

Benzie Area 4-H Soccer Program – U13: 4-H Ages 12 & 13

BALL SIZE: 5

GAME FORM: 11 on 11, with Goalie (11 players on the field)

TEAM SIZE: MINIMUM of 11, MAXIMUM of 22

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

U13 GAME LENGTH: 40 minutes, 2 Halves – 20 minutes each

SOCCER SKILL GOALS:

1. Soccer Rules
2. Soccer Plays & Positions
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. Offsides
5. Games Start at Midfield with Kickoff
6. Score Keeping Allowed
7. Substitution allowed on side-line, throw-in only OR at beginning of period.
8. Penalties inside the “18” will result in a penalty kick.
9. Any penalty results in an indirect kick at point where penalty occurred.
10. NO PUSHING, KNOCKING DOWN, OR ANY OTHER ROUGH ACTION.
11. 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

Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

Updated 5.21.2026