

Benzie Area 4-H Soccer Program – U7: 4-H Ages 6 & 7

BALL SIZE: 3

GAME FORM: 5 on 5, No Goalie (5 players on the field)

TEAM SIZE: Minimum of 5 youth, with a Maximum of 10 youth

PRACTICE LENGTH: 30 minutes – 1 to 2 times per week (*recommended*)

GAME LENGTH: 30 minutes, 4 periods – 7.5 minutes each

SOCCER SKILL GOALS:

1. Dribbling, Ball Handling
2. Passing
3. Basic Soccer Rules
4. Sportsmanship & Having Fun!

SOCCER RULES:

1. NO HANDS
2. No Score Keeping.
3. Introduction to Throw-Ins: Player gets multiple chance to do it correctly
4. Corner Kicks & Goal Kicks – Yes
5. Offsides – No
6. Game Starts at Midfield with Kick-Off
7. Substitutes at the beginning of each period.
8. NO PUSHING, KNOCKING DOWN, OR ANY OTHER ROUGH ACTION
9. Any penalty results in an indirect kick at point where penalty occurred.
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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