

Date: October 3rd-4th, 2026

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 3rd, KSÍ Headquarters

8.10-8.20	Introduction and explanation of course assignment	
8.20-9.20	Planning and goal settings of a club/team - discussions	Discussion
9.20-10.00	Head injuries in football	Theory
10.10-10.50	Nutrition	Theory
10.50-11.30	Individual Training – Training by playing position	Theory
11.40-12.20	Individual Training – Training by playing position	Theory
12.20-13.20	Lunch break	
13.20-14.00	Tactics – team formations and player roles by position	Theory
14.00-14.40	Tactics – team formations and player roles by position	Theory
14.50-15.30	Tactics – team formations and player roles by position	Theory
15.30-16.10	Tactics – team formations and player roles by position	Theory

Sunday, October 4th, Egilshöll (before lunch) and KSÍ Headquarters (after lunch)

8.40-9.20	Goalkeeper training – basics of goalkeeping training	Practical*
9.20-9.50	Goalkeeper training – basics of goalkeeping training	Practical*
10.10-10.50	Individual Training – Training by playing position	Practical*
10.50-11.30	Individual Training – Training by playing position	Practical*
11.30-12.30	Lunch break	
12.30-13.10	Sports Psychology - Feedback	Theory
13.10-13.50	Sports Psychology - Motivation	Theory
14.00-14.40	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.