

# Online Courses

**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)






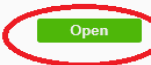
- Then click on AYSO-U to have your account automatically linked.



**Step 2:** Once logged in Click on **Online Course** Link:



- 1) Find AYSO Safe Haven Course and Click **Open** to take course
  - 2) Find CDC: Concussion Course and Click **Open** to take course
- [Take a picture of the certificates and email to region83ca@yahoo.com](mailto:region83ca@yahoo.com)

	 <b>AYSO's Safe Haven</b>	
	 <b>CDC: Concussion Course</b>	

**Step 3 Online Coach Course:** Select coach course in which you will be coaching and click open to take the course. All modules need to be completed in order to get credit. Take a picture of certificates and email to [region83ca@yahoo.com](mailto:region83ca@yahoo.com)

	<b>6U Coaching Training</b>	
	<b>8U Coaching Training</b>	
	<b>10U Coaching Training</b>	
	<b>12U Coaching Training Pre Course</b>	
	<b>Intermediate Coach Pre-Course</b>	
	<b>Advanced Coach</b>	
	<b>AYSO's Summary of the Laws of the Game</b>	