



Boyne Area 4-H Soccer Program – U12: 5th – 8th Grades

BALL SIZE: 5

GAME FORM: 5 ON 5 WITH GOALIE

TEAM SIZE: MINIMUM OF 6, MAXIMUM OF 11

PRACTICE LENGTH: 30 MIN

GAME LENGTH: 40 MIN, 4-10 min PERIODS

SOCCER SKILL GOALS:

1. RULES
2. SOCCER PLAYS
3. PASSING, DRIBBLING
4. SPORTSMANSHIP AND HAVING FUN!
5. TEAMWORK
6. GOALIE SKILLS (PUNTING, AND PROTECTING THE GOAL)

SOCCER RULES:

1. NO HANDS, EXCEPT GOALIE INSIDE THE "18"
2. THROW-INS, YES
3. CORNER KICKS AND GOAL KICKS, YES
4. GAME STARTS AT MIDFIELD WITH KICK-OFF
5. NO PUSHING, KNOCKING DOWN, OR ANY OTHER ROUGH ACTION
6. INTRODUCTION TO OFFSIDES
7. PENALTIES INSIDE THE "18" WILL RESULT IN A PENALTY KICK
8. ANY PENALTY RESULTS IN AN INDIRECT KICK AT POINT WHERE PENALTY OCCURED
9. PLAYER MUST HAVE SHIN GUARDS AND SOCCER CLEATS

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

Questions - Call the Charlevoix County MSU Extension 4-H Office at 231-582-6232

MSU is an affirmative-action, equal opportunity employer. MSU Extension programs and materials are open to all without regard to race, color, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

MICHIGAN STATE
UNIVERSITY | **Extension**