

Date: February 14<sup>th</sup>-15<sup>th</sup>, 2026

Location: KSÍ headquarters at Laugardalsvöllur, Haukar Football Hall og Egilshöll Football Hall

## **Saturday, February 14<sup>th</sup>, KSÍ headquarters (theory) and Haukar Football Hall (practical)**

9:10-9:30	Course introduction and KSÍ A Coaching School introduction	
9:30-10:00	Sociology of sport	Theory
10:10-10:50	Sociology of sport	Theory
10:50-11:30	Sociology of sport	Theory
11:30-12:30	Lunch break	
12:30-13:10	Team tactics – Attacking play	Theory
13:10-13:50	Team tactics – Attacking play	Theory
14:00-14:40	Team tactics – Set pieces	Theory
14:40-15:20	Team tactics – Set pieces	Theory
15:20	Go to Haukar Football Hall	
16:30-17:30	Team tactics – Set pieces	Practical*

## **Sunday, February 15<sup>th</sup>, Egilshöll Football Hall (practical) og KSÍ headquarters (theory)**

8:50-9:30	Team tactics – Attacking play	Practical*
9:30-10:10	Team tactics – Attacking play	Practical*
10:10-10:50	Team tactics – Attacking play	Practical*
10:50-11:30	Team tactics – Attacking play	Practical*
11:30-13:00	Lunch break	
13:00-13:40	Coaching in Multi Culture environment	Theory
13:40-14:20	Coaching in Multi Culture environment	Theory
14:30-15:10	Training for women with regard to the menstrual cycle	Theory
15:10-15:50	Training for women with regard to the menstrual cycle	Theory
16:00-16:40	Importance of sleep for athletes	Theory

\* Demonstration group from a club

KSÍ B Coaching School is a part of the KSÍ B 4 Coaching Course. Participants must finish the KSÍ B Coaching School before May 1<sup>st</sup>, 2026.

### **Tutors:**

**Course Leaders:** 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.