

LINCOLNSHIRE FA

3 V 3 EVENTS

Best Practice Booklet



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INTRODUCTION

Lincolnshire Football Association is keen to ensure that varied & diverse football opportunities are available across the local landscape, which is why we're so proud that 3v3 football is available to experience here in Lincolnshire! It's a format of the game which has fun, enjoyment & creativity at its very core, and through Lincolnshire FAs partnership work with Pitchside Football, our mission is to provide all children & young people with the opportunity to try it.

As children & young people develop, leaders of the game have a responsibility to ensure the game of football develops alongside them, ensuring every child can reach their full potential through a sport which every child can love meaning the youth game needs to be fit for the future.

The purpose of this best practice booklet is to outline what this innovative format of football is, the various benefits which are attached to it, and how it is having a positive impact on the early footballing journey of children & young people.



3V3 FOOTBALL & THE BENEFITS

3v3 football is a fun & fast paced version of the game which is becoming more & more popular across the country. It's often played within an inflatable pitch, meaning the ball is in play for a higher percentage of the total match duration. This leads to an increase in touches, an increase in goals and, most importantly, an increase in FUN! The tighter dimensions of the pitch alongside the smaller team formats allows more technical actions per player within a game which is so important, particularly for children & young people to help keep them engaged & to maximise activity levels.

This exciting format of football has fundamental principles underpinning player development which can also be transferred into more traditional formats of the game including 7v7, 9v9 & 11v11.

Teams are permitted to have 3 players on the pitch at any one time and there are no goalkeepers, though players are unable to score from within their own half. After a goal has been scored, all players on the goalscoring team must retreat and touch their own goal posts before becoming active in play again. Any offence which would usually be given as a free-kick, results in a penalty kick from the halfway line, which is a free shot at goal.

There are various benefits attached to this innovative version of the game. These include, but are not limited to;

- More touches on the ball and more technical actions per game per player.
- Increased number of game related decision-making opportunities.
- Constant transition from attacking to defensive situations.
- Increased 1 vs. 1 encounters in both attacking and defending situations.
- Increased opportunities to utilise specific ball skills.
- Increased opportunity to be in a goal scoring position.
- Increased opportunities to be in a 2 vs. 1 attacking and defending situation.
- Player can practise their ball mastery, their receiving skills & their finishing skills.
- Development of spatial awareness and communication.
- The rules encourage players to stay alert & aware of changing scenarios [EG. A goal being scored].

Due to the limited requirements and flexible nature of this format, it provides players with a fun & enjoyable entry point into football, allowing them to try it, enjoy it & hopefully continue playing!

HOW DO THE CROFTS LEAGUE INCORPORATE 3V3 FOOTBALL WITHIN THEIR LEAGUE PROGRAMME?

Benn Cass – Crofts YFL Chairman

'The Crofts YFL promotes something called a varied diet to all its participants which means teams get to try as many different formats of the game as possible. This includes 3v3 provision for U7-13 teams. The vast amount of time these are played with inflatable sides but sometimes with rope lines to indicate the perimeter of the pitch.'

'We feel 3v3 gives teams something different and every player comes away from these events absolutely worn out with smiles on their faces as we tend to play them with no competitive edge to them allowing all players to play in positions they may not usually play e.g. goalkeepers having the chance to score.'

'We hope that other leagues will start to look at alternative provision to help create young skilful players of the future.'



QUOTES FROM COACHES

WHAT ARE THE BENEFITS?

3v3 football is still a relatively new format of the game and so Lincolnshire FA asked a number of clubs in Lincolnshire to comment on the experience their respective teams have had whilst playing in 3v3 festivals.



Becky Good, Club Secretary at Humberston JFC

'3v3 has been positively received throughout our club from our younger 6 year olds to our older 13 year olds and we have seen managers and coaches now incorporate this format into their training sessions due to the various benefits that are attached. The 3v3 format allows more opportunities for players to be actively involved in the game, giving them more touches of the ball, chances to attack, defend, pass and score, and ultimately a fuller and more complete football experience.'

It has also positively impacted other areas of their game play such as fitness, as the game is quite intense and fast paced, which helps them in their normal football games too.'



#uptheoldboys

Mark Westerby, Lead Scholarship Coach at Grimsby Town Sport & Education Trust & Coach at Louth Old Boys

"We have been using 3v3 format as part of our training programme and have entered several 3v3 competitions during our first season. The reduced number format allows our players more ball contact time. They're all exposed to a game which allows more touches on the ball, more passes, more 1v1 opportunities, with and without the ball, and more goals. Our training sessions look to give players a high number of opportunities for individual technical actions, 3v3 games compliments this aim.

The players have thoroughly enjoyed the games, especially the format where the games are played inside an inflatable pitch meaning the ball stays in play constantly. They enjoy the pace of the games, and the opportunities to score lots of goals.

