

Player #40

3L

**A BRAND NEW MID-WEEK
3V3 YOUTH LEAGUE**

U6 - U14

3sL - 3's League™

3v3 Small-Sided Competitive League

More touches. More decisions. More involvement.

U6-U14 • Mid-week League • Stevenage FC Performance Centre

Built for **Action**. Driven by **Competition**. Designed for **Development**.



FORZA
ENGLAND FOOTBALL

www.3sL.app



3sL — 3's League®

Competition Model — FA FutureFit External Partner

U6 – U16 · Hertfordshire FA Sanctioned · FA Safeguarding Compliant

01

COMPETITION MODEL OVERVIEW

3sL is a 3v3 competition environment for grassroots clubs and external coaching providers. It operates as a standalone competitive exposure block — structured, sanctioned, and compliant.

It is designed to run alongside existing club activity without disrupting it. 3sL adds a competition layer where players face real consequences and real decisions. No coaching input. No instruction. The environment does the work.

3sL is directly aligned with the FA FutureFit mandate. The FA's research — conducted with Liverpool John Moores University across 400+ grassroots games — confirms that 3v3 is the format best positioned to maximise a child's physical activity, skill development, and technical actions. From the 2026/27 season, 3v3 becomes the mandated competitive format for U7s across grassroots football in England.

3sL is that format — built as a competition ecosystem, not a one-off event.

02

PURPOSE

FA FUTUREFIT CONTEXT

The FA FutureFit framework sets out three outcomes for the future of grassroots football:

FA FUTUREFIT OUTCOME	WHAT IT MEANS
Skilful and Active Game for All	More technical actions, more physical activity, more involvement for every player in every match.
Improve the Health of the Nation	Children need to be active. Format matters. Smaller formats produce more running, more engagement, more time on the ball.
Shape the Future of the Game	Introduce 3v3 at U7. Smaller formats for longer. Deliver greater variety as children progress through the pathway.

3sL PURPOSE

- Expose every player to high-frequency competitive decisions under real consequences.
- Generate observable player behaviour in an uncoached, player-led environment.
- Increase technical actions per player per GameDay™ — shots, passes, dribbles, defensive actions.
- Align competitive delivery with the FA FutureFit mandate from day one.
- Place every player on a competitive ladder with immediate win/lose consequences.
- Provide coaches, clubs, and parents with a visible picture of how their player performs without instruction.



Player #36

+500%

MORE SHOTS VS 5V5 · MIXED
PATHWAY · FA/LJMU RESEARCH

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Players per GameDay™	20–40
Team Size	3v3 + 1 rolling substitute (U6–U7: no substitute)
Teams on Ladder	Up to 10
Match Duration	6 minutes // 2 min. Rest
Minimum Matches	6 per team per GameDay™
Age Bands	U6–U7 (Pre-Academy) · U8)–U9 · U10–U11 · U12–U13 · U14–U16
Ladder Movement	Win ← Move Up · Lose → Move Down or enter a Technical Box
Drawn Match	Rock–Paper–Scissors (best of 3) determines movement
Pitch Dimensions	L: 24m · W: 16m · Goals: 4×2.5m · No Camping Zone: 2×16m



Every player on a competitive ladder. Every result visible. Every moment theirs

Individual FORZA Player Prizes throughout.

Finish Top of the Table after 10 weeks and Winners receive FORZA Coaching equipment.

+2 Points for a Win. No Draws. +Extras

10

GameDays

6+

Games every GameDay

4

Age Bands

U6 - U7 | U10 - U11
U8 - U9 | U12 - U14



FORZA



FORMAT RULES

- Teams
3v3. 1 rolling substitute per team. U6–U7: no substitute.
- Match Duration
5 minutes per match. Central Klaxon controls all pitches simultaneously.
- Ladder
Win → move up. Lose → move down or enter Technical Box. Draw → Rock–Paper–Scissors (best of 3).

SUBSTITUTION RULES

- After every goal
Substitution occurs immediately.
- 60-second rule
If no goal after 60 seconds → automatic substitution.
- Entry point
Player enters from behind their own goal once exiting player leaves pitch.

