



FutureFit Funino Coaching Guide — Drill Workbook

Eight 3v3 / Funino game-form variants for Under-7s to Under-11s, with diagram and coaching cues per card

This workbook is provided by areacopa.com.

TEAM

AGE GROUP

COACH

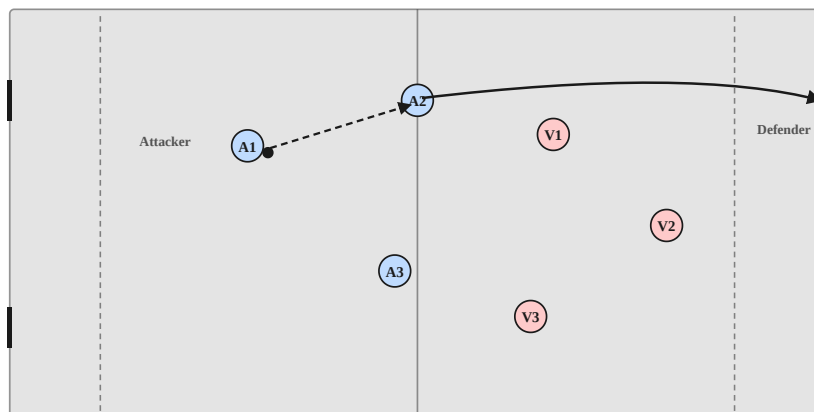
Pitch set-up in 2 minutes

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 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

Standard 3v3 on mini-goals, no keeper.



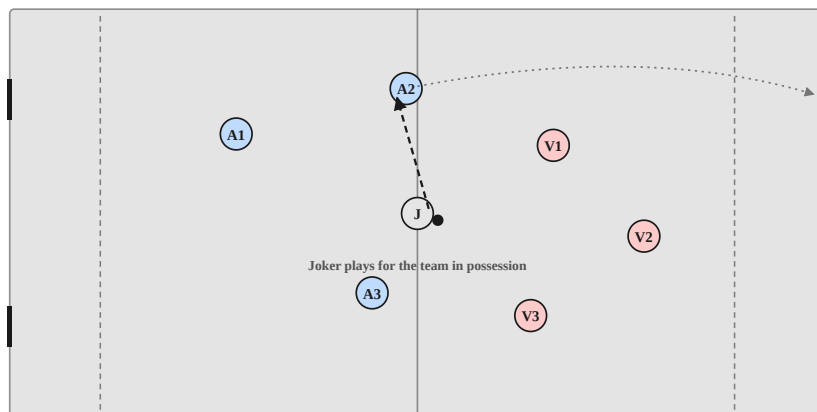
Goal only counts from the 6 m shooting zone

Goal counts from the 6 m shooting zone (Wein/DFB) or from the opponent's half (FA FutureFit).

1. Goal only counts from inside the shooting zone (Wein/DFB)
2. Coach asks questions in breaks, never shouts during play
3. Parents on the 3 m Respect Line (FA) or 15 m back (DFB house rule)
4. Match time: 6 to 10 min per game (FA FutureFit), 5 × 10 min (Wein/DFB U8/U9)

Card 2 — 3v3 with joker

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

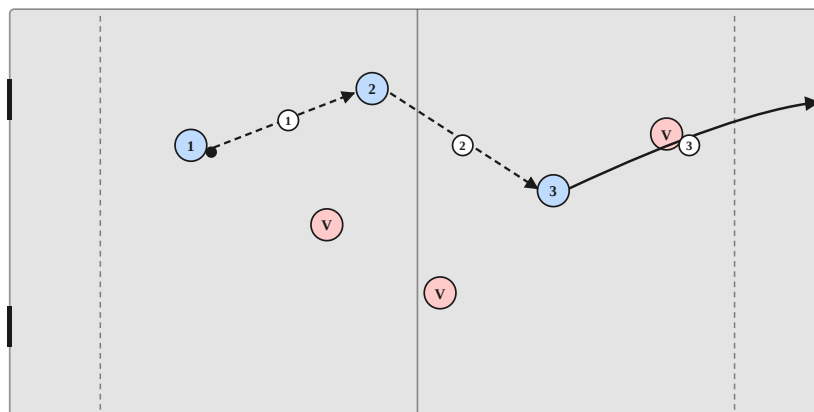


Joker wears a third bib colour and never scores.

