



TACTICAL–TECHNICAL DETERMINANTS OF PERFORMANCE IN 3×3 BASKETBALL: A NARRATIVE REVIEW

DETERMINANTES TÁTICOS-TÉCNICOS DO DESEMPENHO NO BASQUETE 3×3: UMA REVISÃO NARRATIVA

DETERMINANTES TÁCTICO-TÉCNICOS DEL RENDIMIENTO EN EL BALONCESTO 3×3: UNA REVISIÓN NARRATIVA

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Abstract

This narrative review aimed to synthesize and present key information regarding training practices and tactical–technical characteristics in 3×3 basketball. Scientific articles were selected from the electronic databases PubMed, Scopus, Web of Science, and SPORTDiscus. The search strategy was conducted using the keywords “Basketball” AND “3×3.” A total of 236 studies were initially identified and 11 were included in the present review. The findings suggest that incorporating the 12-second shot clock into 3×3 basketball training may help preserve game-specific characteristics, thereby contributing to athlete development. Additionally, shooting performance has a substantial impact on match outcomes, indicating the need for training activities that enhance this skill across all scoring zones and free-throw situations, as well as through varied game scenarios and individual 1×1 drills.

Keywords: Invasion Sport; Training; Performance.

Resumo

Esta revisão narrativa teve como objetivo sintetizar e apresentar informações importantes sobre práticas de treinamento e características tático-técnicas no basquete 3x3. Artigos científicos foram selecionados das bases de dados eletrônicas PubMed, Scopus, Web of Science e SPORTDiscus. A estratégia de busca utilizou as palavras-chave “Basquete” AND “3x3”. Um total de 236 estudos foram inicialmente identificados e 11 foram incluídos nesta revisão. Os resultados sugerem que a incorporação do tempo de posse de bola de 12 segundos no treinamento de basquete 3x3 pode ajudar a preservar características específicas do jogo, contribuindo assim para o desenvolvimento do atleta. Além disso, o desempenho nos arremessos tem um impacto substancial nos resultados das partidas, indicando a necessidade de atividades de treinamento que aprimorem essa habilidade em todas as zonas de pontuação e situações de lances livres, bem como por meio de diferentes cenários de jogo e exercícios individuais de 1x1.

Palavras-chave: Esporte de Invasão; Treinamento; Desempenho.

Resumen

Esta revisión narrativa tuvo como objetivo sintetizar y presentar información clave sobre las prácticas de entrenamiento y las características técnico-tácticas del baloncesto 3x3. Se seleccionaron artículos de PubMed, Scopus, Web of Science y SPORTDiscus. La estrategia de búsqueda se llevó a cabo utilizando las palabras clave "Baloncesto" Y "3x3". Inicialmente se identificaron 236 estudios y se incluyeron 11 en la presente revisión. Los resultados sugieren que la incorporación del reloj de posesión de 12 segundos en el entrenamiento de baloncesto 3x3 puede contribuir a preservar las características específicas del juego, favoreciendo así el desarrollo del atleta. Además, el rendimiento en el tiro tiene un impacto sustancial en los resultados de los partidos, lo que indica la necesidad de actividades de entrenamiento que mejoren esta habilidad en todas las zonas de anotación y situaciones de tiros libres, así como a través de diversos escenarios de juego y ejercicios individuales de 1x1.

Palabras clave: Deporte de Invasión; Entrenamiento; Rendimiento.





INTRODUCTION

The 3×3 basketball is a sport organized by the International Basketball Federation (FIBA) and was included as an Olympic discipline at the Tokyo 2020 Summer Games (FIBA, 2025). Although it shares similarities with traditional 5×5 basketball, the 3×3 format has its own dynamics and rules regarding game duration, scoring, number of players, and playing area (Figueira *et al.*, 2022). It also presents specific tactical, technical, physical, and physiological characteristics (Figueira *et al.*, 2022; Herrán *et al.*, 2017), which have contributed in recent years to the growing number of 3×3 practitioners (FIBA, 2025) and the increasing interest of researchers in the sport (Paulauskas *et al.*, 2025; Conte *et al.*, 2019).