TIMER CONTROL (KLAXON)

- 1 Kick-Off
Game begins.
- 2 60 Seconds
Auto-substitution if no goals scored.
- 3 60 Seconds
Challenge Card request period ends.
(amending next round of edits)
- 4 5 Minutes
End of match signal. All pitches simultaneously.

RESTART RULES

- No Kick-Offs
After every goal, play restarts from the goal line of the team that conceded.
- Pass-In or Dribble-In
All restarts — sidelines, corners, free kicks, goal restarts — must be passed or dribbled in.
- Hand-On
Player taking restart must touch ball with hand before restarting.
- Indirect
Ball must be live in play before a goal attempt can be made or converted.
- Four-Second Rule
All restarts must be taken within four seconds.
- Opposition
Must stand outside the No Camping Zone from the ball.

GAME CONSTRAINTS

- No Goalkeepers
All players attack and defend in all phases.
- No Camping
Players may not remain in front of goal to block shots for more than two phases.
- Challenge Card Window
Requested before or within the first 60 seconds of the match. Max 3 per team per GameDay™.

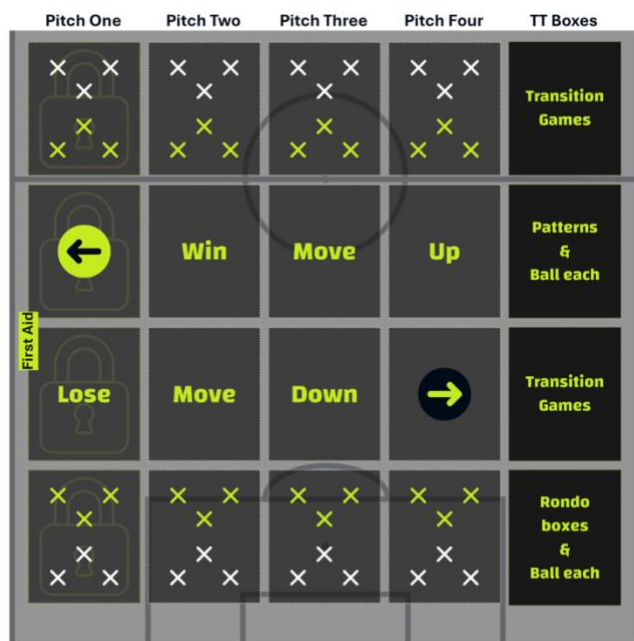


fig. 1

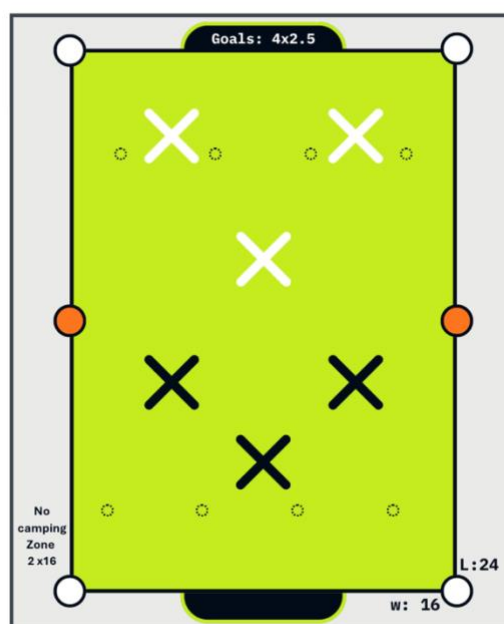


fig. 2



Player #37

+186%

MORE PASSES PER PLAYER PER
SESSION - 3V3 VS 5V5



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Reward / Action	Points	Limit
BASE RESULT		
Win	+2	Per Match
Loss	-	Per Match
No Draws	-	
PERFORMANCE BONUSES		
Score 3 ≥ Goals	+1	Per Match
Concede ≤1 Goal	+1	Per Match
BEHAVIOUR REWARDS		
Leadership Moment	+1	Per Match
Special Action / Sequence	+1	Per Match
Respect Moment	+1	Per Match
RISK — CHALLENGE CARD		
Request a Challenge Card	+2	1 per match · max 3 per GameDay™
BOSS LEVEL — FINAL MATCH		
Pitch One — Boss Level Win	+10	Final match on Pitch One
Pitches Two–Five — Boss Level Win	+4	Final match on pitch
CONDUCT DEDUCTIONS		
Unsporting Behaviour	-1	Per Incident
Arguing With Officials	-1	Per Incident
Serious Misconduct — Player or Team Removed	-10	If removed from GameDay™

The following behaviours are directly exposed by the 3v3 format. These are not facilitated or coached. They are structural outputs of the competition design.

OBSERVABLE BEHAVIOUR	WHAT IT EXPOSES
Decision frequency	Every player makes attacking and defensive decisions in every match. No positional shelter.
Competitive response	Win/loss consequences are immediate and visible. Player response to adversity is observable in real time.
Game involvement	3v3 removes all passive moments. Every player is in the game at all times.
Scanning behaviour	High decision frequency under time pressure. Pre-ball receipt behaviour is exposed.
Uncoached output	No instructions from the touchline. Player expression is entirely their own.
