

# Basic Educational Soccer Training (BEST) for Coaches (Coaching Intermediate and Advanced Players, Volume 2)



This manual for those who coach youth soccer was written by a panel of consultants and the AYSO National Coaching Commission to help new coaches learn the intricacies of soccer and how to organize a team with the support of parents while covering the basics of being a new coach and understanding players based on their ages. In addition to providing an overview of AYSO and the game of soccer, the manual guides the reader through one soccer season with a detailed plan for eight initial team practices, including skills, rules, positive coaching methods and coaching tips in an easy-to-use format.

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