



COACH EDUCATION RESOURCES

Where do I start?



- Sign up to volunteer
- Complete Age-Appropriate AYSO Coaching Course
- Complete Online Safety Courses:

- ✓ Safe Haven
- ✓ CDC Concussion Training
- ✓ Sudden Cardiac Arrest
- ✓ SafeSport

How can I learn more?

eTrainU - Continuing Education Units: (some suggestions from the library)

- *The Coaching Cycle*
- *Training Objectives Using the 5 W's*
- *Selecting a Training Session*
- *Coaching with Restricted Field Space*
- *Principles of Play*
- *Attacking and Defending Principals*
- *Integrating Goal Keeping into Training Sessions*

The Coaching Manual



Technical Skills Activities Card Decks

AYSO Coaching Manuals

- *Age specific training*
- *What to teach. How to teach it.*
- *Training Activities and Skills for Individual Development*

TopTekkers



Individual Training Activities