Pressure response	Unfamiliar opposition. No tactical familiarity. Raw competitive behaviour surfaces.
Respect and Conduct	Behaviour under winning and losing conditions is visible. Sportsmanship is rewarded directly through the points system.

The data this creates: decision frequency per player per match · competitive response under adversity · uncoached expression of technical and tactical capability · leadership and behavioural conduct indicators.

FA GRASSROOTS · Small Sided League
SSG COMPETITION MODEL
3sL - 3's League™

Your Club Our Game Their Arena

Transfer from training to competition depends on preserving the informational structure of the game — real opponents, real pressure, real consequences. 3v3 preserves all three. (Laver et al., in review — see p.08)

FA FUTUREFIT ALIGNMENT

The FA FutureFit framework identifies observable player behaviour as a core outcome of well-designed competitive environments. 3sL is designed from the ground up to produce that environment. The format is the intervention. The GameDay™ is the evidence.

Players who face frequent, high-consequence decisions develop sharper scanning behaviour and better decision quality. That is what this environment produces by design.
(Pocock et al., 2019 — see p.08)

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EPPP Ready - County FA Sanctioned Small-Sided League - Research references available on request. MRes pipeline supervised by Darren Nolan (UoH), Chris Pocock (Chichester), Oliver Runswick (KCL).

Who it's for	WHAT THEY SEE	WHAT IT DELIVERS
Player	Real competition. Real ladder. Real consequences. Their choices determine their position. No one else's.	Ownership of performance. Competitive confidence. Repeated exposure to pressure moments in a safe environment.
Coach	An uncoached environment where their player's natural game is visible. No tactical instruction. No positional assignment.	Honest picture of how the player performs without support. Insight into decision-making, competitive character, and technical instinct.
Club	A structured, sanctioned competition that sits alongside the season without disruption. One facilitator. Simple setup.	Differentiated offering. FutureFit-aligned activity. Observable outcomes that support player retention and parent confidence.
Parent	Their child competing, making decisions, responding to outcomes. Not watching from the sideline of a 9v9 or 11v11.	Clear evidence of involvement. Every player touches the ball. Every player is in the game.

The World Cup Masters Series is a 10-GameDay pre-season competition running every Thursday from 14 May to 16 July 2026 at Stevenage FC Performance Centre. It culminates in a Masters Final and FORZA content shoot on 16 July — three days before the FIFA World Cup Final.

