

# Postgraduate Certificate Basketball 3x3

Endorsed by the NBA





## Postgraduate Certificate Basketball 3x3

- » Modality: Online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/sports-science/postgraduatecertificate/basketball-3-x-3](http://www.techtute.com/us/sports-science/postgraduatecertificate/basketball-3-x-3)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Study Methodology

---

*p. 20*

06

Certificate

---

*p. 28*



# 01

# Introduction

Since its origins in the street, the modality of Basketball 3x3 has undergone a significant evolution, becoming an official format with a prominent presence internationally with professional leagues and in the Olympic Games, its promotion is a constant by clubs and organizations, so that the interest of athletes and coaches in this discipline is on the rise. For this reason, this 100% online program is created, which provides the graduates with a complete update in this sport and will allow students to increase their technical-tactical knowledge through innovative multimedia didactic material, available 24 hours a day, 7 days a week and from any electronic device with an Internet connection.



“

*Get an intensive learning of  
Basketball 3x3 through a 100%  
online Postgraduate Certificate”*

Basketball 3x3 has undergone significant development, especially since FIBA included it as an official discipline in 2010. In this sense, this modality, whose origin is the street courts, has attracted players and fans, giving rise to national and international circuits. In this context, specific coaching work and game strategies have been perfected.

Faced with this reality, more and more coaches of this sport are showing interest in this discipline, its particularities and its progression. For this reason, this 6-week 100% online Postgraduate Certificate in Basketball 3x3 is created with content developed by great professional players.

It is an intensive program of 150 teaching hours that will allow students to delve into the offensive and defensive tactics, the current trends of the game, as well as its evolution since the emergence of this modality. All this, complemented by video summaries, videos in detail, case studies and specialized readings with which to further extend the information provided in this program.

In addition, thanks to the *Relearning* method, based on the reiteration of content throughout the academic course, the graduates will have the opportunity to reduce the long hours of study and memorization, so frequent in other teaching methods.

A unique opportunity to learn from real experts and through a flexible teaching methodology, compatible with the most demanding personal and professional responsibilities.

This **Postgraduate Certificate in Basketball 3x3** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The development of case studies presented by top-level basketball experts
- ◆ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ◆ Practical exercises where the self-assessment process can be carried out to improve learning
- ◆ Its special emphasis on innovative methodologies
- ◆ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



*Take an attractive journey through the evolution of Basketball 3x3 through this university program"*



“

*You are in front of a program that will allow you to be up to date on the defensive and offensive tactical work in Basketball 3x3"*

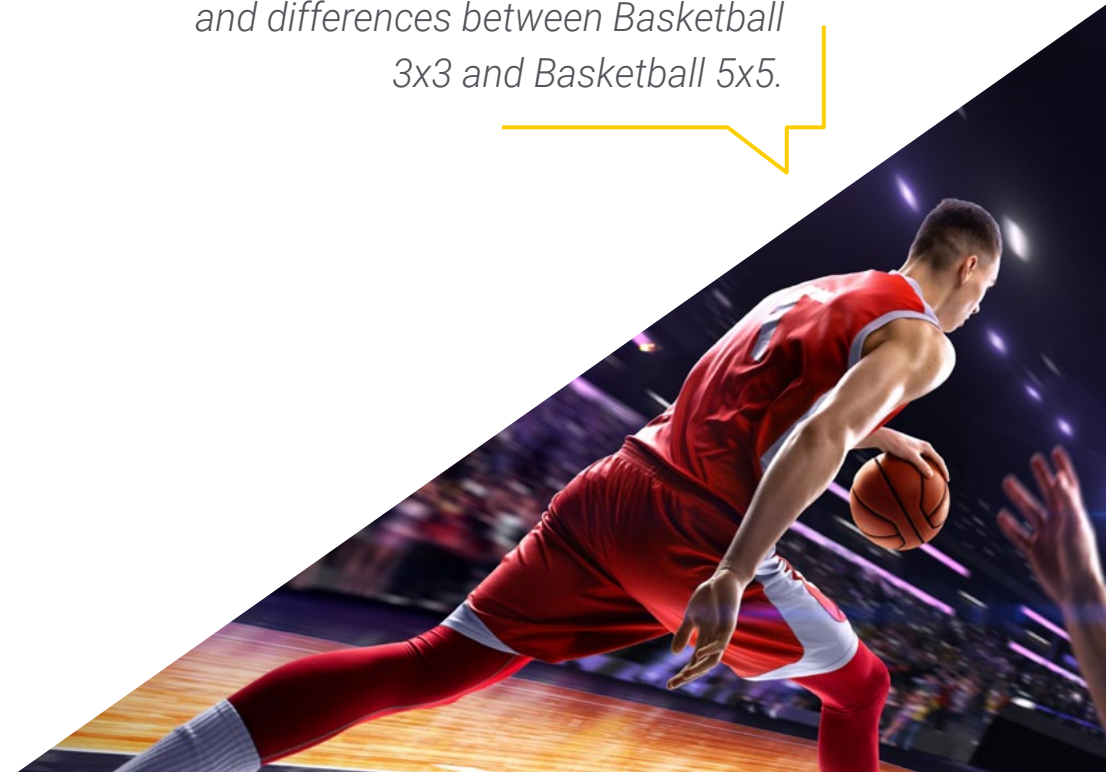
The program's teaching staff includes professionals from the industry who contribute their work experience to this program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Thanks to the Relearning method you will be able to reduce the hours of study and acquire an effective learning in a short time.*

