



AYSO U-8 Coaching Course *Test*

Name_____

Date_____

Region, Area and Section_____

Questions 1 Fill in the Blanks

Questions 2 – 10 Circle True (T) or False (F)

1. The six AYSO philosophies are:

Everyone P_ _ _ _ _

Balanced T_ _ _ _ _

Open R_ _ _ _ _ _ _ _ _ _

Positive C_ _ _ _ _ _ _ _

Good S_ _ _ _ _ _ _ _ _ _

Player D_ _ _ _ _ _ _ _ _ _

2. Play at the U-8 level is meant to give a "taste" of the game and a positive introduction to the sports experience. T F
3. U-8 players typically set unrealistically high standards for themselves have difficulty making choices and, at times are overwhelmed by unfamiliar situation. T F
4. Traditionally, youth soccer is viewed from and adult perspective, using the 9-a-side game as a reference. T F
5. The See, Show, Say method is a positive coaching technique T F
6. A Throw-in is used to restart the game after the entire ball has crossed the goal line, whether on the ground on in the air. T F
7. If the defending team kicks the ball over the goal line, a goal kick is awarded to the offense. T F
8. At the U-8 level, all kicks awarded for fouls are direct free kicks T F
9. Shinguards are mandatory for both practices and games, and must be covered entirely by socks. T F
10. AYSO recommends that parents, coaches and players from both teams exchange handshakes before and/or after each game T F

AYSO U-8 Coaching Course Test

Answer Key

1. The six AYSO philosophies are:

Everyone	Plays
Balanced	Teams
Open	Registration
Positive	Coaching
Good	Sportsmanship
Player	Development

2. True

3. True

4. False

5. True

6. False

7. False

8. True

9. True

10. True