GameDay™	Date	Format	Purpose
01	Thu 14 May	PELÉ '58 — Master Control	Opening GameDay™. Ladder establishes. Competition begins.
02	Thu 21 May	CRUYFF '74 — The Turn	First movement. Patterns under pressure emerge.
03	Thu 28 May	XAVI '10 — The Scan	Competitive rhythm builds. Repeat exposure.
04	Thu 4 June	INIESTA '10 — La Croqueta	Mid-series. Decision load increases under competition fatigue.
05	Thu 11 June	MARADONA '86 — Go Alone	Halfway point. Ladder positions become meaningful.
06	Thu 18 June	CANNAVARO '06 — The Interceptor	Second phase. Pressure compounds with stakes raised.
07	Thu 25 June	ZIDANE '98 — The 360	Three GameDays remain. Push for ladder positions intensifies.
08	Thu 2 July	LAHM '14 — The Anchor	Late-series. Behavioural data near complete.
09	Thu 9 July	RONALDO '02 — The Dazzle	Penultimate GameDay™. Final ladder positions forming.
10	Thu 16 July	MESSI '22 — The Vision FORZA 3sL Masters Final	Series Final. Boss Level matches. Content capture.



If they're not
involved,
they're not
learning.

Every child deserves to be in the game.
That's where confidence grows.

**The FA's Future Fit plan is simple — give every child more of the game.
3sL: More touches. More decisions. More involvement.**

**Available to deliver a
GameDay DEMO on request**

Jacque Edouard

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Research Foundation

For the attention of the Multi-Disciplinary Team

01 · KEY FINDINGS AT A GLANCE

FINDING	SOURCE
3v3 produces 3× more scoring events per minute than 6v6 and 7v7	<i>Lex, Simon & Schwab, 2021</i>
Dribbling frequency doubles in 3v3 vs established game forms	<i>Lex, Simon & Schwab, 2021</i>
3v3 vs 5v5: shots +500%, passes +186%, dribbles +76%, defensive actions +66% (mixed pathway)	<i>FA FutureFit · LJMU, 2024</i>
Contextual variability training outperforms standardised drills on skill transfer by d = 1.00 (89 academy players, aged 9–16)	<i>Laver et al., in review</i>
Higher visual exploratory activity (scanning) in the 5 seconds before ball receipt directly predicts better decision quality	<i>Pocock et al., 2019</i>
Reducing player numbers increases meaningful actions per player per minute	<i>Fenoglio, MUFC Pilot, 2003</i>
Optimal learning occurs at the challenge point where difficulty matches player capability — the Optimal Challenge Point framework	<i>Guadagnoli & Lee, 2004</i>

02 · FULL CITATIONS

Lex, Simon & Schwab 2021	<i>Effects of a new small-sided game on technical actions and physical activity in youth football.</i> German Journal of Exercise and Sport Research.
Laver, Clarke, Groom, Akehurst & Mourton In review	<i>Contextual variability and skill transfer in youth academy football players.</i> International Journal of Sports Science & Coaching. <i>In review — cited with transparency. Pre-publication data.</i>
Pocock, Dicks, Thelwell, Chapman & Barker 2019	<i>Using a PETTLEP imagery intervention to increase the visual exploratory activity of elite youth football players.</i> Journal of Applied Sport Psychology.
FA FutureFit · England Football 2024	<i>External Coaching Providers Webinar. John Folwell, Head of Grassroots Coaching.</i> Supported by Liverpool John Moores University.
Fenoglio, R. 2003	<i>Manchester United 4v4 Pilot.</i> Practitioner reference — not peer-reviewed.
Guadagnoli, M.A. & Lee, T.D. 2004	<i>Challenge point: A framework for conceptualising the effects of various practice conditions in motor learning.</i> Research Quarterly for Exercise and Sport.

03 · MRES RESEARCH PIPELINE — IN PROGRESS

PHASE	FOCUS	MDT OUTPUT
Phase 1 — Exposure	Measuring decision–action moments in 3v3 vs larger formats	Validated action load data per player per GameDay
Phase 2 — Adaptation	How players change under repeated high-density exposure	Behavioural change evidence across a seasonal arc

Supervisory team: Oliver Runswick (KCL, Editor in Chief — Perceptual and Motor Skills) · Chris Pocock (University of Chichester) · Darren Nolan (University of Hertfordshire)

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