Building on this growing body of knowledge, comparative studies have highlighted meaningful divergences between 3×3 and 5×5 basketball. Figueira *et al.* (2022) reported that the 3×3 format enables a higher frequency of dribbling actions and long-range field-goal attempts. Conversely, Boros *et al.* (2022) observed greater shooting efficiency and more successful long-range attempts in traditional basketball. Although 3×3 athletes tend to attempt more three-point shots, 5×5 players convert such attempts at higher rates; similarly, free-throw attempts occur more frequently in the traditional format (Erculj *et al.*, 2019). These disparities reflect the unique structural and functional demands of each modality. In 3×3 basketball, the absence of fixed player positions necessitates a broader skill repertoire regarding shooting, rebounding, passing, and dribbling, and anthropometric characteristics such as height, body mass, and wingspan appear less discriminatory across performance levels. Consequently, performance outcomes rely more heavily on technical execution (Cabarkapa *et al.*, 2023).

Given these sport-specific characteristics, understanding the tactical and technical variables that shape 3×3 basketball dynamics becomes essential (Sansone *et al.*, 2023). Evidence to date indicates that successful teams consistently outperform their counterparts across a wide range of tactical-technical indicators (Chen *et al.*, 2024). Considering the increasing prominence of the modality and the relative scarcity of comprehensive scientific analyses, a narrative review is warranted to organize, critically appraise, and synthesize the current state of knowledge. Accordingly, the purpose of this review is to synthesize and present key information regarding training practices and tactical–technical characteristics in 3×3 basketball



METHOD

The present study is characterized as a narrative review (Clemente, 2025). Although the synthesis and interpretation of the evidence followed the principles of a narrative review, a systematic search strategy was adopted to enhance the transparency, reproducibility, and methodological rigor of the review process. The review aimed to synthesize the main evidence regarding 3×3 basketball, with a particular focus on tactical and technical variables. Scientific articles were retrieved from the electronic databases PubMed, Scopus, Web of Science, and SPORTDiscus. Studies published up to September 24, 2025, were considered, with no restrictions on the initial publication date and limited to publications in English, Portuguese, or Spanish. The search strategy was conducted using the keywords “Basketball” AND “3×3”. The Rayyan platform was utilized to assist in the organization, screening, and identification of duplicate records throughout the review process.

ELIGIBILITY CRITERIA

The following inclusion criteria were defined: (1) participants had to be 3x3 basketball players of any sex, age group (children/adolescents, adults, and older adults), skill level, or competitive level (educational, recreational, and high-performance/athlete); (2) the evaluated parameters consisted of tactical and technical markers, including game analysis studies; (3) only original full-text studies written in English, Portuguese, or Spanish were included.

DATA EXTRACTION

Data analysis was conducted qualitatively through the description of tactical and technical variables in 3x3 basketball identified in the selected publications based on the search strategy. Two researchers extracted the data independently, using a standardized spreadsheet in Microsoft Excel 2016 (version 16.0.13901.20148 for Windows). The description included information on the study (first author and year of publication), general objective, sample, training level, game design, instruments, variables, and main findings (Table 1).

