than the players who hardly touch the ball in 5 on 5. it doesn't matter if you are the point guard or the star post player, you're still going to get more touches in 3 on 3.

- More room to operate. A lot of younger players, especially under the age of 12 don't have the skill, strength, or experience to utilize their basketball skills with 10 players on the court. 3 on 3 gives them more room to operate and practice their skills.
- Players learn the game! When there are only six (3 on 3) players on the court, players are more inclined to run the pick-and-roll, screen away, and screen the ball without a coach even telling them to do so, because there are fewer options out there. After awhile, they will start to figure things out for themselves which is FANTASTIC and exactly what you want the players to do. With ten (5 on 5) players on the court, a lot of those options aren't there, because they lack the skill, strength, and experience. Now, with fewer players on the court, it gives them a split second longer to recognize a situation.
- No pressing & zones. Now, instead of spending time on breaking full court pressure, breaking half-court pressure, playing against a 1-3-1, playing against 3-2, playing against a 2-3, playing against a triangle-and-two, playing against a box-and-one, you can focus on the FUNDAMENTALS.

Development of a club 3MOT3 G-U16, G-U18, M-Senior & J-U16, J-U18, K-Senior Team.

Including the 3MOT strategy into your Basketball Club Strategy for the development of a 3MOT3 team to participate and represent your club during the [Norway Summer Games](#) and [3MOT3 Summer Tour](#) provides additional activities for your club. Each 3MOT3 team is entitled to a max of four players per team. Each club can have multiple teams in each of the categories to compete in the Regional 3MOT3 Tournament to qualify in the 3MOT3 Nationals.

Reserve court time for 3MOT3 Practice

- Reserve use of the court to conduct 3MOT3 practice. For the development of strategy, dribble drive mechanics, motion offense, defense in a 3MOT3 setting.
- Teach rules and regulations of 3MOT3 basketball
<http://www.fiba.com/documents>
- Showing players how to create and manage a FIBA profile
<https://play.fiba3x3.com>

Club 3MOT3 Tournaments

- Each season a 3MOT3 representative will conduct one club tournament in Region Sør for the clubs 3MOT3 teams to compete in and the development of better 3MOT3 players.
- A club can be certified in hosting a 3MOT3 tournament by completing the 3MOT3 Arrangørkurs read more [here](#)
- Hosting club tournaments provide excellent opportunity to recruit new members and provide additional basketball activities for basketball club.

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