

# COURSE CATALOG

Expand Your Skills with AYSO Courses



AMERICAN YOUTH  
SOCCER ORGANIZATION





# AYSO Course Catalog

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## Training and Certification Matrix

Volunteer Position	Safe Haven Training	Job Training By Position, Age Division, Level	Suggestions for Continuing Education
Coaches	AYSO's Safe Haven SafeSport Training CDC Concussion Awareness Sudden Cardiac Arrest – Required by State, Recommended for all.	Age-Appropriate Coach Course: Playground/Schoolyard/KickStart Leader Coach 6U Coach 8U Coach 10U Coach 12U Intermediate Coach (14U) Advanced Coach (16U-19U) National Coach	Annual Coach Update AYSO's Stewards of the Game Any Coach CEU
Referees	AYSO's Safe Haven CDC Concussion Awareness Sudden Cardiac Arrest (by State) SafeSport Training (Adults)	Game Appropriate Referee Course: Regional Referee Intermediate Referee Advanced Referee National Referee	Annual Referee Update AYSO's Stewards of the Game Any Referee CEU
Team Parents	Same	Team Parent Orientation	AYSO's Stewards of the Game Kids Zone CEU
Board & Staff Members	Same	Regional Board Member Training	Any Management Updates/Training
Treasurer	Same	Treasurer	Regional Board Member Training Any Management Updates/Training
Regional Registrar	Same	Registrar	Regional Board Member Training Any Management Updates/Training
Safety Director	Same	Safety Director	Regional Board Member Training Any Management Updates/Training
Child and Volunteer Protection Advocate (CVPA)	Same	Child and Volunteer Protection Advocate (CVPA)	Safe Haven Annual Update Regional Board Member Training Any Management Updates/Training
Regional Coach Administrator	Same	Coach Administrator	Regional Board Member Training Dispute Resolution/Due Process Any Coach/Management Updates/Training
Regional Referee Administrator	Same	Referee Administrator	Regional Board Member Training Dispute Resolution/Due Process Any Referee/Mgmt Updates/Training
Division Coordinators	Same	Division Coordinator	Regional Board Member Training Dispute Resolution/Due Process Any Management Updates/Training
Assistant Regional Commissioner	Same	Regional Board Member Training	Regional Board Member Training Dispute Resolution/Due Process Any Management Updates/Training
Auditors	Same	Auditor	Treasurer Regional Board Member Training Any Management Updates/Training
Instructors	Same	Introduction to Instruction Discipline Specific Instructor Courses	Any Discipline-Related training/updates or Coach/Referee Administrator, Instructor & Assessor Annual Updates
Regional Commissioner	Same	Regional Commissioner Training	Regional Board Member Training Dispute Resolution/Due Process Any Management Updates/Training
Area Director	Same	Area Director Training	Regional Board Member Training Dispute Resolution/Due Process Any Management Updates/Training
Section Director	Same	Section Director Training	Regional Board Member Training Dispute Resolution/Due Process Any Management Updates/Training

## Safe Haven Training Matrix

Course	Description	Format/Length	Attendee Prerequisites	Minimum Lead Instructor Requirements	Minimum Authorization Required
AYSO's Safe Haven	Required course for all volunteers on AYSO's child & volunteer protection policies and key components necessary to create a safe haven.	Online (1 hour)	None	Course cannot be instructed. Must be taken from AYSOU.	
AYSO's Stewards of the Game	Recommended for all Coaches, Referees and Board Members	Online (.75 hours) or In-Person 1.25 hours	None	Coach, Referee, Management Instructor	Regional Coach, Referee Administrator, Regional Commissioner
Safe Haven Addendum	The addendum provides additional protocols to address key challenges. Recommended for Region, Area and Section staff.	1.25 hours	None	AYSO's Safe Haven Safe Haven Addendum	Authorization from Programs & Education.
CDC Concussion Awareness	This training provides concussion awareness training for all volunteers.	Online (1 hour)	None	Course cannot be instructed. Must be taken from CDC online course either AYSOU or CDC site.	
Simon's Heart Sudden Cardiac Arrest	Provided by Simon's Heart Foundation and used by NFHS for recognizing signs of Sudden Cardiac Arrest and the intervention steps to save lives.	Online (30 mins)	None	Course cannot be instructed. Must be taken online.	
SafeSport Training	The SafeSport Act of 2017 requires this training for all volunteers with regular contact with children.	Online (2 hours)	None	Course is only available online through US Soccer and the National SafeSport Center.	
Kids Zone	The importance of a safe, fair, fun, family environment.	75 Minutes	None	Coach, Referee, Management Instructor	

