

KSÍ B 2 Coaching Course



Date: November 15th-16th, 2025

Location: KSÍ Headquarters in Laugardalur, Haukar Football Hall and Egilshöll Football Hall.

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

- Mental health of athletes
- Endurance training in Football

Saturday, November 15th, KSÍ Headquarters (theory) and Haukar Football Hall (practical)

8.50-9.00	Welcome and course introduction	
9.00-9.40	Sports Psychology - Cognitive Training/Communication - GG	Theory
9.40-10.20	Sports Psychology - Cognitive Training/Communication - GG	Theory
10.20-11.00	Sports Psychology - Cognitive Training/Communication - GG	Theory
11.10-11.50	Preventive Value of Sports - MLG	Discussions
11.50-13.00	Lunch Break	
13.00-13.40	Team Tactics – Defensive Play - ÓK	Theory
13.40-14.20	Team Tactics – Defensive Play - ÓK	Theory
15.10-15.50	Physical education - Endurance Training - LH	Practical*
15.50-16.30	Physical education - Endurance Training - LH	Practical*

Sunday, November 16th, Egilshöll Football Hall (before lunch) and KSÍ HQ (after lunch)

8.50-9.30	Team Tactics – defensive play - ÓK	Practical*
9.30-10.10	Team Tactics – defensive play - ÓK	Practical*
10.10-10.50	Team Tactics – defensive play - ÓK	Practical*
10.50-11.30	Team Tactics – defensive play - ÓK	Practical*
11.30-12.30	Lunch break	
12.30-13.10	Game analysis - ÓK	Theory
13.10-13.50	Game analysis - ÓK	Theory
14.00-14.40	Game analysis (looking at the game through the coach's eyes) - ÓK	Group work
14.40-15.20	Game analysis (looking at the game through the coach's eyes) - ÓK	Group work

* Participants actively participate

Tutors: Grímur Gunnarsson (GG), Margrét Lilja Guðmundsdóttir (MLG), Ólafur Kristjánsson (ÓK) og Lára Hafliðadóttir (LH).

Course leaders: Arnar Bill Gunnarsson og Dagur Sveinn Dagbjartsson.

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