*Learn from anywhere in the world and with a digital device the rules and differences between Basketball 3x3 and Basketball 5x5.*



# 02

# Objectives

Upon completion of this university program, students will have obtained an advanced knowledge of Basketball 3x3. From its preparation to the organization of events of this modality will be addressed in this program from a theoretical-practical perspective. To achieve this goal successfully, TECH has provided first class pedagogical tools, including case studies, which will lead students to integrate the most effective work methodology in this discipline.







“

*Design game systems and tactics adapted to the 3x3 format thanks to this university program"*



## General Objectives

---

- ◆ Encourage creativity in attack and the ability to improvise in changing situations
- ◆ Teach how to work as a team and leverage individual strengths for efficient offensive play
- ◆ Work on reading counter defense and recognizing opportunities to exploit their weaknesses
- ◆ Prepare players to face challenging situations and respond appropriately to changes in opponent strategy
- ◆ Be aware of the latest research and advances in sports physiotherapy to ensure evidence-based practice
- ◆ Promote the importance of injury prevention and physical therapy as a tool to improve performance and prolong the career of basketball players
- ◆ Be up to date with the latest trends and developments in the 3x3, to ensure an updated teaching and according to the demands of the game
- ◆ Promote the right physical condition for this type of game, with an emphasis on endurance, speed and agility necessary to compete in the middle of the court
- ◆ Develop competencies to resolve disputes or disputes related to the rules in an impartial and objective manner
- ◆ Promote the importance of proper nutrition and rest to optimize physical performance







## Specific Objectives

---

- ◆ Prepare experts in the 3x3 mode, providing advanced knowledge about the rules and strategies specific to this game format
- ◆ Learn how to design game systems and tactics adapted to the 3x3 format, making the most of players' strengths and working as a team efficiently
- ◆ Encourage creativity and improvisation in the game, as the 3x3 format requires fast decisions and constant adaptations
- ◆ Work on communication and collaboration between players, as the 3x3 implies greater dependence on teamwork
- ◆ Encourage participation in 3x3 competitions and tournaments, so that players gain experience and improve their skills in this modality

“

*Do you want to organize successful 3x3 tournaments? Dive into it thanks to this Postgraduate Certificate”*

03

# Course Management

In order to offer a quality and first class education, TECH has selected for this Postgraduate Certificate, a teaching team with extensive experience in the world of professional Basketball and in the 3x3 modality at the highest competitive level.

For this reason, the graduates will have the guarantee of access to quality content, which will respond to their need for high quality learning from the hands of real experts.





“

*Get a first level learning about Basketball 3x3 from the hand of experienced players in this modality"*

## Management



### Mr. Castro Martínez, Iago

- ♦ Coach at Celta Baloncesto
- ♦ Coach of the Cáceres Basket LEB Gold
- ♦ Coach Assistant Basketball Club Breogán
- ♦ Assistant Coach ADBA Liga Femenina Avilés
- ♦ Princess Cup Champion
- ♦ LEB Gold League Champion
- ♦ Ascent to Liga Endesa with Breogán Lugo
- ♦ Professor of Primary Education at the University of Santiago de Compostela (USC)
- ♦ Professional Master's Degree in Sports Psychology at SIPD
- ♦ Senior Sports Technician specializing in Basketball
- ♦ Senior Basketball Coach
- ♦ Coach FIBA



### **Mr. Fernández López, Diego**

- ♦ Sports Director of BVM in Mieres
- ♦ Women's League and U19 Head Coach in BK Amager
- ♦ Head Coach EBA League in Santo Domingo
- ♦ Head Coach 1st Division and U19, Hørsholm 79ers Basketball
- ♦ Sports Director and coach at the Basketball ClubCambre
- ♦ Superior Basketball Coach by the Spanish Basketball Federation
- ♦ Professional Master's Degree in High Performance Sports Psychology by Unisport
- ♦ Professional Master's Degree in Executive Coaching by Unisport
- ♦ Degree in Sociology from the University of A Coruña