STUDY SELECTION

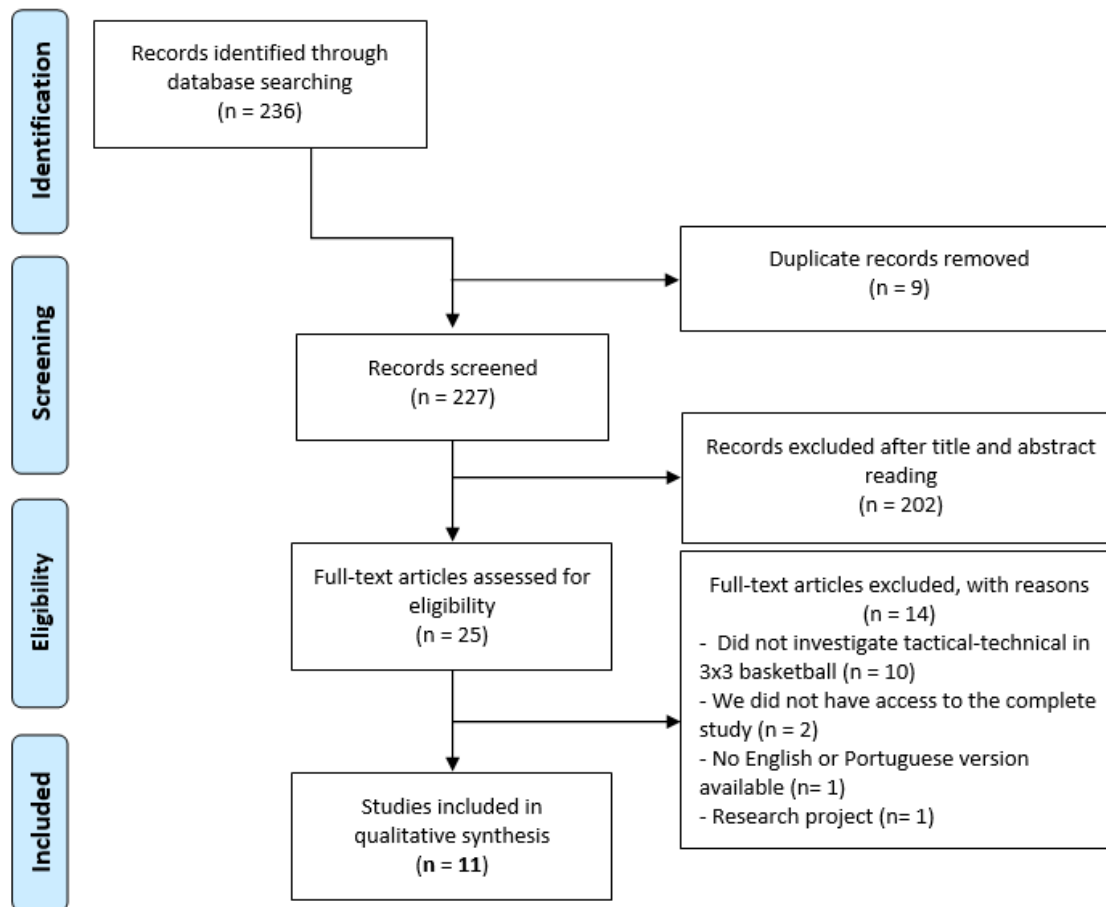
Initially, 236 studies were identified (PubMed = 10, Web of Science = 20, Scopus = 173, and SPORTDiscus = 33), of which nine were excluded due to duplication. Subsequently, the titles and abstracts





of 227 articles were screened by two researchers (JMP and GNS) independently, resulting in the exclusion of 202 for not addressing the evaluation of tactical-technical variables in 3x3 basketball. During the full-text screening phase, 25 articles were assessed, and 14 were excluded for the following reasons: 10 did not investigate tactical-technical variables in 3x3 basketball, two were not available in full, one did not have an English or Portuguese version, and one was a research project. Thus, a total of 11 studies were included in the present narrative review. (Figure 1). During the phases, all cases of disagreement were resolved by a third researcher (WJFS).

Figure 1 – PRISM Flowchart of the identification, screening, and inclusion stages of the articles



Source: original formulation.



RESULTS

A total of 11 studies investigating tactical and technical variables in 3x3 basketball, published between 2019 and 2025, were analyzed. Table 1 presents information on the studies included in the present narrative review (Table 1).

Table 1 – Overview of the included studies

Study	Aim	Sample	Level of training	Instrument	Variables	Main findings
Chen <i>et al.</i> (2025)	To analyze match outcomes based on performance indicators and contextual variables.	1.328 FIBA 3×3 World Tour games	Professional	Notational analysis	Tactical–technical	Close games and 5iferenc quality can differentiate winning and losing teams according to performance indicators, depending on the stage of competition (regular season vs. Playoffs).
Gómez-Jare <i>et al.</i> (2025)	To analyze shooting effectiveness in 3×3 basketball following an offensive rebound.	350 games (175 men; 175 women); 16.136 possessions recorded across 18 international competitions	U23, U21, U18, U17	Notational analysis	Tactical–technical	Offensive rebound is a decisive 5ifer that increases scoring opportunities; second-chance possessions significantly improve the likelihood of successful shots.
Nowak <i>et al.</i> (2025)	To analyze two-point shooting performance of Serbian and Polish teams at the Tokyo 2020 Olympic Games.	14 games from the Tokyo 2020 Summer Olympics	Professional	Notational analysis	Tactical–technical	Two-point shooting efficiency is decisive for winning; tactical flexibility is essential for success.
Musienko <i>et al.</i> (2024)	To optimize tactical interaction among 3×3 basketball athletes during specialized basic training.	Two teams; 12 athletes aged 15–16	Developing athletes	Notational analysis	Tactical–technical	The proposed training approach based on 12 weeks of specific improvisational exercises positively impacted tactical preparation, increasing performance effectiveness in official games.



