

# KSÍ C 1 Coaching Course



**Date:** April 5<sup>th</sup>-7<sup>th</sup> 2024

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

## **Friday, April 5<sup>th</sup>, KSÍ Headquarters (3<sup>rd</sup> floor)**

13.00-13.10	Welcome and introduction	
13.10-13.50	Referee – Laws of the game - MMJ	theory
13.50-14.30	Referee – Laws of the game - MMJ	theory
14.30-15.10	Referee – Laws of the game - MMJ	theory
15.20-16.00	Coaching Children - HS	theory
16.00-16.40	Coaching Children - HS	theory
16.40-17.20	Coffee break	
17.20-18.00	Coaching Children - HS	theory
18.00-18.40	Coaching Children - HS	theory
18.50-19.30	Technical Training - HS	theory
19.30-20.10	Technical Training - HS	theory

## **Saturday April 6<sup>th</sup>, KSÍ Headquarters (theory) and Kórinn Football Hall (practical)**

9.40-10.20	Pedagogy - EHH	theory
10.20-11.00	Pedagogy - EHH	theory
11.10-11.50	Planning a session - EHH	theory
11.50-12.30	Planning a session - HS/EHH	theory
12.30-13.30	Lunch break	
13.30-14.10	Practical session, students train each other * - HS/EHH	practical
14.10-14.50	Practical session, students train each other * - HS/EHH	practical
14.50-15.30	Practical session, students train each other * - HS/EHH	practical
15.30-16.10	Practical session, students train each other * - HS/EHH	practical
16.10-16.30	Practical session, students train each other * - HS/EHH	practical

## **Sunday, April 7<sup>th</sup>, Egilshöll Football Hall (practical) and KSÍ Headquarters (theory)**

9.30-10.10	Football Practice (Age-group 5-8) ** - HS/EHH	practical
10.10-10.50	Football Practice (Age-group 5-8) ** - HS/EHH	practical
10.50-11.30	Football Practice (Age-group 5-8) ** - HS/EHH	practical
11.30-12.30	Lunch break	
12.30-13.10	Prevention and reaction to bullying - AO	theory
13.10-13.50	Prevention and reaction to bullying - AO	theory
14.00-15.00	Written referee exam – Youth Referee Licence	

\* Students train each other

\*\* Demonstration group from a club

**Teachers:** Magnús Már Jónsson (MMJ), Hákon Sverrisson (HS), Eysteinn Húni Hauksson (EHH) og Andri Oddsson (AO).

**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.