1. Joker always offers a short pass option
2. On possession change, joker immediately switches sides
3. Variation: joker plays one-touch only
4. Use: Under-8/9, when one team is structurally weaker

Card 3 — 3v3 mandatory pass

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



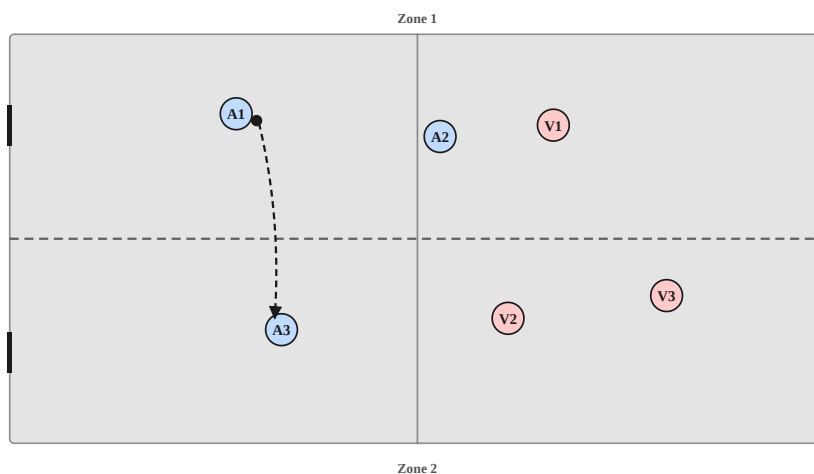
Goal only counts if all three touched it first

Goal only counts if all three teammates touched the ball before the shot.

1. Player without the ball makes themselves available instead of running to the ball
2. Coach counts touches out loud (1, 2, 3 — goal free)
3. Variation: no two touches in a row by the same player
4. Use: Under-8 to Under-11, perfect against the lone-dribbler reflex

Card 4 — 3v3 zones

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

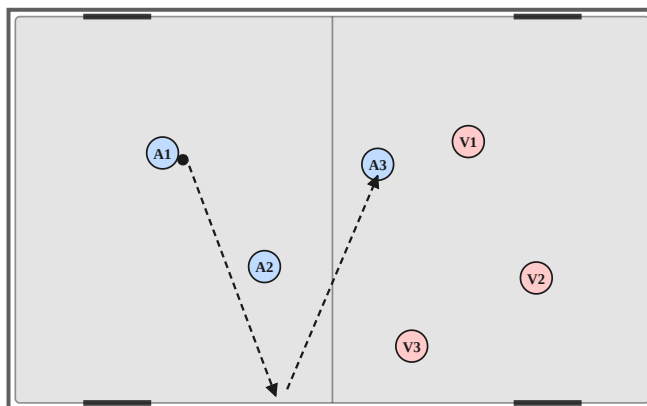


Halfway line across the long pitch, zones above and below.

1. Not all players chase the ball — the zone player stays
2. Coach whistles a zone violation and gives a free kick to the other team
3. Variation: each team rotates two zone players after every goal
4. Use: late Under-8/9 season, all of Under-10/11

Card 5 — 3v3 indoor variant

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



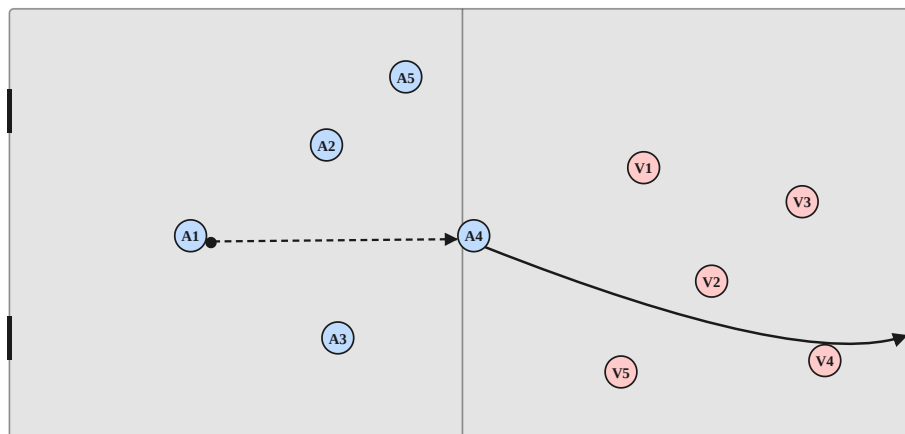
Wall play · line goals · tighter pitch

Wall play · line goals · tighter pitch.

