



In-Person Training

Step 1: Go to: [AYSO-U](#) and log in:

- Same username/password from 5citiesayso.com
- If you have trouble logging directly to AYSO-U. Go to 5citiesayso.com
- Log in. Once logged in click on the “HOME” link (left hand side)



- Then click on AYSO-U to have your account automatically linked.



Step 2: Once logged in Click on **In-Person Courses**



Step 3: Find Coach Instructor Led Courses and click **Open**



Instructor Led Courses



This is the folder containing all of the Instructor Discipline Instructor Led Courses.

| | | |
|----------------------------------|-----------------------------------|-------------------------------------|
| <input type="radio"/> | Coach Instructor Led Courses | <input type="button" value="Open"/> |
| <input type="radio"/> | Referee Instructor Led Courses | <input type="button" value="Open"/> |
| <input checked="" type="radio"/> | Management Instructor Led Courses | <input type="button" value="Open"/> |
| <input type="radio"/> | Safe Haven Instructor Led Courses | <input type="button" value="Open"/> |
| <input type="radio"/> | Instructor Courses | <input type="button" value="Open"/> |



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Step 4: Select Coach Course you wish to attend and click sessions to view available courses

| | | |
|---|--------------------------------------|----------|
| + | VIP Volunteer Training | Sessions |
| + | 10U Field Session Only | Sessions |
| ⊗ | VIP Buddy Training and Certification | Sessions |
| ⊗ | Coach Administrator Training | Sessions |
| + | 6U Coach | Sessions |
| + | 8U Coach | Sessions |
| + | 10U Coach | Sessions |
| + | 12U Coach | Sessions |
| + | Intermediate Coach | Sessions |
| + | Advanced Coach | Sessions |
| ⊗ | National Coach | Sessions |
| ⊗ | Activity Leader | Sessions |
| ⊗ | Schoolyard | Sessions |
| ⊗ | Foundations of Futsal | Sessions |

Step 5: Find Local session and **click register**

Examples of what local ones look like:

10U Example: 10U Coach Field Session - 10/Q/0083 Arroyo Grande CA
Sat 10 Aug 2019, 11:00 AM - 12:30 PM PDT

12U example: 10/Q 12U Coach Course - 10/Q/0083 Arroyo Grande CA
Sat 11 Aug 2018, 9:00 AM - 12:00 PM EDT

or

12U AREA Q - FIELD AND CLASSROOM
Sat 10 Aug 2019, 11:30 AM - 5:00 PM EDT

Intermediate Example: 10|Q INTERMEDIATE COACH COURSE
Sat 10 Aug 2019, 8:00 AM - 6:00 PM PDT

Advanced Example: 10|Q ADVANCED COACH COURSE
Sat 10 Aug 2019, 8:00 AM - 5:30 PM PDT

If you have any questions please email Region83ca@yahoo.com