Coach Training Matrix					
Course	Description	Format/Length	Attendee Prerequisites	Minimum Lead Instructor Requirements	Minimum Authorization Required
6U Coach	Information, skills, methodology and age characteristics relevant to the (4v4) 6U age group.	Online (1 hr.) Or In-person class/field (2 hrs.)	None.	Coach Instructor	Regional Coach Administrator
8U Coach	Information, skills, methodology and age characteristics relevant to the (4v4) 8U age group. Introduces training sessions.	Online (~75 mins.) Or In-person class/field (2 hrs.)	Completion of 6U Coaching Course is recommended.	Coach Instructor	Regional Coach Administrator
10U Coach	Information, skills, methodology and age characteristics relevant to the (7v7) 10U age group. Introduces offside, goalkeepers and build-out line.	Online (90 mins.) and In-Person field (90 mins) Or In-person class/field (3 hrs.)	Completion of 8U Coaching Course is recommended.	Coach Instructor	Regional Coach Administrator
12U Coach	Information, skills, methodology and age characteristics relevant to the (9v9) 12U age group.	Pre-course Online module (1 hr.) In-person class/field (5 hrs.)	Completion of 10U Coaching Course is recommended.  AYSO's Safe Haven, CDC Concussion Course,  Online 12U Coaching Pre-Course required.	Coach Instructor	Regional Coach Administrator
Intermediate 14U Coach	Tactical progression related to 11v11 game model and reading the game via the principles of play. Builds upon the 12U course.	Online Pre-course (2 hrs.) Training Plan Design (2 hrs.) In-person class/field (9 hrs.)	Completion of 12U Coaching Course, AYSO's Safe Haven, CDC Concussion Course,  Intermediate 14U Coach Online Pre-Course,	Intermediate or Advanced Coach Instructor	Area Coach Administrator

Coach Training Matrix					
Course	Description	Format/Length	Attendee Prerequisites	Minimum Lead Instructor Requirements	Minimum Authorization Required
			Online Summary of the Laws of the Game  Training Plan Design are <b>required</b> .		
Advanced 16U-19U Coach	Observation and evaluation methodology, correction techniques and efficient feedback. This course builds upon the Intermediate Coaching Course.	Pre-course online module (2 hrs.) Match Review and Plan (2 hrs.) In-person class/field (9 hrs.) Self-Reflection (1 hr.)	Completion of Intermediate 14U Coaching Course is <b>required</b> .  Advanced 16U-19U Coach Online Pre-Course, AYSO's Safe Haven, CDC Concussion Course, AYSO's Online Summary of the Laws of the Game	Advanced Coach Instructor	Section Coach Administrator
National Coach	Advanced coaching methodology, instruction/teaching techniques and mentoring models.	Pre-Course online modules, assignments.  Residential attendance  Ongoing mentoring in local S/A/R (~50 hours)	Completion of the Advanced 16U-19U Coaching Course is <b>required</b> .	AYSO National Coach Instructor or special appointment (by Office or Section)	Director of Sport Development
Playground, Schoolyard, KickStart Soccer Activity Leader	Explains the role of an Activity Leader in coordinating parent and player participation in these Fundamental Motor Skill development programs.	Online (1 hour) or In-Person (1.5 hours).	None	Coach Instructor	Regional Coach Administrator
Coach Administrator Training	The duties and responsibilities of Coach Administrators with tips to enhance performance and enjoyment.	Online (~1 hr.) Or In-person class/field (1.25 hrs.)	None.	Advanced Coach Instructor	Area Coach Administrator



Coach Training Matrix					
Course	Description	Format/Length	Attendee Prerequisites	Minimum Lead Instructor Requirements	Minimum Authorization Required
Annual Coach Update	Continuing education, program updates and requirements are reviewed in this training session.	1 hour	None.	Coach Instructor or special appointment (by Office or Area)	Regional Coach Administrator
Coach Mentor	Ongoing coaching education mentoring and leadership	Ongoing	None.	Appointment by Section.	SCA in conjunction with ACA.
Foundations of Futsal 1	Provides overview of Futsal, the US Soccer official Indoor soccer format.	Online (1 hr.) Or In-Person (1.25 Hours)	None	Coach Instructor	Regional Coach Administrator
Foundations of Futsal 2	Focuses on specific techniques and skills to coach futsal.	1.25 hours	Foundations of Futsal 1	Coach Instructor	Regional Coach Administrator
AYSO Goalkeeping 1	Provides aspects of training 10U/12U goalkeepers.	2.5 Hours	None	Coach Instructor	Regional Coach Administrator
EXPO Workshops and CEUs	Ongoing coaching education workshops and clinics.	1.25 hours	None.	Coach Instructor or special appointment (by Office or Section)	Regional Coach Administrator

