

# Tandridge Youth Football League

## Future Fit

13<sup>th</sup> April 2026



# Future Fit

- 2026/27 Season
  - Introduce 3v3 at U7
  - Maintain smaller formats
    - 5v5 U8 & U9
    - 7v7 U10 & U11
    - 9v9 U12 & U13
    - 11v11 U14+
  - Evolve the Laws of the Game

# 3v3 at U7

FA surveyed European nations – over half use formats < 5v5 at U7

3v3 already used across both male & female talent pathways

Research (LJMU?) shows 3v3 encourages more physical activity & increases technical actions – more touches and more play

No subs; no refs; no goalkeepers

Multiple fixtures

6-10 minute game; rotate

Flexible pitches, flexible teams

## 3v3 at U7

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Start with rock paper scissors

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No heading, no penalties, free kicks 3m from goal

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All restarts dribble / pass in; opposition 3m away

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Half way retreat line for goal line restarts (goal kicks)

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Players must be in opponents half for goals to count

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Goal line restart after goal; scoring team retreat to own goal line

## 3v3 at U7

No individual 3v3 squads

Larger squads set up for multiple 6-10 minute games

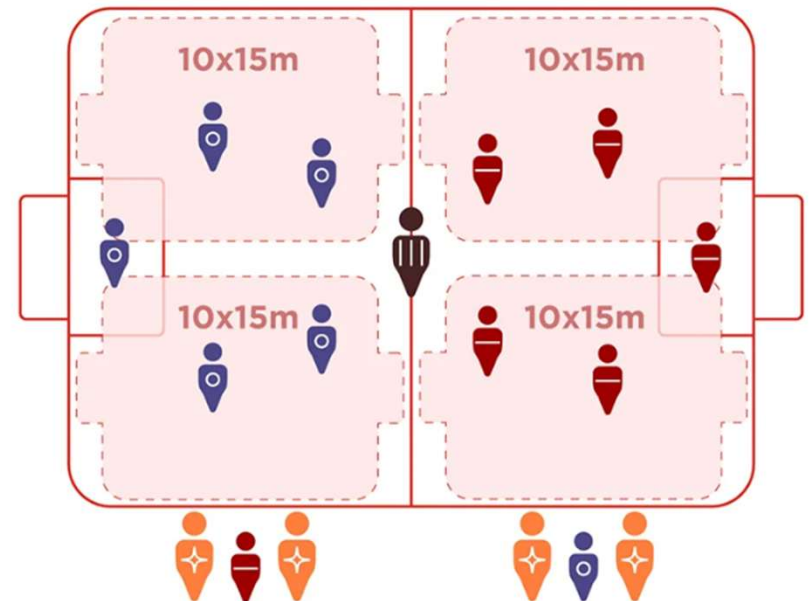
Match day squad of 6-12 players

No refs – each match has a “Pitch Facilitator”

New goals – level of funding not confirmed but will be available

# 3v3 Playing formats

You can create up to four 3v3 pitches on a 5v5 pitch, giving everyone the chance to play more, for longer!



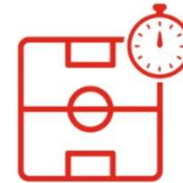
# Multiple Fixtures

## Multiple fixtures

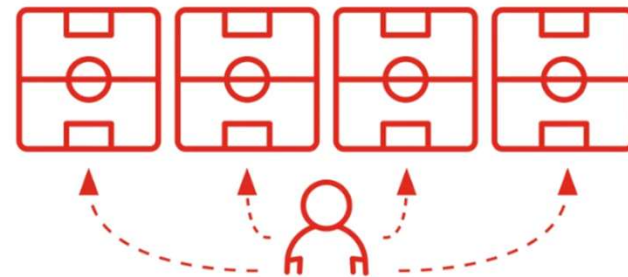
This set up of 3v3 creates opportunity for you to have multiple fixtures.

Each 3v3 match should last between 6-10 minutes. After each match, you could move players around the pitches using a simple carousel approach.

This creates the recommended 30-40 minutes of playing time for each player, and the chance to play with and against different players.



