Boyne Area 4-H Soccer Program – U10: 3rd and 4th Grades

BALL SIZE: 4

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. 5. BASIC SOCCER PLAYS
3. PASSING, DRIBBLING
4. 6. 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. NO 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

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