Management Training Matrix					
Course	Description	Format/Length	Prerequisites	Minimum Lead Instructor Requirements	Minimum Authorization Required
Registrar	Designed to provide Regional Registrars with job responsibilities, duties, and requirements to register.	Online- (1 hour) Or In-Person (1.25 hours)	None	Management Instructor with Registration experience.	Regional Commissioner
Safety Director	Provides Safety Directors with job duties and responsibilities including components of Region Safety Plans and Insurance programs.	Online- (1 hour) Or In-Person (1.25 hours)	None	Management Instructor with Safety Director experience	Regional Commissioner
Treasurer	Provides Treasurers with job duties, responsibilities and treasury management guidelines.	Online- (1 hour) Or In-Person (1.25 hours)	None	Advanced Management Instructor Treasurer/financial experience.	Section Director or Section Management Administrator
Child and Volunteer Protection Advocate (CVPA)	Provides CVPAs with job responsibilities and duties, volunteer screening protocols, AYSO's Criminal Background Check Policy, and mandated reporting of suspected abuse.	Online- (1.5 hours) Or In-Person 2.5 hours	AYSO's Safe Haven	Advanced Management Instructor with CVPA Training, the current Safe Haven Addendum	Section Director, or Section Management Administrator
Regional Board Member	Recommended training for all Regional Board Members on Standard Regional operations & requirements.	Online- (1 hour) Or In-Person (1.25 hours)	None	Management Instructor	Regional Commissioner
Division Coordinator	Covers responsibilities, and the importance of functioning as an intermediary between the RC, RCA, RRA, coaches, referees and parents.	Online- (1 hour) Or In-Person (1.25 hours)	None	Management Instructor	Regional Commissioner
Auditor	Reviews the duties and responsibilities of the Auditor and required forms and procedures	1.25 hours	Treasurer	Advanced Management Instructor with Treasurer, Auditor, financial experience.	Section Director or Section Management Administrator

## Management Training Matrix

Course	Description	Format/Length	Prerequisites	Minimum Lead Instructor Requirements	Minimum Authorization Required
Regional Commissioner	Designed for RCs, this course provides RCs with information on Regional operations and options for delivering the AYSO Experience to their communities.	Online (2 hours) and In-person (4.5 hrs) and AD De-brief	RC/AD Online Pre-Course, Online Dispute Resolution/Due Process course, Regional Board Member Training	Instructors are selected by the AYSO Programs and Education Manager with Section Director.	AYSO Programs and Education Mgr. or Section Director.
Area Director	Designed to provide Area Directors with need-to-know information on duties and responsibilities for supporting the Regions with the Area.	Online (2hours) and In-Person (4.5 hrs)	RC/AD Online Pre-Course, Online Dispute Resolution/Due Process course, Regional Board Member Training.	Instructors are selected by the AYSO Programs and Education Manager with Section Director.	AYSO Programs and Education Mgr. or Section Director.
Section Director	Need-to-know information on duties and responsibilities for supporting the Areas, Regions within the Section and national programs.	In-Person (3 hrs.)	Appointed Section Directors	National Board of Director selected by the National President and current Section Directors selected by NBOD Lead	NBOD and AYSO Programs and Education Mgr.
Dispute Resolution	Designed for Region, Area Board Members on recommended approaches for dealing with difficult people and issues.	Online (1 Hour) Or In-Person 1.25 hours	None	Advanced Management Instructor	Area Director or Area Management Administrator
Due Process	Designed for Region, Area Board Members on steps for providing due process whenever someone's participation must be limited, suspended or terminated with AYSO. .	Online (1 Hour) Or In-Person 1.25 hours	None	Advanced Management Instructor	Area Director or Area Management Administrator
EXPO Workshops and CEUs	Ongoing referee education workshops and clinics.	1.25 hours	None.	Advanced Management Instructor or special appointment (by Office or Section)	Section Management Administrator

