

# Friday, 24 January- Pre-conference event

## "Football Fitness" course - free of charge

Time	Subject	Venue
15.30-15.45	Introduction and coffee	FSF-húsið
15.45-16.15	Football Fitness is healthy, fun and social. 15 years of research.	FSF-húsið
16.15-16.45	How to organize a Football Fitness training session.	FSF-húsið
16.45-17.15	Sandwiches	FSF-húsið
17.15-18.30	Practical Football Fitness training sessions. The course participants are also players.	Football pitch
18.30-18.45	How to modify drills and pair-exercises to the participant group.	FSF-húsið
18.45-19.45	Group work to prepare a Football Fitness training session	FSF-húsið
19.45-20.30	Practical Football Fitness training session	Football pitch
20.30-21.00	Evaluation, experiences from the Faroe Islands, recruitment. Diplomas.	FSF-húsið

### Instructors:

Peter Krstrup, professor, Institut for Idræt og Biomekanik, SDU

Georgios Ermidis, Ph.d student Institut for Idræt og Biomekanik, SDU

Esben Elholm Madsen, Ph.d student Institut for Idræt og Biomekanik, SDU

May-Britt Skoradal, Ph.d student Fróðskaparsetur Føroya