



FutureFit

FA Future Fit – a basic guide for Mid Wilts u7 teams in 2026/2027



Before reading this presentation, it is recommended to watch the FA Future Fit video (click on the link -) [FutureFit - Discussing the updates to grassroots youth football in England.](#)

[FutureFit](#) – The FA Guide for all the youth age groups



Benefits for the players

Less ‘focus’ on a single game (and WINNING & LOSING) by coaches and spectators. Should help contain Spectators match day ‘behaviours’

ALL players taking part NONE on the bench

The players ‘control’ their game (like playground football) – NO REF

More game time for players – enhances development

More touches for players

More challenges for players

More goal scoring opportunities for ALL the players



Benefits

- More touches per player:** With fewer teammates, each player sees more of the ball—great for skill growth
- Better decision-making:** Players face constant 1v1 and 2v2 situations, boosting spatial awareness and confidence
- Simpler tactics:** Perfect for learning core ideas like spacing, covering, and quick transitions
- Quicker games:** Small teams mean fast-paced, high-energy play that keeps players engaged.



FutureFit



FAQs



NOW	
Average Squad size	9
Match Day Squad size	7-8 (avg number taken to matches), so 1 or 2 at home?
Players ON the pitch playing	5
Players OFF the pitch NOT playing	2-3

2026-27 season	
Average Squad size	THE SAME
Match Day Squad size	ALL OF THEM
Players ON the pitch playing	ALL OF THEM
Players at home or OFF the pitch NOT playing	ZERO

FAQs – Pitch and Equipment			
We will need more pitches	No - existing U7 pitches are suitable for hosting four separate 3v3 matches. The diagrams on the following pages illustrate how a standard 5v5 pitch can be effectively divided to accommodate this setup		
What psi will the ball be?	The current ball pressure is set at 8 PSI. For 3v3 matches, this will be adjusted to 5 PSI to reduce bounce and make the ball easier to control and kick - ideal for younger players and small-pitch play		
Will we need specialised Goals?	Ideally, yes - 3v3-sized goals are recommended, and The FA may offer grants to help clubs obtain them. However, alternative setups using cones, poles, or similar markers are perfectly acceptable to get matches underway		
What will I need? (See image on the next page)	Item	Quantity	Purpose
	Traffic/Standard Cones	24	6 per pitch: 4 for corners, 2 for halfway centre
	Flat Dots / Flat Cones	48	12 per pitch: mark boundary lines clearly
	3v3 Goals	8	2 per pitch: lightweight, portable is ideal
	Footballs (Coloured)	4	Use colour to assign each ball to a pitch

FAQs – Squads, Players & Coaches	Response
We will need more coaches	No – each squad should be supported by two qualified coaches. On match day, all four coaches will collectively oversee the four games, offering guidance and assistance to players where needed, as there won't be a referee present. Refer to the following pages for visuals of the designated coaches Area
Will this mean the club has more squads	No change - just like today, you can include as many players in your squad as you wish, and all of them can attend on match day
What if each club has a different number of players e.g. City have 10 Utd have 12	Coaches should remain flexible and agree on the day's format together. The key objective is to ensure every player gets to play. For example, with 22 players available: (a) City could field four teams of 2 players each, playing against United's four teams of 3; One from each of the Utd squads could swop to City after 5mins (if needed) (b) Or, mix and match across both clubs to create balanced, inclusive teams

FAQs – League	Response
Will there still be league appointed matches	Fixtures will continue to be listed on Full-Time in the usual format, such as Barcelona U7 vs Madrid U7. On match day, you can assign names or colours to your 3v3 teams to suit your setup and keep things fun and organised
Will u7 groups be tiered	Teams will initially be grouped as they are currently—into small, geographically based clusters of 4 to 6. After the first round of fixtures, the league will reshape groupings using match results and coach feedback to ensure players experience a wider range of opponents and balanced competition.