Referee Training Matrix					
Course	Course Description	Format/Length	Prerequisites	Minimum Lead Instructor Requirements	Verification of Lead Instructor Requirement
8U Official	This course trains volunteers to officiate in 8U matches.	3 hours	None	Regional Referee Instructor	Regional Referee Administrator
Assistant Referee	This course trains volunteers in the basics of being an Assistant Referee for AYSO matches under IFAB Laws of the Game and AYSO National Rules & Regulations and to officiate in 8U matches.	5 hours	None	Regional Referee Instructor	Regional Referee Administrator
Regional Referee Online Training and Regional Referee Online Companion	This two-part training consists of an online, self-paced training course located on AYSOU and a separate class with a live instructor. Together provide training equivalent to the Regional Referee Course.	Online: 1.5 hours  Class: 3 hours	Online training must be completed before attending Companion course.	Regional Referee Instructor (for Companion course)	Regional Referee Administrator
Regional Referee	This course trains referees in the basic aspects of refereeing needed to do AYSO matches under IFAB Laws of the Game and AYSO National Rules & Regulations.	6 hours	None	Regional Referee Instructor	Regional Referee Administrator
Intermediate Referee	This course trains referees to do more physically demanding and challenging matches under IFAB Laws of the Game and AYSO National Rules & Regulations.	8 hours	Complete Regional Referee Course  and Pass Regional Referee Exam	Intermediate Referee Instructor	Area Referee Administrator or Director of Referee Instruction
Advanced Referee	This course trains referees to do most matches under IFAB Laws of the Game and AYSO National Rules & Regulations.	8 hours	Complete Intermediate Referee Course and  Pass Intermediate Referee Exam	Advanced Referee Instructor	Area Referee Administrator or Director of Referee Instruction

Referee Training Matrix					
Course	Course Description	Format/Length	Prerequisites	Minimum Lead Instructor Requirements	Verification of Lead Instructor Requirement
National Referee	This course trains referees to referee all AYSO matches under IFAB Laws of the Game and AYSO National Rules & Regulations.	15 hours	Complete Advanced Referee Course and pass Advanced Referee Exam	National Referee Instructor	Section Referee Administrator or Section Director of Referee Instruction
Regional Referee Administrator	This training teaches Regional Referee Administrators the essential activities needed to manage a referee program.	2.5 hours	None	Intermediate Referee Instructor	Area Referee Administrator or Area Director of Referee Instruction
Area Referee Administrator	This training teaches Area Referee Administrators the essential activities to manage an Area referee program.	1.25 hours	Regional Referee Administrator Training	Advanced Referee Instructor	Section Referee Administrator or Section Director of Referee Instruction
Referee Mentor	This course is designed to help experienced referees understand best practices for mentoring newer referees to keep them in the program.	1.25 hours	Regional Referee	Regional Referee Instructor	Regional Referee Administrator
Referee Assessor	This course trains assessors to assess officiating skills at the Advanced level.	4.5 hours	None	Advanced Referee Instructor and either a Referee Assessor or National Referee Assessor	Section Referee Administrator or Director of Referee Assessment
National Referee Assessor	This course trains Assessors to assess refereeing skills at the National level.	5 hours	Referee Assessor	National Referee Instructor and National Referee Assessor	Section Referee Administrator or Director of Referee Assessment
EXPO Workshops and CEUs	Ongoing referee education workshops and clinics.	1.25 hours	None.	Advanced Referee Instructor or special appointment (by office or Section)	Section Referee Administrator

## Instructor Training Matrix

Course	Description	Format/Length	Prerequisites	Minimum Lead Instructor Requirements	Minimum Authorization Required
Introduction to Instruction	Foundation course to all AYSO Instruction. Focus is on effective adult teaching techniques to engage and stimulate learning.	Pre-course online module (1 hr.) In-person class (4 hrs.)	None	Advanced Instructor in any discipline (preferred instructor from <i>each</i> discipline)	Area or Section staff in any discipline
Coach Instructor	Designed to teach Instructor candidates how to conduct training courses at the 6U, 8U, 10U & 12U levels using AYSO education philosophy and teaching methods.	Pre-course online work (~4 hrs.) In-person class (4 hrs.) Shadow local instructor (~2 hrs.)	Introduction to Instruction AYSO's Safe Haven Coach 12U Course	Advanced Coach Instructor	Area or Section Coach Administrator
Intermediate Coach Instructor	Designed to prepare Coach Instructors to teach the Intermediate Coach Courses using AYSO education philosophy and teaching methods.	Pre-course online work (~4 hrs.) In-person class (4 hrs.)	Coach Instructor Intermediate Coach 14U Intermediate Coach Instructor Online Pre-Course	Advanced Coach Instructor	Section Coach Administrator
Advanced Coach Instructor	Designed to prepare Coach Instructors to teach the Advanced Coach Courses using AYSO education philosophy and teaching methods.	Pre-course online work (~4 hrs.) In-person class (4 hrs.)	Intermediate Coach Instructor Advanced Coach Advanced Coach Instructor Online Pre-Course	Advanced Coach Instructor	Section Coach Administrator
National Coach Instructor	This training (not a course) is accomplished through ongoing mentoring.	Variable	National Coach Advanced Coach Instructor  Assist as Instructor at National Coaching Course  Contributed to National Coaching Program  National Instructor approval.	AYSO National Coach Instructor	Director of Player Development

