FUNiño
The Beautiful Game for Kids

The Ultimate Mini Football Game with 4 goals that will stimulate and unlock Creativity and Game Intelligence

Horst Wein’s Complete Development Programme for young players from 7 to 9 years of age
A. INTRODUCTION

• What is FUNiño?
• List of Games
• Compare with normal training session

B. PRACTICAL

Typical FUNiño training session
1. Game
2. Corrective exercise (2)
3. Play game again with variation
4. Corrective exercise (2)
5. Play game again with another variation

Demonstrate 3 other games
6. FUNiño Keeping possession 3v2
7. FUNiño Leo Messi
8. FUNiño with surprise attacks

C. SEMINAR

D. Q&A
Futbol a la medida del niño

“Football tailored to children”

FUN for children
3v3 with 4 wide goals
No “over-coaching” here!
FUNiño = IGNITION

Children must fall in love with the game

What do young kids 7-9 years of age want most?

To have the ball
To dribble
To score goals
To show their skills
To be admired
To experience success!
What do young kids 7-9 years of age **NOT** want?

**LINES**
(drills)

**LECTURES**
(instructions)

**LAPS**
(warm ups and running)
The Importance of experiencing Success as a motivational factor in youth football
# Motivation in Youth Football

<table>
<thead>
<tr>
<th>PRIMARY FACTORS</th>
<th>SECONDARY FACTORS</th>
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<tbody>
<tr>
<td>THE GAME ITSELF</td>
<td>OTHERS</td>
</tr>
<tr>
<td>Experiencing success</td>
<td>Coach</td>
</tr>
<tr>
<td>Fun - enjoyment</td>
<td>Parents</td>
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<tr>
<td>Improvement</td>
<td>Other adults</td>
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<tr>
<td>Comraderie</td>
<td>Facilities</td>
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<tr>
<td>Involvement</td>
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<td>Self-expression</td>
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<tr>
<td>Experimentation</td>
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<tr>
<td>Independence</td>
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# Standard Training Session for Young Players

<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
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<tbody>
<tr>
<td>WARM UP</td>
<td>10 mins</td>
</tr>
<tr>
<td>Physical training</td>
<td>15 mins</td>
</tr>
<tr>
<td>Drills</td>
<td>20 mins</td>
</tr>
<tr>
<td>Game</td>
<td>15 mins</td>
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</table>

**How much time?**

- Listening to coach
- Standing in line
- Physical conditioning
- Playing the game
Training Session

No warm up or physical training, or drills!

1. Play one of the 32 games for 15 mins
   - Discover any issues with players.

2. Use corrective games to fix issues.
   (Players will be more motivated to fix problems that affect their game result and performance).

3. Repeat game with a variation
   - see if issues have been resolved.

4. Apply more corrective games
   (or some multilateral games)

5. Repeat game with another variation
Preparatory Games

A. 3v0 Games
1. Attacking 3v0 with no defence
2. 3v0 in opposite directions
3. 3v0 in a triangular formation
4. 3v0 interchanging positions
5. 3v0 receiving on the run
6. 3v0 using the less-skilled foot
7. 3v0 with first-time passes
8. 3v0 fast attack

B. 3v1 games
1. Attacking 3v1
2. 3v1 with continuous alternate attacks in both directions
3. 3v1 in a triangular formation
4. 3v1 fast attack
5. 3v1 plus one additional defender supporting from behind
6. 3v1 plus one covering player
7. 3v1 plus an additional defender joining from the sideline
8. 3v1 plus two additional defenders supporting from behind
9. 3v1 plus one defender from behind and one from the side

C. 3v2 games
1. Attacking in a 3v2
2. 3v2 fast attack
3. 3v2 to 3v1
4. Continuous 3v2 (10 attacks) with three teams
5. 3v2 plus a covering defender
6. 3v2 plus one additional defender supporting from behind
7. 3v2 plus an additional defender supporting from either side
Official FUNiño Games

1. FUNiño official rules
2. FUNiño dribbling across the end-line + 9 variations
3. FUNiño with two wide goals + 12 variations
4. FUNiño mix (with different wide goals) + 1 variation
5. FUNiño with a handicap
6. FUNiño with one covering player + 2 variations
7. FUNiño with spacial restrictions + 3 variations
8. FUNiño with 3 teams + 4 variations
9. FUNiño keeping possession in a 3v2 situation + 5 variations
10. FUNiño simultaneously three times 1v1 + 1 variation
11. FUNiño through-passes from midfield to striker + 4 variations
12. FUNiño attacking diagonally-opposite goals + 1 variation
13. FUNiño swap the colour of the goals during play + 4 variations
14. FUNiño choose any of the 4 goals + 1 variation
15. FUNiño Lionel Messi
16. FUNiño consecutive goals game
17. FUNiño attacking using width
18. FUNiño disguise and intercept through passes
19. FUNiño channel the opponent’s attack + 2 variations
20. FUNiño using an outlet player on each sideline
21. FUNiño rugby (without forward passes)
22. FUNiño with back passes from the end-line
23. FUNiño with two balls at the same time
24. FUNiño “sliding door” + 2 variations
25. FUNiño with additional goalkeepers
26. FUNiño make sure depth
27. FUNiño substituting when the ball is lost
28. FUNiño surprise attack with a different ball + 6 variations
29. FUNiño cocktail
30. FUNiño from 1V1 to 3v3 with 3 balls
31. FUNiño adding and subtracting players
32. FUNiño chaos
Because we have odd numbers 3v3
Usually there is one less-defended goal
This means there is always a better **option** to be sought

