

# KSÍ C 2 Coaching Course



Date: February 7<sup>th</sup>-8<sup>th</sup>, 2026

Location: Capital area

## Presentations that participants need the watch before entering the course:

- The Football Coach
- Basic Physical Training
- Team Tactics 5v5 og 8v8
- Coaching 9-12-year-olds
- Goalkeeping Coaching in the youngest age-groups

## Saturday, February 7<sup>th</sup>

9.20-9.30	Course introduction	
9.30-10.10	Coaching 9-12-year-olds	Discussion
10.10-10.50	Basic Physical Training	Discussion
11.00-11.40	Team Tactics - 5v5 og 8v8	Discussion
11.40-12.20	Practical preparation	Practical
12.20-13.30	Lunch break	
13.30-14.10	Practical Session, Students train each other	Practical *
14.10-14.50	Practical Session, Students train each other	Practical *
14.50-15.30	Practical Session, Students train each other	Practical *
15.30-16.10	Practical Session, Students train each other	Practical *
16.10-16.30	Practical Session, Students train each other	Practical *

## Sunday, February 8<sup>th</sup>

9.00-9.40	U12 Football Practice	Practical **
9.50-10.30	U12 Football Practice	Practical **
10.30-11.10	U12 Football Practice	Practical **
11.10-12.00	Lunch break	
12.00-12.40	Goalkeeper training in the youngest age-groups	Discussion
12.40-13.20	Coaching Children with special needs	Theory
13.30-14.10	Resuscitation	Theory
14.10-14.50	Resuscitation	Practical
14.50-15.30	Resuscitation	Practical

\* Participants train each other

\*\* Demonstration group from a club

## 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.