## **Professors**

### **Ms. García Paunero, Celia**

- ♦ Professional player 3x3 Azuqueca
- ♦ Professional sportsman Celta de Vigo
- ♦ Professional athlete of CD Zamarat
- ♦ Called up with the Spanish national team of 3x3 on two occasions
- ♦ Title of Level 2 Coach

# 04

## Structure and Content

The syllabus of this Postgraduate Certificate has been designed to offer over 6 weeks, the most complete and current information about Basketball 3x3. Students will delve into the latest trends in the development of their game, in the rules, defensive tactics, offensive and training, among other factors. All this, through an innovative multimedia content, hosted in the extensive library of educational resources provided by this program.





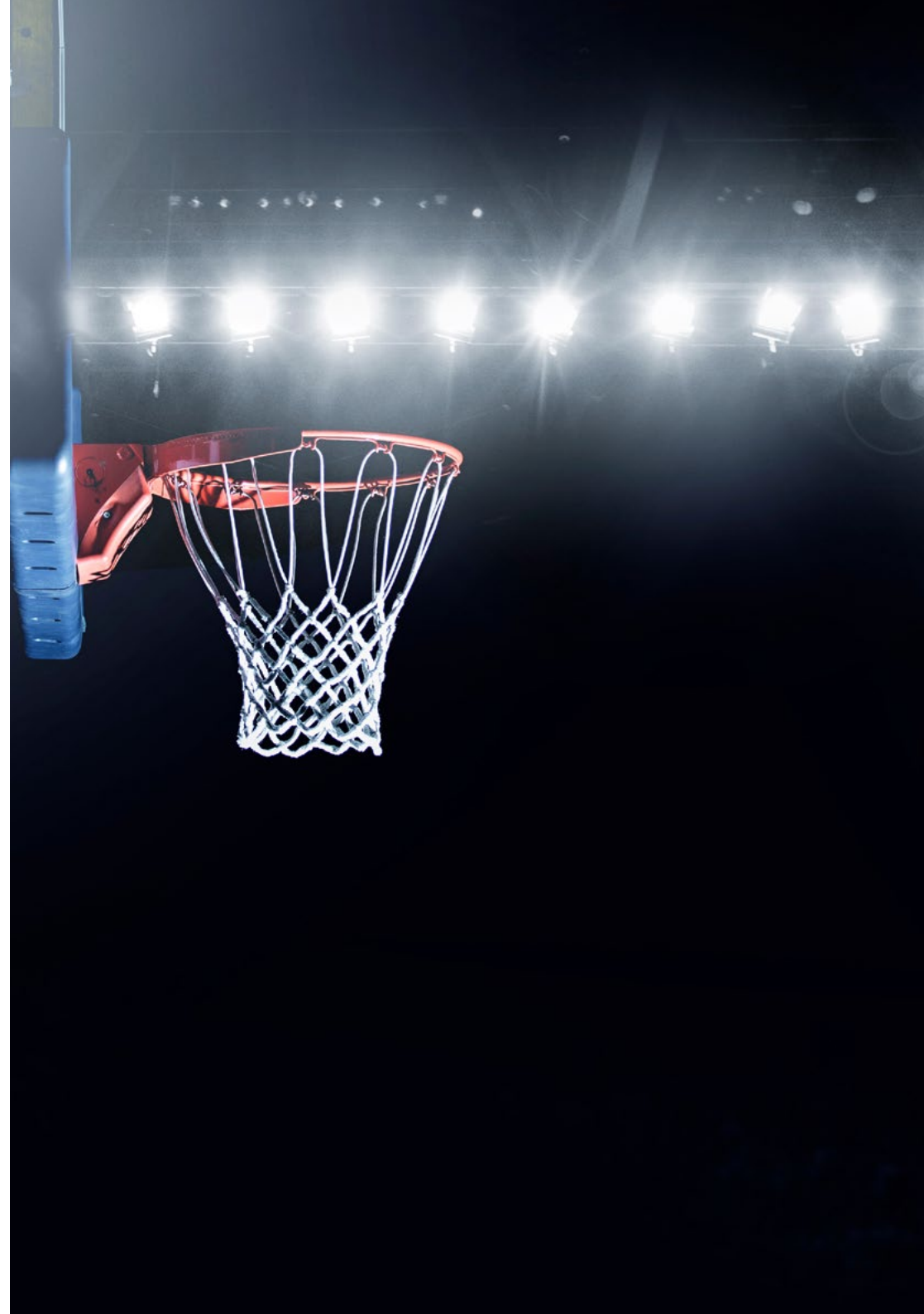


“

*A complete syllabus with the best  
multimedia didactic material, accessible  
24 hours a day, 7 days a week"*

