



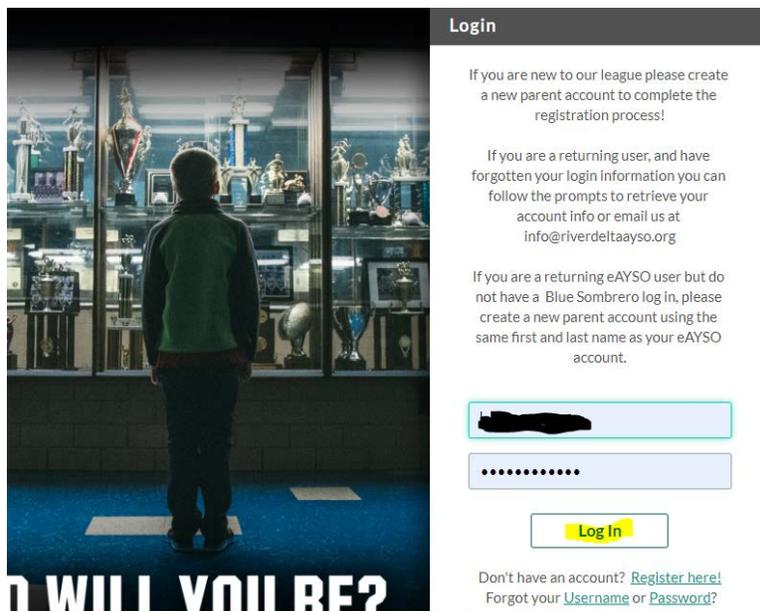
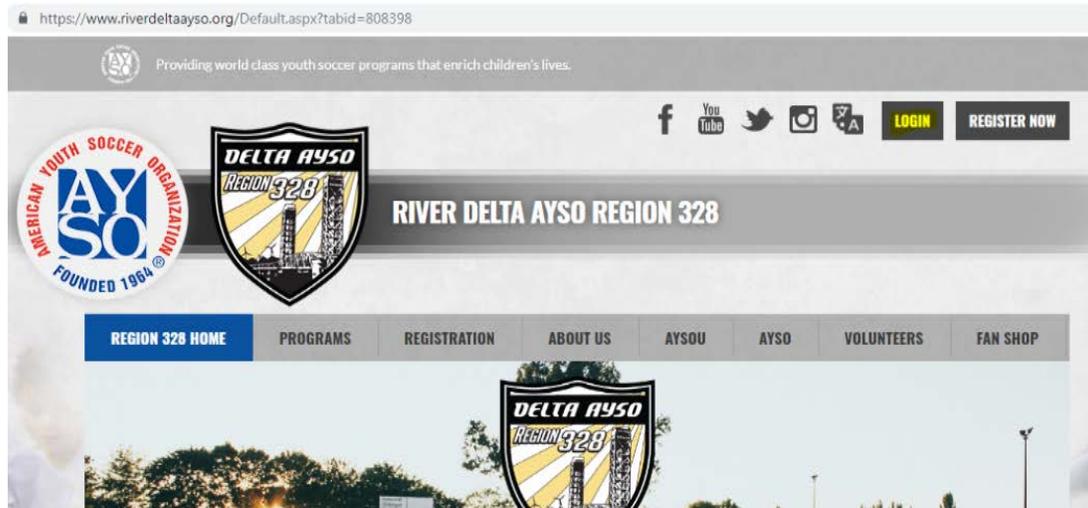
BLUE SOMBRERO HOW TOS:

