

Benzie Area 4-H Soccer Program – U5: 4-H Age 5

BALL SIZE: 3

GAME FORM: 3 on 3, NO Goalie

TEAM SIZE: Minimum of 3 youth, Maximum of 6 youth

PRACTICE LENGTH: 20 minutes – 1 to 2 times per week (*recommended*)

GAME LENGTH: 20 minutes, 4 periods – 5 minutes each

SOCCER SKILL GOALS:

1. Dribbling & Ball Handling
2. Basic Passing
3. Sportsmanship & Having Fun!

SOCCER RULES:

1. No Hands.
2. No Throw-Ins. Kick-In or Dribble-In OK.
3. No Offsides.
4. No Score Keeping.
5. Game Starts at Midfield with Kick-Off
6. NO PUSHING, KNOCKING DOWN, OR ANY ROUGH ACTION.
7. Any penalty results in an indirect kick at point where penalty occurred.
8. 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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