Ferioli <i>et al.</i> (2023)	To quantify tactical–technical demands of international 3×3 games according to match outcome, sex, and competition stage.	96 athletes from 24 national teams (48 athletes from 12 male teams; 48 athletes from 12 female teams)	Professional	Notational analysis	Tactical–technical	Men’s teams showed greater shooting efficiency, more successful two-point shots, and more points scored; women’s teams attempted more one-point shots, committed more turnovers, and had more possessions. More screens occurred in group-stage matches, while more points per possession were scored in final-round games.
Madarame (2023)	To compare incidence and success rates of offensive plays in 3×3 basketball according to initial actions and age/sex categories.	191 games from the 2019 FIBA U18 3×3 World Cup and the 2019 FIBA 3×3 World Cup (men and women)	U18 and Professional	Notational analysis	Tactical–technical	Transition offensive plays occurred most frequently across all competitions, followed by check-ball plays and offensive rebound plays. Success rates were significantly higher for offensive rebounds than for transition and check-ball actions.
Andrianova <i>et al.</i> (2022)	To identify specific characteristics of 3×3 basketball and analyze performance determinants in official competitions.	29 teams from 11 Masters stages and the FIBA 3×3 World Tour Final	Professional	Notational analysis	Technical	Turnovers per game had the greatest influence on performance; rebounds per game also had a significant impact.
Boros <i>et al.</i> (2022)	To compare shooting efficiency and shot selection in men’s 5×5 vs. 3×3 basketball.	140 games (48 from 3×3 and 92 from 5×5)	Professional	Notational analysis	Tactical–technical	Infractions were more effective in 5×5 than in 3×3; significant differences existed in shot selection and efficiency. Although 3×3 involved a higher proportion of shot attempts, long-range shots were more successful in 5×5.



McGown <i>et al.</i> (2020)	To investigate perceptual, heart-rate, and tactical–technical characteristics of elite male and female 3×3 athletes.	33 elite 3×3 athletes (11 men, 22 women)	Professional	Notational analysis	Tactical–technical	The least difference action was the free throw, while the most difference was the shot attempt inside the paint. Semifinals had fewer shot attempts, whereas quarterfinals had more offensive rebounds compared with group-stage games. Fewer ball recoveries were recorded in semifinals. No sex differences were found for any tactical–technical action.
Conte <i>et al.</i> (2019)	To characterize the performance profile of 3×3 basketball, examining differences in live time, stoppage time, their ratio, and game statistics differentiating winning and losing teams.	Eight teams competing in quarterfinals, semifinals, and finals of the 3×3 Basketball World Cup	Professional	Notational analysis	Tactical–technical	Free throws, turnovers, and steals per possession were key statistics differentiating winning from losing teams. Losing teams recorded significantly more rebounds.
Erculj <i>et al.</i> (2019)	To compare shooting efficiency in 3×3 vs. 5×5 basketball.	72 U18 teams from the European Championship (5×5) and the Youth Olympic Games (3×3) (men and women)	U18	Notational analysis	Technical	Male and female 3×3 players attempted more long-range shots and fewer free throws than 5×5 players. When shooting from the two-point zone, 3×3 players were less successful than 5×5 athletes; similarly, free-throw success was lower in 3×3.

Note: FIBA = International Basketball Federation.

Source: original formulation.



