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# FutureFit Funino Coaching Guide — Drill Cards

Eight 3v3 / Funino game-form variants for Under-7s to Under-11s with coaching cues for the pitch

*This document is provided by areacopa.com.*

TEAM

AGE GROUP

COACH

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## Pitch set-up in 2 minutes

What you need before the first game starts.

- FA FutureFit: one goal per end (120 × 75 cm), pitch 10 × 15 m recommended (max 15 × 20 m). Wein/DFB variant: four mini-goals (2 × 1 m) with 12 m between the two goals on each baseline
- Pitch 27 × 20 m for Under-8 to Under-11 (Wein/DFB); 18 × 12 m for Under-6/7 (DFB G-Jugend)
- 6 m shooting zone in front of each goal marked with cones (Wein/DFB variant only); FA FutureFit uses the halfway-line rule instead
- One match ball per pitch (Size 3 at 5 psi for FA FutureFit Under-7s)
- Bibs in two clearly distinguishable colours (e.g. pink/black, yellow/blue)
- Water bottles at the touchline, one per child
- Clipboard with the rotation order laminated

## Card 1 — FutureFit 3v3 base game

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Standard 3v3 on mini-goals, no keeper.

- Set-up: four mini-goals (Wein/DFB) OR one goal per end (FA FutureFit), pitch dimensions as above, 6 m shooting zone OR halfway-line rule marked
- Match time: 6 to 10 min per game (FA FutureFit), 5 × 10 min (Wein U8/U9) or 7 × 7 min (Wein/DFB U6/U7)
- Rotation: after every goal (DFB G-Jugend) or every 3 min (DFB F-Jugend); no substitutions under FA FutureFit
- Cue: goal only counts from inside the shooting zone (Wein/DFB) or from the opponent's half (FA FutureFit)
- Cue: coach asks questions in breaks, never shouts during play
- Cue: parents on the 3 m Respect Line (FA) or 15 m back (DFB house rule)

## Card 2 — 3v3 with joker

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Neutral joker on the halfway line always plays for the team in possession. Creates structural overload.

- Set-up: standard 3v3 pitch, additional joker player on the halfway line
- Joker wears a third bib colour and never scores
- Cue: joker always offers a short pass option
- Cue: on possession change, joker immediately switches sides
- Variation: joker plays one-touch only
- Use: Under-8/9, when one team is structurally weaker

## Card 3 — 3v3 mandatory pass

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Before any shot, all three teammates must have touched the ball. Forces real team play.

- Set-up: standard 3v3 pitch, no extra equipment
- Rule: goal only counts if all three teammates touched the ball before the shot
- Cue: player without the ball makes themselves available instead of running to the ball
- Cue: coach counts touches out loud (1, 2, 3 — goal free)
- Variation: no two touches in a row by the same player
- Use: Under-8 to Under-11, perfect against the lone-dribbler reflex

## Card 4 — 3v3 zones

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Pitch split into two horizontal zones. Each team keeps at least one player in each zone.

- Set-up: line across the long pitch, zones above and below
- Rule: each team always has at least one player in each zone
- Cue: not all players chase the ball — the zone player stays
- Cue: coach whistles a zone violation and gives a free kick to the other team
- Variation: each team rotates two zone players after every goal
- Use: late Under-8/9 season, all of Under-10/11

## Card 5 — 3v3 indoor variant

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Tighter indoor pitch 15 × 20 m, line goals instead of mini-goals, walls play as teammates.

- Set-up: 15 × 20 m indoor pitch, four line goals marked at the corners (60 cm wide)
- Rule: wall pass allowed, ball must come back into play afterwards
- Match time: 6 × 5 min, rotation after every goal
- Cue: coach calls "wall option" when a child looks only forward
- Cue: indoor boots with non-marking soles mandatory
- Use: winter months Under-7 to Under-9, from mid-season onwards

## Card 6 — 5v5 Under-8/9 step-up

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Bridge from Under-7s to Under-9s: five versus five, four mini-goals, second line moves up.

- Set-up: 30 × 20 m pitch, four mini-goals, optional small-pitch goal with keeper
- Match time: 6 × 12 min, rotation every 3 min on the central whistle
- Cue: when your teammate up front has the ball, take a step forward
- Cue: when your teammate at the back has the ball, drop forward
- Variation: one goal per half counts double (incentive for switching play)
- Use: second half of Under-8/9 season, first half of Under-10

## Card 7 — 7v7 Wein diamond

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Under-10/11 bridge to the classic team game: shape 1-1-3-2 in a diamond.

- Set-up: across half a full pitch, two classic goals, diamond shape marked
- Shape: 1 keeper, 1 sweeper, 3 midfielders in a diamond, 2 strikers
- Match time: 2 × 25 min or 4 × 15 min
- Rotation: every child swaps position once every 5 min
- Cue: sweeper starts every build-up, not the keeper
- Use: Under-10/11, from mid second-half of the season onwards

## Card 8 — Finishing: which goal is open?

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Train decision-making: which of the four goals is open right now?

- Set-up: standard 3v3 pitch, one attacker with the ball at the centre
- Four defenders: two "passive" (off the goal) and two "active" (in front of a goal)
- Attacker has 5 seconds to score in one of the open goals
- Cue: attacker scans all four goals before deciding
- Cue: coach rotates which defenders are active after every action
- Variation: two attackers (2 v 4), one-touch only
- Use: all age groups, as a 5–10 minute activation phase

## Cue cheat sheet for the pitch

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Condensed coaching cues from the article. Pin it to your clipboard.

- Stimulate, don't instruct: ask questions instead of giving commands
- Correct in the break, not during play
- Err on the bigger pitch size (Wein: min 20 × 20 m for 3v3)
- Set the rotation order before the game; no in-game discussion
- Parents on the 3 m Respect Line (FA) or 15 m back (DFB house rule)
- Coach for learning, not for winning
- On uneven teams: add a joker rather than redistributing players
- After each session, jot down in the coaching notebook what worked