**Each match = 6-10 mins**



**Total playing time = 30-40 mins**

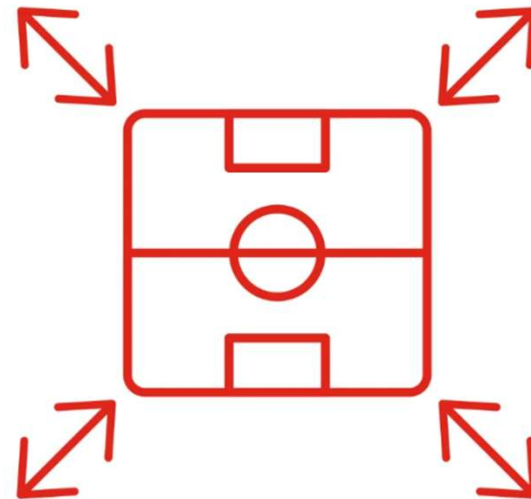
# Flexible Pitches

## Flexible pitches

3v3 doesn't have to be set up on a 5v5 pitch if it's not the easiest way for you.

3v3 can be set up in different locations week to week, using cones or flat disks. You can use bigger or smaller sized pitches, or unmarked spaces. You can even create more than 4 pitches at a time!

You can also vary the pitch size between 10x15m to 15x20m to make 3v3 fit better for you, and to give players different challenges.

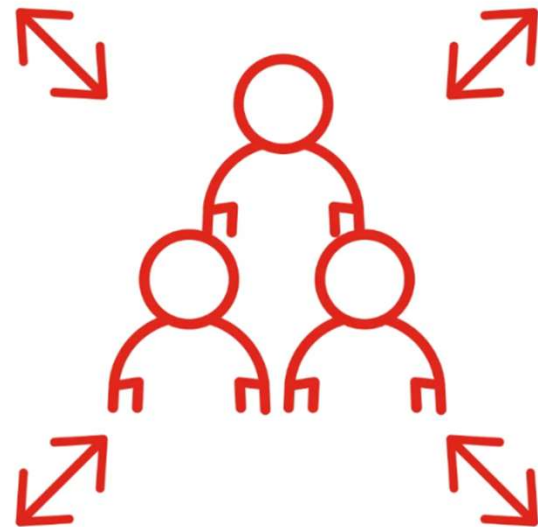


# Flexible Teams

## Flexible teams

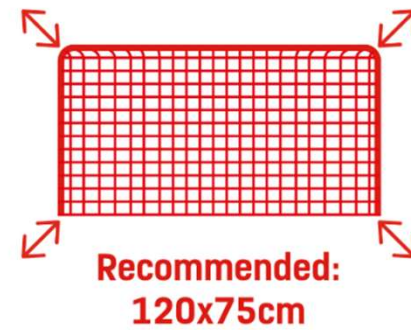
If not enough players from your squads turn up on match day, you could have smaller teams playing, like 2v2, or even have some 3v2 matches to create an exciting challenge for your players.

You can also mix your squads up to create enough 3v3 teams. The U7's game is non-competitive, and kids just want the chance to play, even if it's on a different squad!

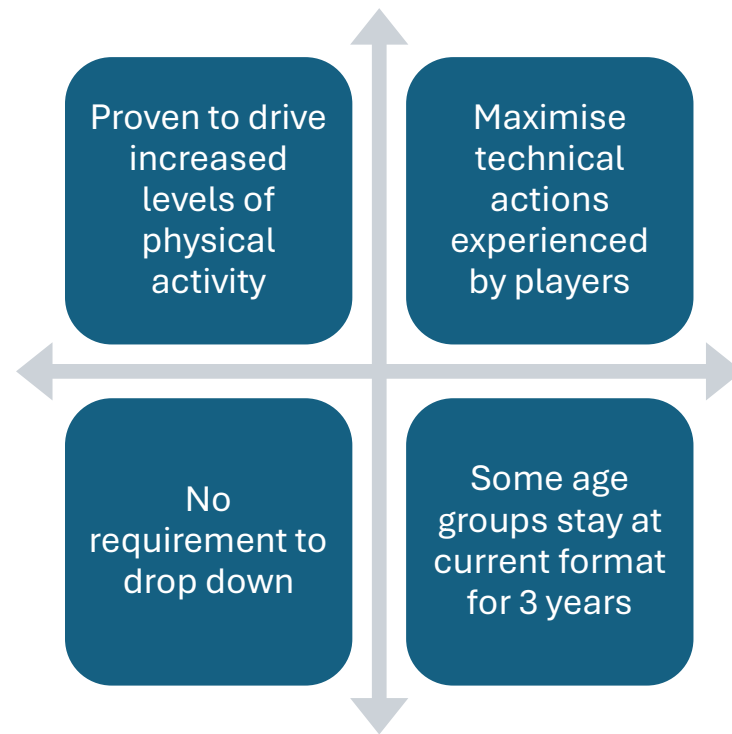


# Equipment

The ball size for 3v3 is size 3 (psi. 5). The recommended goal size is 120x75cm (4x2.5ft).