PARTICIPANT CHARACTERISTICS

The included studies examined athletes of both sexes and across different competitive levels, including elite adult players (Nowak *et al.*, 2025; Chen *et al.*, 2024; Ferioli *et al.*, 2023; Madarame, 2023; Andrianova *et al.*, 2022; Boros *et al.*, 2022; McGown *et al.*, 2020; Conte *et al.*, 2019), junior categories (Gómez-Jarel *et al.*, 2025; Madarame, 2023; Erculj *et al.*, 2019), and developing athletes (Musienko *et al.*, 2024). The competitions analyzed included the Masters stages, the FIBA 3×3 World Tour, the Tokyo 2020 Summer Olympic Games, the U18 European Championship, the Youth Olympic Games, and the FIBA 3×3 Basketball World Cup.

TACTICAL-TECHNICAL ASSESSMENTS

To evaluate tactical–technical variables, studies relied on expert video analysis or notational analysis (Gómez-Jarel *et al.*, 2025; Chen *et al.*, 2024; Madarame, 2023; Ferioli *et al.*, 2023; Andrianova *et al.*, 2022; Boros *et al.*, 2022; McGown *et al.*, 2020; Conte *et al.*, 2019), as well as official match statistics provided by FIBA or the International Olympic Committee (Ferioli *et al.*, 2023; Andrianova *et al.*, 2022; Boros *et al.*, 2022; Erculj *et al.*, 2019).

DISCUSSION

Research in 3×3 basketball has examined a broad spectrum of tactical and technical variables that occur during competition. Conte *et al.* (2019) evaluated the total and percentage values of shot attempts (two-point and free throws) performed and converted, as well as offensive and defensive rebounds, total rebounds, assists, turnovers, number of possessions, offensive and defensive ratings, shooting efficiency, and steals per possession. Ferioli *et al.* (2023) expanded this scope by analyzing overall shooting efficiency; volume and success rates of one- and two-point shots and free throws; buzzer-beater conversions; total team points; decisive assists; blocked shots; turnovers; rebounds; possessions; points per possession; shot attempts and conversions per possession; number of actions; number of players involved per action; average possession duration; and consecutive possessions per action.

Madarame (2023) compared offensive actions between elite adult athletes (2019 World Cup) and elite U18 athletes (2019 U18 World Cup), identifying transition plays as the most frequent offensive strategy, which underscores their importance for match success in 3×3 basketball. In a complementary perspective, Gómez-Jarel *et al.* (2025) demonstrated that shooting effectiveness following an offensive



rebound is highest in zone 2 (paint area), reinforcing the decisive role of offensive rebounds in increasing scoring probability.

Overall, evidence consistently indicates that tactical–technical variables such as free-throw attempts and conversions, shooting efficiency, successful field goals, offensive rating, and steals per possession are higher among winning teams, whereas losing teams typically record a greater number of turnovers (Ferioli *et al.*, 2023; Conte *et al.*, 2019). Moreover, transition-based offensive actions appear to be crucial for winning, representing more than half of all offensive sequences in a match (Mandaram, 2023).

Andrianova *et al.* (2022) examined points scored, volume and percentage of one- and two-point shots and free throws attempted and converted, dunks, highlights per game, buzzer-beater attempts, blocks, assists, rebounds, offensive and defensive rebounds, and turnovers. Unlike the findings reported by Ferioli *et al.* (2023) and Conte *et al.* (2019), their results indicated that rebounds per game and turnovers per game were the variables with the strongest influence on match outcomes.

Regarding the frequency of tactical–technical actions per minute, McGown *et al.* (2020) analyzed actions such as two- and three-point shots, layups, catch-and-shoot attempts, off-dribble shots, offensive and defensive rebounds, ball recoveries, turnovers, on-ball and off-ball screens, pick-and-roll actions, and free throws performed and converted. Their findings showed that free-throw attempts were the least frequent action (0.24 actions per 10 minutes) while shots within the paint were the most frequent (3.38 actions per 10 minutes). Additionally, match-phase analyses revealed that quarterfinal games presented more offensive rebounds; semifinals displayed fewer ball recoveries and fewer converted shots; and finals featured fewer ball recoveries compared with group-stage matches.

