

Updated July 13, 2019

10U Coach Training

Thank you for volunteering. It's super fun. To prepare for being a 10U Coach you will need to complete the courses below. Both the head and assistant coach must do these. Successful completion of these education requirements, and passing the annual background check process will make you eligible to be assigned to coach a 10U team.

1. **AYSO's Safe Haven**
2. **CDC: Concussion Course**
3. **10U Coaching Training - Online Course**
4. **10U Coach – In-Person Course**

The first three courses listed above are completed entirely online. The online 10U Coaching Training course must be completed before you attend the In-Person 10U Coach course.

All courses are accessed through AYSO U Online Learning Resources. The instructions below will show you how to navigate to and through the site. Logging in properly will automatically add your course completions to your AYSO profile. Courses vary in length, but most should take 30-45 minutes each.

Accessing AYSO U - Online Learning Resources

1. Go to the Region 418 website: www.ayso418.org
2. Click on "AYSOU" in the Region 418 homepage toolbar.
3. New volunteers click "[here to learn more](#)" on that page to get started. Returning volunteers click "**Login**". Log into AYSOU with the same login as for your volunteer account at www.ayso418.org.

Accessing [AYSO's Safe Haven](#) in the AYSO U Portal

1. You only need to take Safe Haven one time in your coaching career (although we recommend you review yearly)- so returning coaches just double check you have it already.
2. On the "Home" screen click "Online Courses".
3. Click the "Open" button to the right of the course called **AYSO's Safe Haven**.
 - There are 7 modules, plus an exam for the Safe Haven the course.
 - Each module can be completed in 5-10 minutes.
 - If you are unable to complete the course in one sitting, AYSO U will remember your progress and you can pick back up where you left off.
 - Click the "Launch" button to the right of each module in succession through the end of the course.
 - You will need to answer at least 80% of the questions correctly to pass the course.

- You will have the ability to review and retry the quiz at the end as may be needed/desired.
- Print out your completion certificate for your records. Your completion will automatically be added to your volunteer profile.
- All AYSO volunteers, regardless of position within the organization, must complete this course. And all AYSO volunteers are expected to be aware of and prioritize our program philosophies, and protection guidelines for safety and injury prevention.

Accessing **CDC: Concussion Course in the AYSO U Portal**

1. You only need to take the CDC concussion one time in your coaching career (although we recommend you review yearly)- so returning coaches just double check you have it already.
2. On the "Home" screen click "Online Courses"
3. Click the "Open" button to the right of the course called **CDC: Concussion Course**.
4. Click the "Launch" button.
5. A new window will open, as long as you do not have a pop-up blocker on in your computer's settings.
6. Enter your Blue Sombrero account User Name and click "Submit." This is the same username you use to access your volunteer account at www.ayso418.org.
 - The course is divided into 5 modules.
 - The video modules are approximately 5-10 minutes long, with a short quiz at the conclusion of each.
 - If you are unable to complete the course in one sitting, AYSO U will remember your progress and you can pick back up where you left off.
 - Click the yellow buttons on the clipboard on the left to progress through the course.
 - Print out your completion certificate for your records. Your completion will automatically be added to your volunteer profile.

Accessing the **Online 10U Coaching Training Course in the AYSO U Portal**

Note - You must complete this online course prior to attending the In-Person course.

1. On the "Home" screen click "Online Courses".
2. Click the "Open" button to the right of the course called **10U Coaching Training**.
 - The course is divided into modules, plus an exam.
 - Most modules can be completed in 7-10 minutes.
 - If you are unable to complete the course in one sitting, AYSO U will remember your progress and you can pick back up where you left off.
 - Click the "Launch" button to the right of each module in succession through the end of the course.
 - You will need to answer at least 80% of the questions correctly to pass the course.
 - You will have the ability to review and retry the quiz at the end as may be needed/desired.

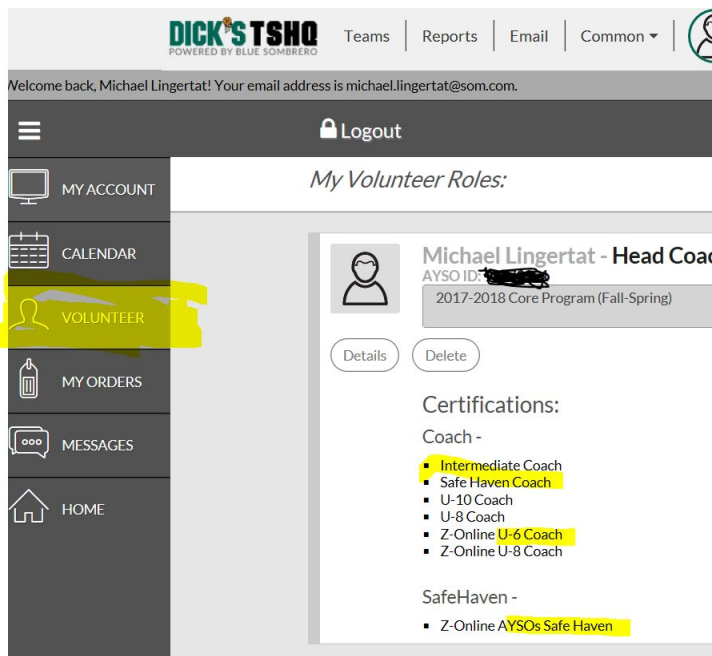
- Print out your completion certificate for your records. Your completion will automatically be added to your profile.

Accessing the 10U Coach – In-Person Course in the AYSO U Portal

1. On the "Home" screen click "In-Person Courses"
2. Open the "Coach Instructor Led Courses".
3. Click the blue "Sessions" button to the right of 10U Coach to see all available sessions.
4. Find a session being offered in the Chicago area and "Register" to attend the class. You may attend any 10U session that fits your schedule, regardless of the region or area sponsoring the class.
5. Click the title of the course for detailed information about the class location, name of the instructor and parking.
6. If you need to Unregister for a session, click the title of the course for which you are registered, and you will be able to access the blue "Unregister" button.
7. If none of the available sessions fit your schedule, contact Coach.Admin@ayso418.org
Our Coach Administrator will work with you to find or schedule a session that will work for you.

Verification

Once you've completed your classes please double check your profile to see if it shows up. This may not be instantaneous for the online courses, and the instructors of the in-person course must enter your course completion manually before your certification will show in your volunteer account.



Taking Additional Courses:

As a 10U Coach, you are not required to take additional training beyond the courses outlined above. However, we invite you to take as much additional training as may interest you. The AYSO's Summary of the Laws of the Game is available to you now, free of charge, in the "Online Courses" section of AYSO U.

You can also check out additional training options in AYSO U. Note that we will not assume that you want to volunteer for a specific role just because you got trained to do it. You will still need to sign up to volunteer for the opportunities that most interest you in your account at www.ayso418.org.