

Date: October 11<sup>th</sup>-12<sup>th</sup>, 2025

Location: KSÍ Headquarters in Laugardalur and Egilshöll Football Hall

Lectures that participants receive in advance and must watch before attending the course:

- Individual training – training by playing position
- Parent meetings
- Planning and football goals of the club/team
- Goalkeeper training – basics of goalkeeping training

## **Saturday, October 11th, KSÍ Headquarters**

8.30-8.40	Introduction and explanation of course assignment	
8.40-9.20	Planning and goal settings of a club/team - discussions	Discussion
9.20-10.00	Head injuries in football	Theory
10.10-10.50	Individual Training – Training by playing position	Theory
10.50-11.30	Individual Training – Training by playing position	Theory
11.40-12.20	Nutrition	Theory
12.20-14.00	Lunch break	
14.00-14.40	Tactics – team formations and player roles by position	Theory
14.40-15.20	Tactics – team formations and player roles by position	Theory
15.30-16.10	Tactics – team formations and player roles by position	Theory
16.10-16.50	Tactics – team formations and player roles by position	Theory

## **Sunday, October 12th, Egilshöll (before lunch) and KSÍ Headquarters (after lunch)**

9.00-9.40	Goalkeeper training – basics of goalkeeping training	Practical*
9.40-10.20	Goalkeeper training – basics of goalkeeping training	Practical*
10.30-11.10	Individual Training – Training by playing position	Practical*
11.10-11.50	Individual Training – Training by playing position	Practical*
11.50-13.00	Lunch break	
13.00-13.40	Sports Psychology - Feedback	Theory
13.40-14.20	Sports Psychology - Motivation	Theory
14.30-15.10	Sports Psychology - Motivation	Theory

\* Participants active

The program is published subject to change.

## **Tutors:**

**Course directors:** Arnar Bill Gunnarsson and Dagur Sveinn Dagbjartsson.

100% attendance is required for the course. Participants are asked to bring their own clothes for soccer practice on Sunday.