## Instructor Training Matrix

Course	Description	Format/Length	Prerequisites	Minimum Lead Instructor Requirements	Minimum Authorization Required
Referee Instructor	<p>This training teaches Instructor candidates how to conduct Introductory and Intermediate Referee training courses using AYSO teaching plans.</p> <p>Entry level class for both <b>Regional Referee Instructor</b> and <b>Intermediate Referee Instructor</b></p>	7.5 hours	Introduction to Instruction; Intermediate Referee	Advanced Referee Instructor	Area Referee Administrator or Director of Referee Instruction
Advanced Referee Instructor	This training teaches Intermediate Referee Instructors how to conduct advanced referee training courses using AYSO teaching plans.	6.5 hours	Advanced Referee Intermediate Referee Instructor	Advanced Referee Instructor	Section Referee Administrator or Director of Referee Instruction
National Referee Instructor	This certification (not a course) is accomplished through mentoring while assisting with National Referee Courses.	Variable	Advanced Referee Instructor  National Referee Referee Instructor Evaluator  Referee Assessor	SRA or SDRI assigns mentor	Section Referee Administrator or Director of Referee Instruction
Referee Instructor Evaluator	This training teaches Advanced Referee Instructors (or higher) to evaluate other instructors and to provide constructive feedback.	5.5 hours	Advanced Referee Instructor	Advanced Referee Instructor	Section Referee Administrator or Director of Referee Instruction

Course	Description	Length	Prerequisites	Minimum Instructor Requirements	Lead Minimum Authorization Required
Management Instructor	This training is designed to teach instructor candidates how to use AYSO directed teaching plans to teach all management workshops excluding Dispute Resolution, Due Process, Advanced Dispute Resolution, CVPA and Auditor courses	6 hours	Introduction to Instruction AYSO's Safe Haven	Advanced Management Instructor	Area or Section Director Area or Section Management Administrator
Advanced Management Instructor	This training is designed to prepare management instructors to use AYSO directed teaching plans to teach all management workshops including Dispute Resolution, Due Process, Advanced Dispute Resolution, CVPA and Auditor courses. Instructors learn advanced presentation skills and techniques to address the needs of all class sizes and longer sessions.	6 hours	Current Management Instructor  Must have taken: Dispute Resolution, Due Process, Registrar, Safety Director, Treasurer, CVPA.  Must have been lead instructor in three certification courses since achieving the status of Management Instructor: Registrar, Safety Director, Treasurer, Division Coordinator or Regional Board Member Training.	Advanced Management Instructor	Section Director Section Management Administrator
National Management Instructor	This training (not a course) is accomplished through mentoring while assisting with national management courses.	Variable	Under Review	AYSO Programs and Education Manager	AYSO Programs and Education Manager
EPIC Instructor	This training prepares volunteers to fulfill the VIP Instructor needs at the Section level, to train VIP Instructors at the Area level and to teach the VIP Volunteer Training at all levels using AYSO directed teaching plans.	3 hours	Introduction to Instruction or  Current Coach, Referee or Management Instructor  AYSO's Safe Haven  EPIC/VIP Volunteer Training	EPIC/VIP Instructor or  Advanced Coach, Referee or Management Instructor with  VIP Volunteer Training.	Area Director, Section Director



EPIC Training Matrix					
Course	Description	Length	Prerequisites	Minimum Instructor Requirements <sup>Lead</sup>	Minimum Authorization Required
EPIC Volunteer Training	<p>This training prepares volunteers to work with individuals with disabilities.</p> <p>Note: This training is the same for all volunteers in the EPIC program.</p>	2.5 hours	None	<p>EPIC/VIP Instructor or Coach, Referee or Management Instructor</p> <p>EPIC/VIP Volunteer Training</p>	Regional Commissioner, Area Director, Area Coach, Referee or Management Administrator
EPIC Buddy	This training prepares buddies to work with individuals with disabilities. Buddies may also take EPIC Volunteer Training	1 hour	None	<p>EPIC/VIP, Coach, Referee or Management Instructor</p> <p>EPIC/VIP Volunteer Training.</p>	Regional Commissioner, Area Director, Area Coach, Referee or Management Administrator