Accessing Free Online AYSOU Training

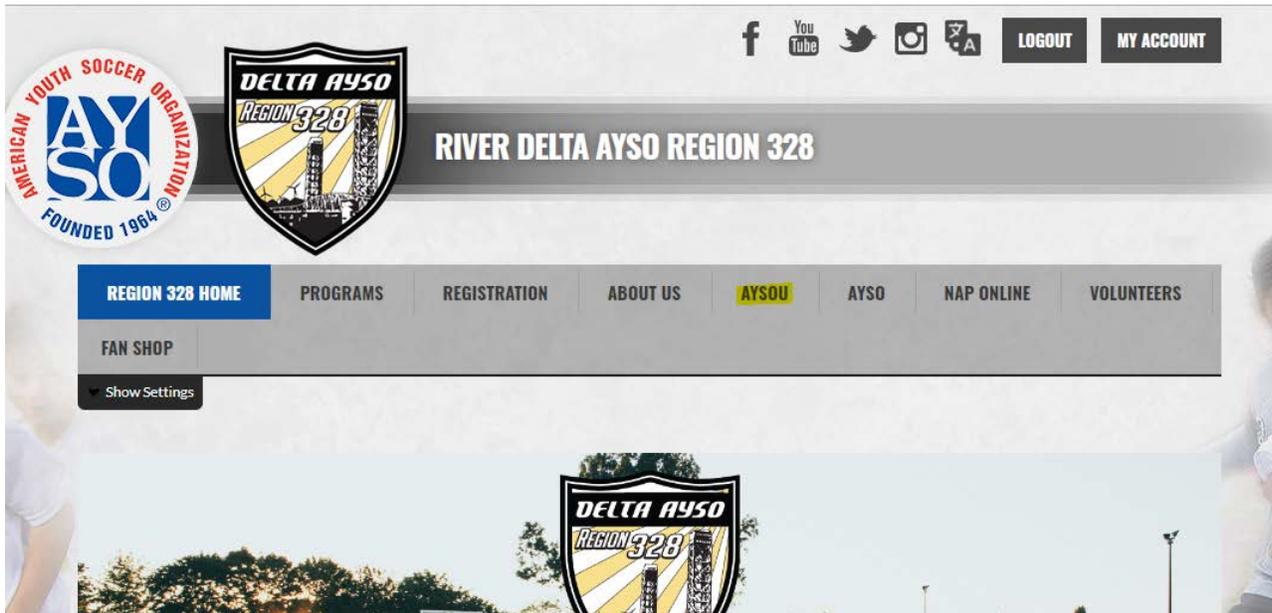
AYSOU training courses are now available for free and are easy to access and complete! Simply follow the step by step instructions below to get started! You will be contacted by a board member regarding complimentary in person training to take place in Rio Vista after you've completed the online course.

BEFORE YOU BEGIN: Make sure you use the correct email for your parent account. It is linked to your AYSO ID number.

1. Log into your account and go to the "Home" screen.



2. Once there select “AYSOU” from the tab list on the top of the page.



3. A new browser tab will open in AYSOU. Select the “Login” button at the top right. The system is designed to be a single sign on system. You should be logged in without having to enter username or password. If AYSOU asks for username and password, close the tab, go back to the River Delta AYSO page and log out and then start again at step 1.



4. Select "Online Courses" from the menu in the red bar.



5. Select the "Open" button for the age appropriate course from the list of online courses. In addition to the age appropriate coaching course you should also take Safe Haven and CDC Concussion training.

Online Courses

 **Online Courses**
Start: Sun 2 Jul 2017 22%

<input checked="" type="radio"/>	 AYSO's Safe Haven	Open
<input type="radio"/>	 CDC: Concussion Course	Open
<input type="radio"/>	 Playground and Schoolyard Soccer Program Leader	Open
<input type="radio"/>	 6U Coaching Training	Open
<input type="radio"/>	 8U Coaching Training	Open
<input type="radio"/>	 10U Coaching Training	Open

6. For this example we will open the 8U Coach Training course. The course is broken down into chapters. Each chapter can be started by selecting the “Launch” button on the right. You can leave the training in between chapters and your progress will be saved.

Online Courses ▶ 8U Coaching Training



8U Coaching Training

Start: Sun 2 Jul 2017

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AYSO is a place where every child plays in an atmosphere of good sportsmanship and positive coaching. The 8U Coaching Course was designed for Regional programs running 5v5 small-sided games and will provide candidates the necessary knowledge and skills to...

	Introduction to 8U Coaching	Launch
	Player Development	Launch
	Elements of Soccer	Launch
	Coaching Methodologies	Launch
	Quality Training	Launch
	Team Management and Program Guidelines	Launch
	Final Exam	Launch
	8U Coaching Certificate	Launch
	8U Coach eBook Download Site	Launch

7. If you'd like to referee games for us as well, there is a “Regional Referee” training course as well.

	AYSO's Summary of the Laws of the Game	Open
	Regional Referee Training	Open
	Coach Administrator	Open

8. Once you complete the course for your team's age group, AYSO Safe Haven, and the CDC Concussion Course, you're all set! Thank you for agreeing to be a coach. Youth sports is an important part of our children's development and provides great opportunities to learn about teamwork, sportsmanship and having fun!