



AYSO Coaching Program Matrix – February 2005

| Course | Course Description | Length | Prerequisites | Lead Instructor Requirements | Authorization Required |
|----------------------------|--|---------------|--|---|------------------------------|
| Annual Coach Update | This training provides continuing education for coaches in the Region. Program updates and program requirements are reviewed in this training session. | 1 hour | None | Basic Coach Instructor | Regional Coach Administrator |
| Safe Haven Coach | This certification course presents information on child & volunteer protection for the AYSO coach. <i>This course is the certification course for AYSO coaches. Attendance of this course also satisfies AYSO Safe Haven Referee requirements.</i> | 2.5 - 3 hours | None | Basic Coach Instructor | Regional Coach Administrator |
| U-6 Coach | This training course presents information and skills to be taught relevant to the short-sided game of the U-6 age group. | 2 hours | None | Basic Coach Instructor | Regional Coach Administrator |
| U-8 Coach | This training course presents information and skills to be taught relevant to the short-sided game of the U-8 age group. | 2 hours | Completion of U-6 Coaching Course is recommended | Basic Coach Instructor | Regional Coach Administrator |
| U-10 Coach | This training course presents information and skills to be taught relevant to the short-sided game of the U-10 age group. | 3 hours | Completion of U-8 Coaching Course is recommended | Basic Coach Instructor | Regional Coach Administrator |
| U-12 Coach | This training course presents information and skills to be taught relevant to the U-12 age group. Beginning course for the full-sided game. | 5 hours | Completion of U-10 Coaching Course is recommended | Intermediate Coach Instructor | Regional Coach Administrator |
| Intermediate Coach | This training course focuses on tactical situations and set plays. This course builds upon the U-12 Coaching Course. | 15 hours | Completion of the U-12 Coaching Course is required | Advanced Coach Instructor | Area Coach Administrator |
| Advanced Coach | This training course focuses on tactical situations, advanced tactics, and observation, evaluation, and implementation techniques. This course builds upon the Intermediate Coaching Course. | 18 hours | Completion of the Intermediate Coaching Course is required | National Coach Instructor or Advanced Coach Instructor approved by the Section Coach Administrator. | Section Coach Administrator |
| National Coach | This training course provides training in advanced levels of play. | 56 hours | Completion of the Advanced Coaching Course is required. Must be recommended by Regional Commissioner. | Authorized by AYSO National Coach | AYSO National Coach |



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| Coach Administrator Training | This training presents the duties and responsibilities of coach administrators with tips to enhance performance and enjoyment. | 1 - 1.25 hours | None | Intermediate Coach Instructor | Area Coach Administrator |
| Basic Coach Instructor | This training is designed to teach Basic Instructor candidates how to conduct introductory coach training courses at the U-6, U-8 & U-10 levels. | 3.75 hours | Basic UIP Instructor Course U-12 Coach | Advanced Coach Instructor Trainer | Area or Section Coach Administrator |
| Intermediate Coach Instructor | This training is designed to prepare Basic Coach Instructors to teach the U-12 Coach Course using AYSO directed teaching plans, and to meet the educational requirements for becoming an Intermediate Coach Instructor. | 3.25 hours | Intermediate UIP Instructor Course Basic Coach Instructor Intermediate Coach | Advanced Coach Instructor Trainer | Section Coach Administrator |
| Advanced Coach Instructor | This training is designed to prepare Intermediate Coach Instructors to teach the Intermediate Coach Course. Instructors learn advanced presentation skills and techniques to address the needs of learners in groups of all sizes and in longer class sessions. | 9 hours | Advanced UIP Instructor Course Intermediate Coach Instructor Advanced Coach | National Coach Instructor Trainer | Section Coach Administrator or National Coach |
| National Coach Instructor | This training is accomplished through successful completion of the AYSO National Coaching Course. | 56 hours | Advanced Coach Advanced Coach Instructor | AYSO National Coach | AYSO National Coach |

Note 1: All first year coaches who are coaching U-12 to U-19 teams must start their training at the U-12 Coaching Course level.

Note 2: This matrix may be updated periodically. To view the latest revisions go to the AYSO Web site: <http://www.aysohelp.org>