He means in gameplay. Not technically. I agree that although 3 sides might be cool, it is uncertain whether it would improve gameplay. In some aspects probably, but there might be some severe disadvantages as well. (What happens when one team is killed for example? Gameover? Wait? Its players join the other team?)

Those things might cause trouble, and it is not unlikely that gameplay will be better with 2 teams than with 3. (Although it would be nice to experiment with it anyway)