1. Wall pass allowed, ball must come back into play afterwards
2. Match time: 6 × 5 min, rotation after every goal
3. Coach calls "wall option" when a child looks only forward
4. Indoor boots with non-marking soles mandatory

Card 6 — 5v5 Under-8/9 step-up

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



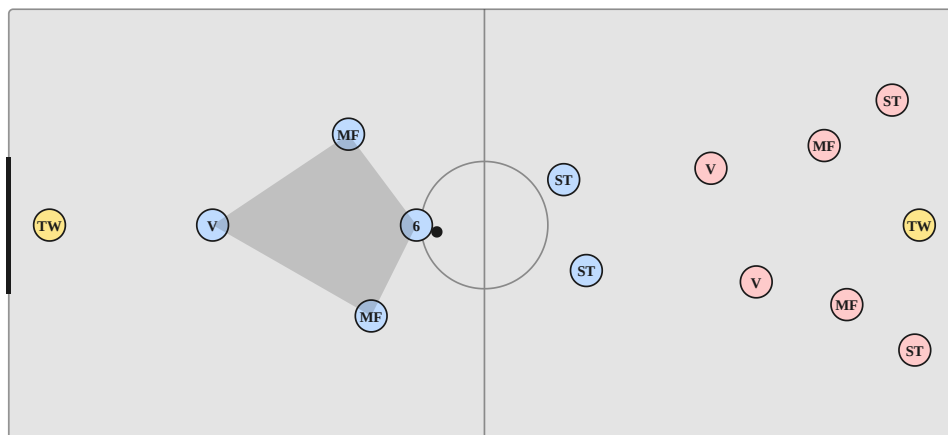
Four mini-goals, optional small-pitch goal with keeper

Four mini-goals, optional small-pitch goal with keeper.

1. When your teammate up front has the ball, take a step forward
2. When your teammate at the back has the ball, drop forward
3. Variation: one goal per half counts double (incentive for switching play)
4. Use: second half of Under-8/9 season, first half of Under-10

Card 7 — 7v7 Wein diamond

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



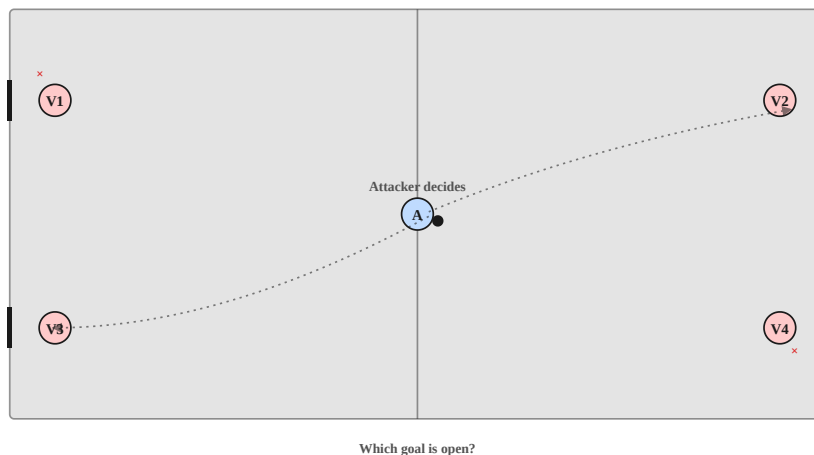
Wein diamond: 1-1-3-2 with sweeper and double striker

Wein diamond: 1-1-3-2 with sweeper and double striker.

1. Sweeper starts every build-up, not the keeper
2. Every child swaps position once every 5 min
3. Match time: 2 × 25 min or 4 × 15 min
4. Use: Under-10/11, from mid second-half of the season onwards

Card 8 — Finishing: which goal is open?

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



Attacker with the ball at the centre. Four defenders, two goals open, two screened.

1. Attacker scans all four goals before deciding
2. Coach rotates which defenders are active after every action
3. Variation: two attackers (2 v 4), one-touch only
4. Use: all age groups, as a 5–10 minute activation phase

Cue cheat sheet for the pitch

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

First explanation on the pitch

Stimulate, don't instruct: ask questions instead of giving commands

During play

Correct in the break, not during play

In doubt about pitch size

Err on the bigger side (Wein: min 20 × 20 m for 3v3)

Rotation logic

Set the rotation order before the game; no in-game discussion

Parents at the touchline

3 m Respect Line (FA) or 15 m back (DFB house rule), explain by email the night before

Win vs learning

Coach for learning, not for winning

Uneven teams

Add a joker rather than redistributing players

After each session

Jot down in the coaching notebook what worked