

## AYSO Coach Training Matrix

<b><i>Division</i></b>	<b><i>Time Commitment</i></b>	<b><i>Brief Description</i></b>	<b><i>Designed For</i></b>
6U Coach Course	2 Hours	Course covers skills to be taught at the 6U level and the benefit of short sided play	All 6U Coaches and Assistant Coaches (Required Once)
8U Coach Course	3 Hours	Course covers skills to be taught at the 8U level and the benefit of short sided play	All 8U Coaches and Assistant Coaches (Required Once)
10U Coach Course	4 Hours	Course covers skills to be taught at the 10U and the benefit of short sided play	All 10U Coaches and Assistant Coaches (Required Once)
12U Coach Course	5 Hours	Course focuses on the techniques of soccer, rules of the game and beginning tactics	All 12U Coaches and Assistant Coaches (Required Once)
Intermediate Coach Course	15 Hours	Courses focus on tactical situations and set plays	All 14U Coaches and Assistant Coaches Prerequisite 12U Course (Required Once)
Advanced Coach Course	18 Hours	Courses focus on tactical situations and advanced tactics	All 16U/19U Coaches and Assistant Coaches Prerequisite Intermediate Course (Required Once)
National Coach Course	56 Hours	Coach training for the most advanced levels of play	Advanced Coach Course graduate with authorization