In terms of players development, I have seen progression in all of them. They're much more comfortable when in possession of the ball, can deal with the opposition players better both technically and physically. "





Richard Wood, Coach at Discoveries Football Club

"With the 3v3 format growing ever more popular, for me, there is nothing more beneficial for the development and enjoyment of our players and I'm happy to see it come to the local area.

On a small pitch with the inflatable sides, it offers so many more opportunities of touches of the ball, scoring goals, defending, attacking, transitions and showing skills in tight spaces.

This can only be good for the kids playing it with a lot of things they can take into the larger formats. It has its doubters, but I would say give it a go, ask the kids and make your own mind up"



Adrian Clarke, Coach at Catenaccio FC

'We have always enjoyed the 3v3 tournaments organised by the Crofts Estate Agents Youth Football League. The lads always come off with a smile on their faces and enjoy the many benefits of 3v3, like the fast-paced action of the game and getting plenty more touches of the ball than they would typically see in a normal sized game.'

QUOTES FROM PLAYERS

WHAT DO THEY LIKE ABOUT IT /

WHY DO THEY ENJOY IT?

Ted (8) says

"I like the 3v3 because it's fast and we can score loads of goals. I've never played football this way before where I can score like 10 goals in a game"

Lewis (13) says

"3v3 is good for me because I am a goalkeeper and it gives me the opportunity to practice and play outfield and score goals rather than saving them. Its fast paced and can be intense, and I like the inflatable pitch. Sometimes we use the pitch as an extra man and it makes the game go faster"

Ciaran (8) says

"I really like the inflatable barriers, because it means that the ball is always in play. I also like that I get the ball lots and have the chance to score lots of goals."



BACKGROUND ON PITCHSIDE FOOTBALL AND THEIR PARTNERSHIP WITH LINCOLNSHIRE FA

Pitchside Football is an organisation which likes to promote alternative styles of the game. This means rather than your traditional season long formats which are well covered by local leagues instead provides tournaments such as 3v3, beach soccer and the chance to play at venues you might never be able to play at such as inside a stadium or at a semi-pro club. Pitchside Football is a big advocate of the smaller formats of the game allowing players to develop as much as they can. On big pitches some players can be overwhelmed and touch the ball a few times each half but with our events being short, fast paced there is very little room to not develop.

Pitchside Football likes to work with the community as much as possible which includes hiring out the inflatable sides to grassroots clubs to help them develop as a group.

In 2022, Lincolnshire FA & Pitchside Football partnered up to deliver a series of roadshow events across Lincolnshire which will continue into the summer of 2023. Both organisations are passionate about providing fun & enjoyable experiences for players and the wider footballing community!

For more information on Pitchside Football, please visit:

www.pitchsidefootball.co.uk or www.facebook.com/pitchsideleague



SUMMER SCHEDULE OF LFA EVENTS

Lincolnshire FA, in partnership with Pitchside Football and our partner grassroots football clubs, are delighted to announce our four collaborative events across the summer of 2023!

- 17th June at Pinchbeck United

BOOK HERE



- 9th July at Humberston JFC

BOOK HERE



- 22nd July at 780 Coaching

BOOK HERE



- 30th July at Lincoln City Foundation

BOOK HERE



At each of this year's events, there will be a dedicated 'Fun Zone' for players and siblings to enjoy during the breaks in games.

The 'Fun Zone' will include games such as:

- Hole in One [Try your best to pot the ball in the least number of shots]
- Shot Speed [Test your shot speed with the speed radar gun]
- Target Practice [Test your accuracy with the target practice net]
- Foot Pool [Play a game of pool ... but with your feet!]
- Table Football [Fussball ... old school style]
- Fastest Lap [Start the timer & time your lap speed]
- Sub-Soccer Table [Great for pairs to play football at our new Sub-Soccer Tables]

Some of the Pitchside Football 'Fun Zone' equipment is also available for private hire. If interested, please write to hello@pitchsidefootball.co.uk

Below is a statement from **Humberston JFC**, who hosted a Lincolnshire FA Roadshow Event in 2022.

'Humberston JFC were delighted to partner up with Pitchside Football and Lincolnshire FA to host the first 3v3 Roadshow Event.

The day was absolutely fantastic from start to finish and enjoyed by all teams that participated.

We were extremely pleased to not only fill our 4 allocated age groups at U8, U9, U10 & U12, but to also add in an additional age group at U7 due to further interest to participate. It was also nice to welcome teams from outside of our County, as well as seeing a mixture of boys and girls all taking part. Not only was there a day of football for all involved, we also provided bouncy castles and inflatable activities from Partytime Grimsby, Ice Creams from Harrisons Ices and had visits from Lincolnshire Llama Georgie who the children (and grown-ups) loved!

Thank you to all who made the event a great success.'

To access a complete list of Pitchside Football summer events, please visit:

www.pitchsidefootball.co.uk/tournaments/youth/







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