



KSÍ C 2 Coaching Course

Date: April 19th-21st 2024

Location: KSÍ Headquarters (Laugardalsvöllur, 104 Reykjavík), Egilshöll Football Hall (Reykjavík) and Kórinng Football Hall (Kópavogur)

Friday, April 19th, KSÍ Headquarters

10.00-10.10	Welcome and introduction	
10.10-10.50	Coaching Children with special needs	Theory
10.50-11.30	Being a Coach	Theory
11.40-12.20	Being a Coach	Theory
12.20-13.00	Team Tactics - 5v5 and 8v8	Theory
13.10-13.50	Team Tactics - 5v5 and 8v8	Theory
13.50-14.30	Goalkeeper training in the youngest age-groups	Theory

Saturday, April 20th, KSÍ Headquarters (theory) and Kórinng Football Hall (practical)

9.20-10.00	Basic Physical Trainings	Theory
10.10-10.50	Basic Physical Trainings	Theory
11.00-11.40	Training 9–12-year-olds	Theory
11.40-12.20	Planning training sessions	Theory
12.20-13.30	Lunch break	
13.30-14.10	Practical session, students train each other *	Practical
14.10-14.50	Practical session, students train each other *	Practical
14.50-15.30	Practical session, students train each other *	Practical
15.30-16.10	Practical session, students train each other *	Practical
16.10-16.30	Practical session, students train each other *	Practical

Sunday, April 21st, Egilshöll Football Hall (before lunch) and KSÍ Headquarters (after lunch)

8.40-9.20	Basic Physical Trainings (Age-group 11-12) *	Practical
9.20-10.00	Basic Physical Trainings (Age-group 11-12) *	Practical
10.10-10.50	Football Practice (Age-group 11-12) **	Practical
10.50-11.30	Football Practice (Age-group 11-12) **	Practical
11.30-13.00	Lunch break	
13.00-13.40	First Aid / CPR	Theory
13.40-14.20	First Aid / CPR	Practical
14.20-15.00	First Aid / CPR	Practical

* Students train each other

** Demonstration group from a club

Course directors: Arnar Bill Gunnarsson og Dagur Sveinn Dagbjartsson.

100% attendance is compulsory for the course. Participants are asked to bring their own clothes for football practice on Saturday and Sunday.