FAQs	Response
Players will miss out on a ‘proper’ match	The players will develop better in this format and not be ‘pigeon-holed’ in positions and will get much less pressure from coaches/spectators. They will better learn the fundamentals of the game meaning they will be better prepared for the next format of matches (5v5, 7v7 etc.)
Players will struggle to ‘ref’ their own game	Maybe, self-refereeing can be a challenge—especially in high-energy, competitive moments—but it's also a brilliant developmental tool. Learning to resolve fouls, disagreements, and out of play calls builds: Communication skills – Players have to speak clearly and listen to each other. Fair play and honesty – It nurtures integrity and respect for the game. Decision-making – Choosing when to let play flow versus call a foul mirrors real match dynamics. That said, the coaches—not to ref every moment, but to step in if needed. A ‘soft referee’ approach can balance independence with learning.
Goalkeeping skills won’t be learnt	While 3v3 football doesn't include a dedicated goalkeeper role, it lays strong foundations for goalkeeping development in disguise. The fast pace, close-range shots, and constant transitions demand all players to: • React quickly to balls near goal • Make instinctive saves or blocks • Use their feet to play out under pressure • Develop bravery and positioning in goal-like situations
Fewer players means less chance to teach advanced formations or positional roles	Coaches can focus on core principles like spacing, support, and decision-making. Use “role rotations” to introduce simple tactical ideas gradually e.g. 1 Def-1Mid-1Att
It's harder to practice collective defending, balance, or midfield coverage	Teach 1v1 defending and how to cover a teammate - perfect stepping-stones to bigger defensive systems
Each player runs more and has fewer recovery moments.	Games will be 6-8 mins with a break in-between the next game, so plenty of time to recover. Encourage smart play over constant chasing to build game intelligence, not just stamina. (early chance to practice formations - 1 Def-1Mid-1Att)



Equipment for the games







Pitch Set - Up



Future Fit (under 7)
Pitch set up #1

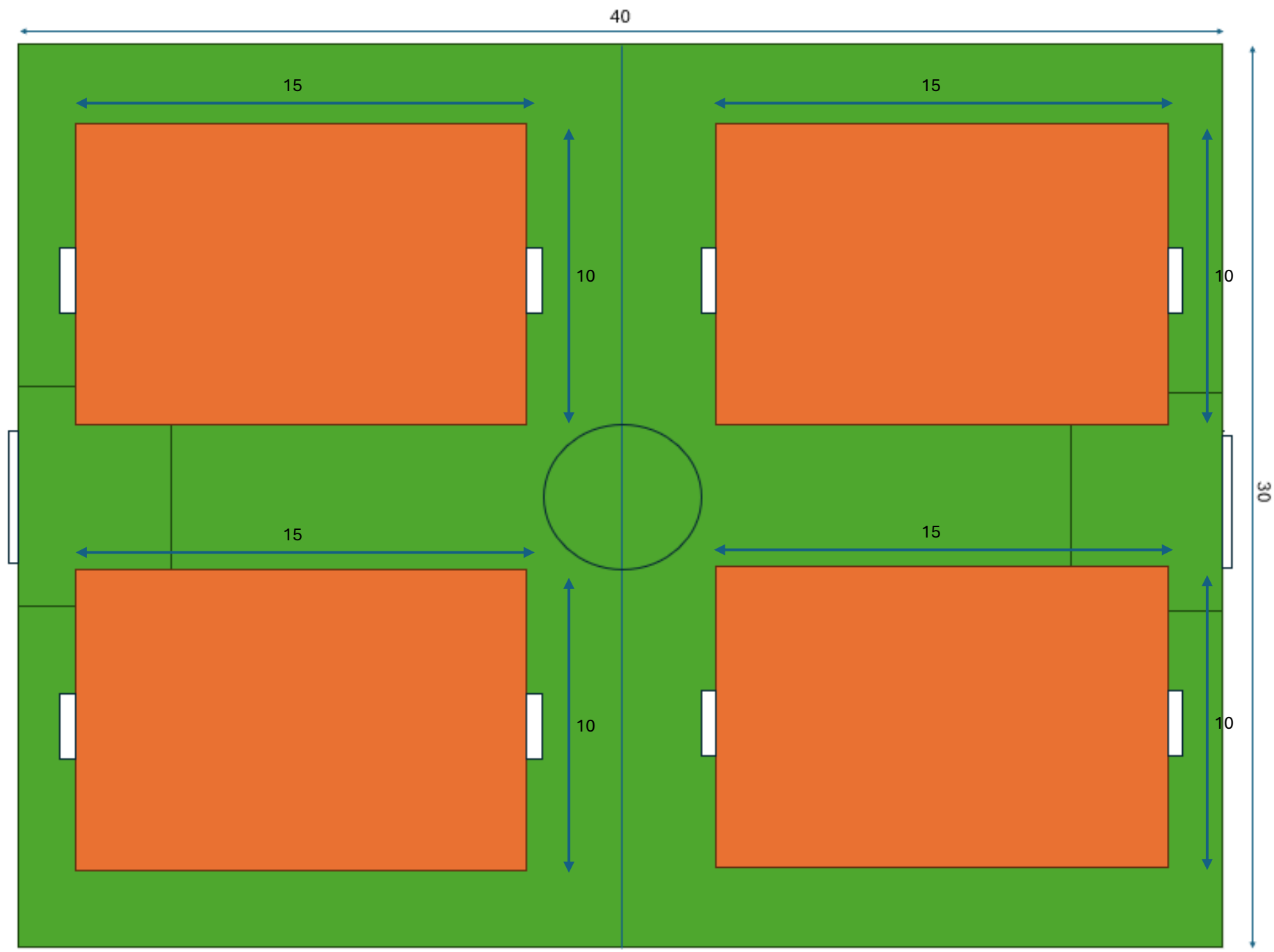
Current
5v5 pitch

40x30yds (36.6m x 27.4m)