## Module 1. Basketball Modalities (3X3)

- 1.1. History of 3x3. A New Sport within a Centenary One
  - 1.1.1. When and How FIBA Became Interested in 3X3
  - 1.1.2. Professional Circuit. Beginnings and Present
  - 1.1.3. From the Street to the Olympic Games
- 1.2. Regulation Optimizing Knowledge of the Rules
  - 1.2.1. Regulations
  - 1.2.2. Particularities of the 3x3 with Respect to the 5x5
  - 1.2.3. Knowing and Taking Advantage of the Rules
- 1.3. Qualification System. How and Where to Earn Points
  - 1.3.1. FIBA, Functioning and Different Realities
  - 1.3.2. Ranking. National and International
  - 1.3.3. Practical Applications Participation in Tournaments
- 1.4. Organization of Events. Everything you Need for a Successful 3x3
  - 1.4.1. Basic Needs for the Organization of an Event
  - 1.4.2. Location and Assembly. Who Sponsors Us?
  - 1.4.3. Dissemination and Visibility. To Whom is It Directed?
- 1.5. Transition from 5x5 to 3x3. Differences and Similarities
  - 1.5.1. Main Differences and How to Internalize Them
  - 1.5.2. Similarities Transferring and Exploiting Them
  - 1.5.3. How to Combine Both Modalities
- 1.6. Individual Technique Different Ball and Spaces, Same Gestures?
  - 1.6.1. Making Spaces Profitable. What Technical Gestures Do We Prioritize?
  - 1.6.2. Adapting Gestures to Reduced Dimensions
  - 1.6.3. Speed of Execution. Efficiency and Effectiveness





- 1.7. Offensive Tactics. How to Use the Greater Existence of Spaces
  - 1.7.1. Differences Between Transition and Check-Ball
  - 1.7.2. Angles of Ball Exit
  - 1.7.3. Non-Stop. Linking Continuous Actions
- 1.8. Defensive Tactics. Defensive Efficiencies
  - 1.8.1. Differences Between Transition and Check-Ball
  - 1.8.2. Individual Responsibility and Communication, Defensive Keys
  - 1.8.3. Scouting. The Importance of Knowing the Opponent.
- 1.9. Training Theory. If We Play 3x3, We Train 3x3.
  - 1.9.1. Adaptation to 3x3. Exploiting All the Virtues of a Player.
  - 1.9.2. Automating the Game. Creation of Links in the Group
  - 1.9.3. Facilitating Decision Making. The Player Decides
- 1.10. Game Trends. How the Game is Played and Why
  - 1.10.1. Team Structures. Evolution and Reasons
  - 1.10.2. Offensive Tendencies
  - 1.10.3. Defensive Tendencies



*With this program you will be up to date with the latest trends in the development of the game of Basketball 3x3"*



05

# Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.





“

*TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”*

## The student: the priority of all TECH programs

In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

“

*At TECH you will NOT have live classes  
(which you might not be able to attend)”*



### The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

“*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want*”



## Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



## Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*



## A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



*The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule”*

### The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

The students' assessment of the quality of teaching, quality of materials, course structure and objectives is excellent. Not surprisingly, the institution became the best rated university by its students on the Trustpilot review platform, obtaining a 4.9 out of 5.

*Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.*

*You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.*



As such, the best educational materials, thoroughly prepared, will be available in this program:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



#### Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



#### Interactive Summaries

We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.





**Case Studies**

Students will complete a selection of the best case studies in the field. Cases that are presented, analyzed, and supervised by the best specialists in the world.



**Testing & Retesting**

We periodically assess and re-assess your knowledge throughout the program. We do this on 3 of the 4 levels of Miller's Pyramid.



**Classes**

There is scientific evidence suggesting that observing third-party experts can be useful.  
Learning from an expert strengthens knowledge and memory, and generates confidence for future difficult decisions.



**Quick Action Guides**

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical and effective way to help students progress in their learning.





# 06 Certificate

The Postgraduate Certificate in Basketball 3x3 guarantees students, in addition to the most rigorous and up to date education, access to a Postgraduate Certificate issued by TECH Global University.



“

*Successfully complete this program  
and receive your university qualification  
without having to travel or fill out  
laborious paperwork”*

This private qualification will allow you to obtain a **Postgraduate Certificate in Basketball 3x3** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Basketball 3x3**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University make the necessary arrangements to obtain it, at an additional cost.



future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present quality  
development languages  
virtual classroom

**tech** global  
university

## Postgraduate Certificate Basketball 3x3

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

# Postgraduate Certificate Basketball 3x3

Endorsed by the NBA

