



# AMERICAN YOUTH SOCCER ORGANIZATION

Region 418

4507 N. Ravenswood, Suite 101, Chicago, IL 60640

[www.ayso418.org](http://www.ayso418.org)

## Coach Training

All coaches must take Safe Haven and Safe Sport through AYSOU.

### 6U Coach

Teaches the information, skills, methodology and age characteristics relevant to the 6U (4v4) age group.

Online (1 hour) OR In-person (2 hours)

### 8U Coach

Teaches the information, skills, methodology and age characteristics relevant to the 8U (4v4) age group.

Introduces training sessions.

Online (75 minutes) OR In-person (2 hours)

Completion of the 6U course is recommended.

### 10U Coach

Teaches the information, skills, methodology and age characteristics relevant to the 10U (7v7) age group.

Introduces goalkeeping, offside and the build-out line.

Online (90 minutes) plus in-person class (90 minutes) OR In-person (3 hours)

Completion of the 8U course is recommended.

### 12U Coach

Teaches the information, skills, methodology and age characteristics relevant to the 12U (9v9) age group.

Online module (1 hour) completed, followed by in-person class (5 hours)

Completion of the 10U course is recommended.

### Intermediate 14U Coach

Tactical progression related to 11v11 game and reading the game via the principles of play.

Online module (2 hours) completed, followed by Training Plan Design (2 hours) and in-person class (9 hours)

Completion of 12U Coaching Course is required.

### Advanced 16U-19U Coach

Observation and evaluation methodology, correction techniques and efficient feedback.

Online module (2 hours) completed, followed by Match Preview and Plan (2 hours), In-person class (9 hours) and self-reflection (1 hour)

Completion of Intermediate 14U Coaching Course is required.

EVERYONE  
BALANCE  
POSITIVE  
GOOD STUFF  
PLAYER