In this way **FUNiño** encourages

- Perception (peripheral vision vs tunnel vision)
- Understanding the game situation
- Decision-making
FUNiño

The Game is the Teacher
Fall in love with the Game
Street Football for 21st Century
Let the Children Play
more of the ball
more goals
more FUN!
GAME INTELLIGENCE

PLAYER CENTRED

GAMES ORIENTED

AGE APPROPRIATE
Game Intelligence
Perception - Understanding
Decision-making – Execution
Football that starts in the head and finishes with the feet

Player-centred
Kids come first
Age-appropriate
Guided Discovery

Game-oriented
Simplified games in training
To match age-appropriate competitions

Age-appropriate
Games + Training
Young Player

Perception
Decision-making

Sees only what is in front of him with little understanding

Average Player

Perception
Processing
Decision-making

Beginning to process the information he observes
Starts to formulate solutions on the spot

Working Memory

The Intelligent Player

Perception
Understanding
Decision-making

Working Memory & Long Term Memory

Adjusts to Game situation And formulates New solutions

Understanding & interpreting
Draws on previous experience Vast library of knowledge

Strategies Immediate situation

Game tactics
The Four Stages of Problem-Solving in Football

**PERCEPTION**

What’s happening? - **Observation** - Extract critical information on the game situation
Gather visual and time/space related information

**UNDERSTANDING & INTERPRETING**

What’s relevant? - **Analysis** – Draw on previous knowledge and experience
Recognize the problem(s), devise solutions/options

**DECISION MAKING**

What’ should I do? – **Assess options & Risk** – Weigh up and choose the best option
Select the appropriate solution

**EXECUTION**

How do I do it? – **Resolve the problem** – Motor response
Execute the chosen solution successfully
Player
Centred
Player-centred

Kids football is NOT about:

Dad’s (or Mums)
The Coach
The Club
The League
Or anyone else

It is about the rights and needs of the young player!
<table>
<thead>
<tr>
<th>COACH-CENTRED</th>
<th>PLAYER-CENTRED</th>
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</thead>
<tbody>
<tr>
<td>Players are “Empty Vessels”</td>
<td>Players are full of Potential</td>
</tr>
<tr>
<td>Coach is the font of all knowledge</td>
<td>Players participate in own learning</td>
</tr>
<tr>
<td>Dictator Style</td>
<td>Engagement style</td>
</tr>
<tr>
<td>All instructions</td>
<td>Guided Discovery</td>
</tr>
<tr>
<td>Conditioning through drills</td>
<td>More interactive learning/games</td>
</tr>
<tr>
<td>Controlling</td>
<td>Empowering</td>
</tr>
<tr>
<td>Dehumanizing</td>
<td>Motivating</td>
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</tbody>
</table>
If the enjoyment of the game is taken away by adults who rant and rave on the touchline and the grassroots game becomes, in effect, a computer game controlled by dad’s, the opportunity for young players to plant the seeds of a lifelong love affair with the game will be diminished.

Les Howie
“Education is not the filling of a pail, but the lighting of a fire!”

W.B. Yeats
Age-Appropriate
“Nature decrees that children should be children before they become adults...

...If we try to alter this natural order, they will reach adulthood prematurely but with neither substance nor strength.”

Jean-Jacques Rousseau
An Educational Model For Languages

- Alphabet
- Vocabulary
- Sentences
- Prose
- Poetry
An Educational Model For Maths

- Counting
- Add & Subtract
- Multiply & Divide
- Formulas, Algebra, Trigonometry
- Computers, Architecture, Economics
Optimal Football Development Model

-to develop fully-rounded, intelligent, creative players for The Modern Game

**FUNd’s**
- 5-6 years

**FUNiño**
- 7-9 years

**5v5 & 7v7**
- 10-12 years

**8v8**
- 13 years

**11v11**
- 14+ years

**ABCs/Multilateral Games**

**4v4**
- 13 years

**2v2**

**3v3**

**Topics**

Game-Oriented
“The problem is, in England, you teach children to win the game, in Spain, we teach children to play the game”
3 IS THE MAGIC NUMBER!

