

AYSO COACH TRAINING MATRIX

TRAINING	TIME COMMITMENT	BRIEF DESCRIPTION	DESIGNED FOR
ANNUAL COACH MEETING	1-3 hours	<i>Informative meeting to familiarize volunteers with coaching requirements</i>	<i>All Head Coaches in the region (Required every year)</i>
TEAM AND GAME MANAGEMENT COURSE	2 hours	<i>Hands-on instruction to Manage Team and Fields for Game Days</i>	<i>All Head Coaches in the region (Required 1 time in 6U\8U and 1 time in 10U+)</i>
SAFE HAVEN CERTIFICATION	45 min. Available Online	<i>Course covers child protection issues and volunteer protection</i>	<i>All coaches and assistant coaches in the region (Update required every 2 years)</i>
CDC CONCUSSION TRAINING	45 min. Available Online	<i>Course covers concussion safety and awareness in youth athletes</i>	<i>All coaches and assistant coaches in the region (Required once)</i>
6U COACH COURSE	2 hours	<i>Course covers skills to be taught at the 6U level and the benefits of short-sided play</i>	<i>All 6U Head Coaches & Assistant Coaches (Required once)</i>
8U COACH COURSE	3 hours	<i>Course covers skills to be taught at the 8U level and the benefits of short-sided play</i>	<i>All 8U Head Coaches & Assistant Coaches (Required once)</i>
10U COACH COURSE	4 hours	<i>Course covers skills to be taught at the 10U level and the benefits of short-sided play</i>	<i>All 10U Head Coaches & Assistant Coaches (Required once)</i>
12U COACH COURSE	5 hours	<i>Course focuses on techniques of soccer, rules of the game and beginning tactics.</i>	<i>All 12U Head Coaches & Assistant Coaches (Required once)</i>
INTERMEDIATE COACH COURSE (Given by Area Staff)	15 hours	<i>Course focuses on tactical situations and set pieces</i>	<i>All 14U Head Coaches & Assistant Coaches Prerequisite: 12U Coach (Required once)</i>
ADVANCED COACH COURSE (Given by Area Staff)	18 hours	<i>Course focuses on tactical situations and advanced tactics</i>	<i>All 16U/19U Head Coaches & Assistant Coaches Prerequisite: INT Coach (Required once)</i>
NATIONAL COACH COURSE (Given by National Coach Staff)	56 hours	<i>Coach training for the most advanced levels of play</i>	<i>Advanced Coaching Course graduates with authorization</i>