

## KSÍ Technical skills school project



- A DVD for children and youth players who play football in Iceland.
- 20.000 copies
- 16.000 distributed in 2011
- More than 100 exercises to improve technical skills
- National team players interviews
- Good advice for young players

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## KSÍ Technical skills school project



- Every single club visited
  - Every single player received a copy from a national team player or a national team coach
  - Big event for the clubs
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## Technical skills categories:



- Juggling
  - Attacking moves
  - Shooting and finishing
  - Dribbling
  - Receiving the ball
  - Passing and kicking technique
  - Heading
  - Football tricks
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## National team interviews:



- Arnór Smáráson, Esbjerg
  - Aron Einar Gunnarsson, Coventry
  - Dóra María Lárusdóttir, Djurgarden
  - Grétar Rafn Steinsson, Bolton
  - Gylfi Sigurðsson, TSG Hoffenheim
  - Hólmfríður Magnúsdóttir Philadelphia Independence
  - Margrét Lára Viðarsdóttir, Kristianstads DFF
  - Rúrik Gíslason, OB
  - Sara Björk Gunnarsdóttir, Ldb Malmö
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## The aim of the project:



- Improve technical skills
  - Create positive role models
  - To encourage the youth players and give them a tool to train on their own
  - To bring the national team players closer to the youth players
  - Improve the image of the national teams
  - To promote a healthy lifestyle for the youth players
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