

Date: January 17<sup>th</sup>-18<sup>th</sup>, 2026

Location: KSÍ Headquarters (Laugardalsvöllur), Haukar Football Hall (Hafnarfjörður) and Egilshöll Football Hall (Reykjavík)

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

- Goalkeeper training in U19 and U16
- Strength training in football

### **Saturday January 17th, KSÍ headquarters (theoretical) and Haukar Football Hall (practical)**

8.00-8.10	Welcome and introduction	
8.10-8.50	Injury prevention in football - ÁÁ	Theory
8.50-9.30	Injury prevention in football - ÁÁ	Theory
9.40-10.20	Injury prevention in football - ÁÁ	Practical
10.20-11.00	Transition – from defence to offense and offense to defence - AG	Theory
11.10-11.50	Transition – from defence to offense and offense to defence - AG	Theory
11.50-12.30	Transition – from defence to offense and offense to defence - AG	Theory
12.30-13.10	Lunch break	
13.10-13.50	LGBTQ+ and sports - HP	Theory
13.50-14.40	LGBTQ+ and sports - HP	Theory
15.20-16.00	Strength Training - LH/KÝF	Practical*
16.00-16.40	Strength Training - LH/KÝF	Practical*

### **Sunday January 18th, Egilshöll Football Hall (practical) and KSÍ headquarters (theoretical)**

8.50-9.30	Transition – from defence to offense and offense to defence - AG	Practical
9.30-10.10	Transition – from defence to offense and offense to defence - AG	Practical
10.10-10.50	Transition – from defence to offense and offense to defence - AG	Practical
10.50-11.30	Transition – from defence to offense and offense to defence - AG	Practical
11.30-12.40	Lunch break	
12.40-13.20	The work environment of coaches - demanding behaviour - SÁ	Theory
13.20-14.00	Controlling a Game – DSJ	Theory
14.10-14.50	Controlling a Game – DSJ	Theory
15.50-15.30	Controlling a Game – DSJ	Theory
15.40-16.20	Controlling a Game – DSJ	Theory

\* Participants active

**Tutors:** Ásta Árnadóttir (ÁÁ), Arnar Grétarsson (AG), Lára Hafliðadóttir (LH), Katrín Ýr Friðgeirsdóttir (KÝF), Hanna Þráinsdóttir (HP), Soffía Ámundadóttir (SÁ), Davíð Snorri Jónasson (DSJ).

**Course leaders:** Arnar Bill Gunnarsson og Dagur Sveinn Dagbjartsson.

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