

## Benzie Area 4-H Soccer Program – U13: Grades 5 thru 8

BALL SIZE: 5

GAME FORM: 5 on 5, with Goalie

TEAM SIZE: MINIMUM of 6, MAXIMUM of 11

PRACTICE LENGTH: 30 to 45 minutes – 2 to 3 times per week (*recommended*)

GAME LENGTH: 40 minutes, 4 periods – 10 minutes each

### SOCCER SKILL GOALS:

1. Soccer Rules
2. Soccer Plays
3. Passing & Dribbling
4. Teamwork
5. Sportsmanship & Having Fun!
6. Goalie Skills (Punting & Protecting the Goal)

### SOCCER RULES:

1. No Hands, except Goalie inside the “18”
2. Throw-Ins: Yes
3. Corner & Goal Kicks: Yes
4. Introduction to Offsides
5. Games Start at Midfield with Kickoff
6. Substitution allowed on side-line, throw-in only OR at beginning of period.
7. Penalties inside the “18” will result in a penalty kick.
8. Any penalty results in an indirect kick at point where penalty occurred.
9. NO PUSHING, KNOCKING DOWN, OR ANY OTHER ROUGH ACTION.
10. Player MUST have shin guards and soccer cleats (no metal).

*\*Numbers may be adjusted due to enrollment size and space constraints.*

*Questions – call Benzie County MSU Extension Office at 231.882.0025*

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