# Maintain smaller formats



## Evolve the Laws of the Game

Changes to game  
restarts

More complex rules  
added as players  
go into secondary  
education

# Working Group

The League put out a request for volunteers to join a working group to discuss how best to support Future Fit.

Representatives from Hamsey Rangers, Orpington Rovers, Park House Panthers, Bromley and Lambeth Tigers joined a meeting in January.

Really good engagement at the meeting and the group agreed that a survey should go out to the member clubs.

## U7s

- Play 3v3
- Play up to U8 & 5v5

## U9s

- Play 5v5
- Play up to U10 & 7v7

## U11s

- Play 7v7
- Play up to U12, competitive football & 9v9

## U13s

- Play 9v9
- Play up to U14 & 11v11

# League Survey

Responses from 46 Clubs / 36% membership

OLD WILSONIANS CONEYHALL FC EDC FOOTBALL CLUB PETTS WOOD FC  
LONDON KICKERS FC PURE FC BALHAM BALLERS FC TOOTING & MITCHAM UNITED  
THE WARREN JFC SELSOON JUNIOR FURZEDOWN LIONS TEN EM BEE  
NUTFIELD YOUTH FC ST GERTRUDE'S FC GIRLS UNITED LAMBETH TITANERS  
NEXGEN FOOTBALL CLUB MAHDSWORTH LIONS THLSE HILL JUNIORS  
HOILAND SPORTS HAMSEY RANGEES FC TECNICA FA  
COULSDON ATHLETIC TOUTH ORPINGTON ROVERS  
ORPINGTON ROVERS DULWICH VILLAGE GIRES FC  
ORPINGTON ROVERS UNIOUE FC  
AFC CRO'IDON ATHLETIC PERRYWOOD SPORTS FC  
VISTON CATFORD RANGERS FC  
SEYMOUR VILLA PARK HOUSE PANTHERS FC  
BECKENHAM TOWN JFC  
BECKENHAM UTO

# U7s

12 respondents did not have U7 teams, of the remaining 34:

- 63% wanted to play up to U8
- 29% wanted to play 3v3
- 3% had not decided
- 6% wanted a mix of both

Ideal Squad sizes for 3v3:

- 12 players (4 “teams”) – 4 votes
- 9 players (3 “teams”) - 12 votes
- 6 players (2 “teams”) – 7 votes

# U9s

9 respondents did not have U9 teams, of the remaining 37:

- 19% wanted to skip U9 and play up to U10, moving to 7v7
- 81% wanted to move from U8 to U9 and keep playing 5v5 for another year

# U11s

5 respondents did not have U11 teams, of the remaining 41:

- 22% wanted to skip U11 and play up to U12, moving to 9v9 and entering the competitive leagues
- 78% wanted to move from U10 to U11 and keep playing 7v7 for another year

# U13s

10 respondents did not have U13 teams, of the remaining 36:

- 14% wanted to skip U13 and play up to U14, moving to 11v11
- 86% wanted to move from U12 to U13 and keep playing 9v9 for another year

# Conclusion & League Proposal

## U7

- Little that the League can do for 3v3, no scores reported and no ladder to manage
- No “teams to provide fixtures for
- League to start at U8, all teams added to ladder, all teams would find their level
- League would register U7 players for Clubs looking to play 3v3 and provide a “register” of Clubs with U7 players to arrange events

## U9

- Sufficient interest in playing U9 ladder to make the age group viable
- Clubs wanting to play teams up to U10 ladder free to do so

# Conclusion & League Proposal, *cont...*

## U11

- Sufficient interest in playing U11 to make the age group viable
- Clubs wanting to play teams up to U12 free to do so – but would be jumping straight into competitive league and playing against U12 teams and not in an “U11 Division”

## U13

- Sufficient interest in play U13 to make the age group viable
- Clubs wanting to play teams up to U14 free to do so – but would be playing in U14 Divisions and not in an “U13 Division”

# Questions and Discussions

