

KSÍ C 2 Coaching Course

Date: March 22nd – 23rd 2025

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

Prior to the course, participants will have to watch the following presentations on Canvas:

The Coach

Basic Physical Trainings

Team Tactics - 5v5 and 8v8

Coaching 9–12-year-olds

Goalkeeper training in the youngest age-groups

Saturday, March 22nd, KSÍ Headquarters (theory) and Kórinn Football Hall (practical)

9.00-9.10	Welcome and introduction	
9.10-9.50	Basic Physical Trainings	Discussion
9.50-10.30	The Coach and Coaching 9–12-year-olds	Discussion
10.40-11.20	Team Tactics - 5v5 and 8v8	Discussion
11.20-12.00	Planning training sessions	Group work
12.00-12.40	Lunch	
12.40-13.20	Goalkeeper training in the youngest age-groups	Discussion
13.20-14.00	Coaching Children with special needs	Discussion
14.00-15.00	Break and travelling to Kórinn	
15.00-15.40	Practical session, students train each other *	Practical
15.40-16.20	Practical session, students train each other *	Practical
16.20-17.00	Practical session, students train each other *	Practical
17.00-18.00	Practical session, students train each other *	Practical

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

9.20-10.00	Football Practice (Age-group 11-12) ** - HS/EHH	Practical
10.10-10.50	Football Practice (Age-group 11-12) ** - HS/EHH	Practical
10.50-11.30	Football Practice (Age-group 11-12) ** - HS/EHH	Practical
11.30-13.00	Lunch break	
12.30-13.10	Resuscitation - RKÍ	Theory
13.10-13.50	Resuscitation - RKÍ	Practical
13.50-14.30	Resuscitation - RKÍ	Practical

* Students train each other

** Demonstration group from a club

Tutors:

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.