SHAPE
Triangle provides width and depth

ATTACK/POSSESSION
at least two options

DEFENCE
Press/Cover/Balance
3v3 basic triangle shape, critical for attack, defence and possession

4v4 Players are further apart needing longer (aerial) passes
WHY SMALL SIDED GAMES

• More touches of the ball
• Simpler decisions to make
• Better game-related fitness, short duration of high-intensity vs laps
• More time with coach per player
• Easier to coach especially for parent coaches
• More opportunities to solve game problems
• More attacking opportunities (dribbling, shooting, passing)
• More defending opportunities
• More shooting and more goals = more fun!
• No hiding place, players don’t get lost in these games, improves competitiveness & healthy aggression
• More opportunities for the full range of skills
• Encourages better shape and awareness of teammates
• Encourages faster play, fast transition from defence to attack

More involvement, more success, more fun!
The Manchester United 4 v 4 Pilot Scheme

On Average 4v4 versus 8v8 had:

1. 135% more passes
2. 260% more Scoring Attempts
3. 500% more Goals Scored
4. 225% more 1v1 Encounters
5. 280% more Dribbling Skills

www.thebeautifulgame.ie
<table>
<thead>
<tr>
<th><strong>FUNiño</strong></th>
<th><strong>4V4</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Wing play</td>
<td>Swarming</td>
</tr>
<tr>
<td>Peripheral Vision</td>
<td>Tunnel Vision</td>
</tr>
<tr>
<td>More time and space</td>
<td>25% more crowded</td>
</tr>
<tr>
<td>Triangular formation</td>
<td>Rhomboid shape</td>
</tr>
<tr>
<td>No Fixed Positions</td>
<td>Usually fixed positions</td>
</tr>
<tr>
<td>More Goals</td>
<td>Less Goals</td>
</tr>
<tr>
<td>Greater participation</td>
<td>Space to hide</td>
</tr>
<tr>
<td>Reading the game</td>
<td>More rushed</td>
</tr>
<tr>
<td>Physical involvement</td>
<td>Hiding place</td>
</tr>
<tr>
<td>More passing</td>
<td>More long clearances</td>
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![Diagram of 4V4 formation](www.sports-graphics.com)

![Diagram of 4V4 formation](www.sports-graphics.com)
Just imagine how **FUNiño** would compare to 7v7 with 25% less players and 100% more goals than 4v4 football!

1. 200% more passes?
2. 400% more Scoring Attempts?
3. 700% more Goals Scored?
4. 400% more 1v1 Encounters?
5. 500% more Dribbling Skills?
1. The Rules are the instructions
2. Let them dribble, don’t force passing
3. Start training sessions with a game
4. Limit the use of lines, lectures and laps
5. Use Guided Discovery rather than instruction
6. No need to warm up
7. No need for extra physical training
8. Size 4 ball
9. Use all the variations
10. Multiple Competitions, not one per season
11. Rolling Substitutions
12. Use multilateral activities in training
13. Allow 4v3 when a team falls behind by 3 goals
14. Reward exhibiting “The Beautiful Game”

The Game is the Teacher!
The whole competition lasts 75 minutes in which the official **FUNiño** rules are applied.

Coaches give no instructions and generally choose equal teams from their 16 player squad, which makes for a better experience for everybody on the day.
Benefits of Funiño
Benefits of Funiño

Funiño recognizes that playing is like breathing to children...

...necessary for their physical and mental well-being!

Player Benefits:
Optimal pitch size and player numbers, 4 goals out wide and simple rules means:

• **Easy to understand** and improve at

• **Success** = confidence and enjoyment

• **More** touches on the ball and goals

• **More** 1v1s and 2v1s

• **Lots of dribbling**, then lots of passing
Benefits of Funño

• Establishes all the basic skills:
  Controlling
  Passing
  Dribbling
  Shooting
  Tackling

• The player has plenty of opportunity to
  - "be in love with the ball"
  - improvise and to take risks
    without fear of making mistakes

• All 3 players are vital and participate

• Wide goals = better peripheral vision

• Reduces swarming

• More time and space to think/decide
Benefits of Funiño

• **Great variety** is more interesting for all

• The **positive environment** of discovery instead of instruction is much more stimulating than traditional training and games

• **Smaller players** make up for their size through clever play

• **Rolling substitutions** and equal playing time benefits everyone

• **Frequent repetition** of basic game situations gives greater opportunity to master them
Benefits of Funiño

• The two goals create **options** which stimulates **creativity and improvisation**

• Develops **support play and off-the-ball play**

• Learning takes place in a fully-integrated holistic environment, just as in the game itself. There is **no isolation** of technical, tactical or physical elements

• Usually everyone scores a goal!
Some Benefits For Coaches

• **FUNiño** can be simple or complex
• New communication and training skills
• Modify the rules to suit players’ ability
• Endless variety
• The game is easier to analyze
• Player performance is easier to analyze
• Rolling substitutions = less stressful for all!
FUNdamentals - Learn to love the game!

FUNiño

Fun for kids  Plenty of goals

Plenty of action  No specialization

Involvement  Equal playing time

The Game is the Teacher!

www.thebeautifulgame.ie