Specific to shooting actions, Erculj *et al.* (2019) examined free-throw conversion, two- and three-point attempts and successes, demonstrating that women displayed higher conversion percentages for three-point shots than men. Comparing 3×3 and the conventional basketball format, Boros *et al.* (2022) evaluated points scored, possessions, offensive rating, relative offensive rating, overall, short-range, and long-range shooting efficiency, as well as shooting distribution. Their results indicated that 3×3 players attempt more long-range shots and record lower free-throw percentages than traditional basketball players, while offensive rating and long-range shooting efficiency are greater in the conventional format (Erculj *et al.*, 2019; Boros *et al.*, 2022). Furthermore, teams with more wins tend to exhibit higher overall shooting percentages (Erculj *et al.*, 2019). Complementarily, Nowak *et al.* (2025) found that teams with



higher two-point shooting percentages were more likely to win, and that shooting location and defensive pressure significantly influence shooting efficiency.

Analyzing the 3×3 Basketball World Tour from 2015 to 2022, Chen *et al.* (2024) reported that winning teams generally show advantages across nearly all tactical–technical performance indicators. These findings highlight the importance of research focused on tactical–technical determinants aimed at improving training processes in 3×3 basketball. In line with this, Musienko *et al.* (2024) implemented a 12-week intervention using specific exercises to develop tactical–technical skills and enhance the competitive performance of young athletes undergoing foundational training. Results showed that the experimental group improved its average number of converted shots per game compared with the control group and significantly reduced the number of games lost during the competitive phase.

The current literature highlights several avenues for future research. First, more in-depth investigations are needed on three-point shooting performance indicators (Conte *et al.*, 2019), as well as on the specific types of one-point scoring-zone shots (Ferioli *et al.*, 2023) and on the factors that differentiate 3×3 basketball from the traditional format (Conte *et al.*, 2019). Another relevant direction concerns studies that incorporate shot-clock pressure, defender and attacker positioning on the court (Boros *et al.*, 2022), and biomechanical analyses supported by advanced technologies (Nowak *et al.*, 2025). Additionally, there is a need for research examining tactical–technical actions following training interventions (McGown *et al.*, 2020). A notable gap in the field is the scarcity of longitudinal studies addressing the training process in 3×3 basketball, indicating an important opportunity for future investigation. Understanding game development and key performance determinants is essential for optimizing athlete performance. Finally, future research should also evaluate the impact of physical and mental fatigue on tactical–technical performance during 3×3 competitions, given that athletes often compete in multiple games within short time frames. Finally, a deeper examination of defensive behaviors in 3×3 basketball is warranted, particularly regarding their tactical, technical, and contextual characteristics, to clarify their contribution to team performance and match outcomes.

CONCLUSIONS

The findings of this review suggest that incorporating the 12-second shot clock into training sessions can help maintain ecological validity and better replicate the specific demands of 3×3 basketball, thereby supporting athlete development. Moreover, training tasks should be designed to reduce the





number of turnovers during games. Given the substantial influence of shooting performance on match outcomes, it is essential to implement activities that improve shooting actions across all scoring zones and free throws, while also considering varied game scenarios and integrating individual 1×1 situations. Furthermore, second-chance opportunities (following offensive rebounds) significantly increase scoring likelihood and enhance the probability of winning, and shot location appears to be a critical factor influencing success. Regarding women's 3×3 basketball, offensive strategies should prioritize the creation of unguarded shots within the one-point scoring zone. Collectively, these insights reinforce the importance of coaches seeking scientific evidence to support decision-making and optimize tactical–technical training in 3×3 basketball. Furthermore, our findings highlight the importance of expanding research on 3×3 basketball in Brazil and contrasting national findings with international evidence, as this may contribute to a deeper understanding of the sport's particularities and developmental pathways within the Brazilian context.

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Autor 1: study conception and design, data collection, database organization, data analysis and interpretation, and drafting of the original manuscript.

Autor 2: database organization, analysis and interpretation of results, and critical revision of the manuscript.

Autor 3: database organization, analysis and interpretation of results, and critical revision of the manuscript.

Autor 4: database organization, analysis and interpretation of results, and critical revision of the manuscript.

Autor 5: study conception and design, support in data organization and analysis, preparation of tables and figures, and final revision of the manuscript.

Autor 6: study conception and design, overall study supervision, support in database organization, analysis and interpretation of results, and final revision of the manuscript.

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