

Benzie Area 4-H Soccer Program – U10: 3rd & 4th Grades

BALL SIZE: 4

GAME FORM: 5 on 5, with Goalie

TEAM SIZE: MINIMUM of 6 with 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. Basic 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 Kicks & Goal Kicks: Yes
4. Offsides: No
5. Game Starts at Midfield with Kickoff
6. Substitutes at beginning of each 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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