Future Fit
3v3 pitch

15x10yds (13.72m x 9.14)

(Top tip – If pitches need measuring out,
use adult large steps)



Future Fit (under 7)

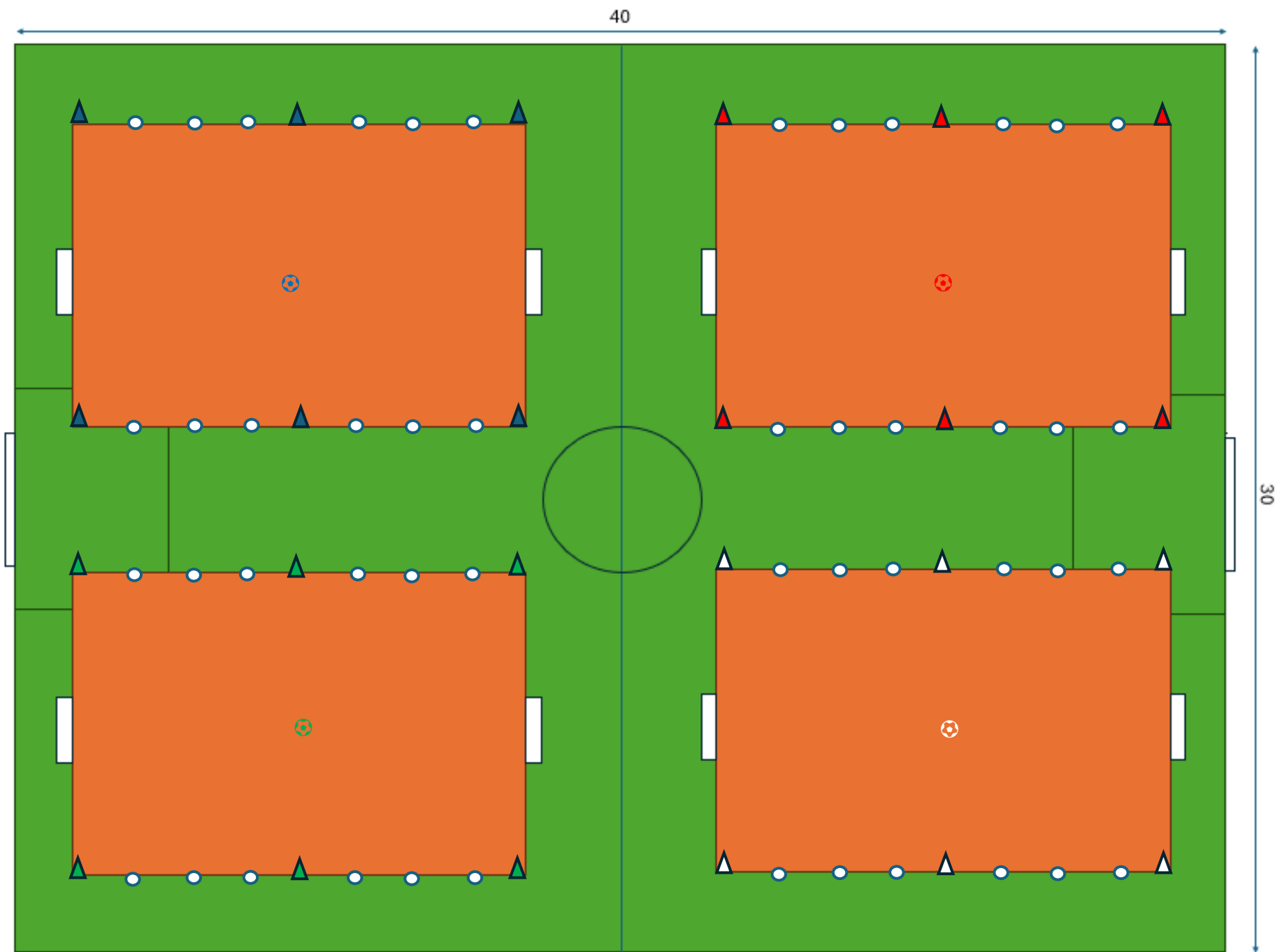
Pitch set up #2

(Helpful, but not essential additions for the players)

Colour coded
cones and ball
per pitch

will help players identify
their pitch and ball

(especially when it goes to
another pitch)



Future Fit (under 7)
Pitch set up #3

4 x coaches (2 from
each team) have a
central area that they
can overview the
matches

No spectators behind
the goals (as per
current rules)

Spectators to be off
the playing surface

