

KSÍ C 1 Coaching Course



Date: April 5th-7th 2024

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

Friday, April 5th, KSÍ Headquarters

9.00-9.10	Welcome and introduction	
9.10-9.50	Referee – Laws of the game - MMJ	theory
9.50-10.30	Referee – Laws of the game - MMJ	theory
10.30-11.10	Referee – Laws of the game - MMJ	theory
11.20-12.00	Coaching Children - HS	theory
12.00-12.40	Coaching Children - HS	theory
12.40-13.20	Lunch break	
13.20-14.00	Coaching Children - HS	theory
14.00-14.40	Coaching Children - HS	theory
14.50-15.30	Technical Training - HS	theory
15.30-16.10	Technical Training - HS	theory

Saturday April 6th, 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 7th, 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.