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Quarter-finals on UEFA European finals x3



Quarter-finals EURO 16  
Smallest nation WorldCup '18

Population of 339,657

67% in  
Reykjavik area



Olympic silver in 2008 in mens handball

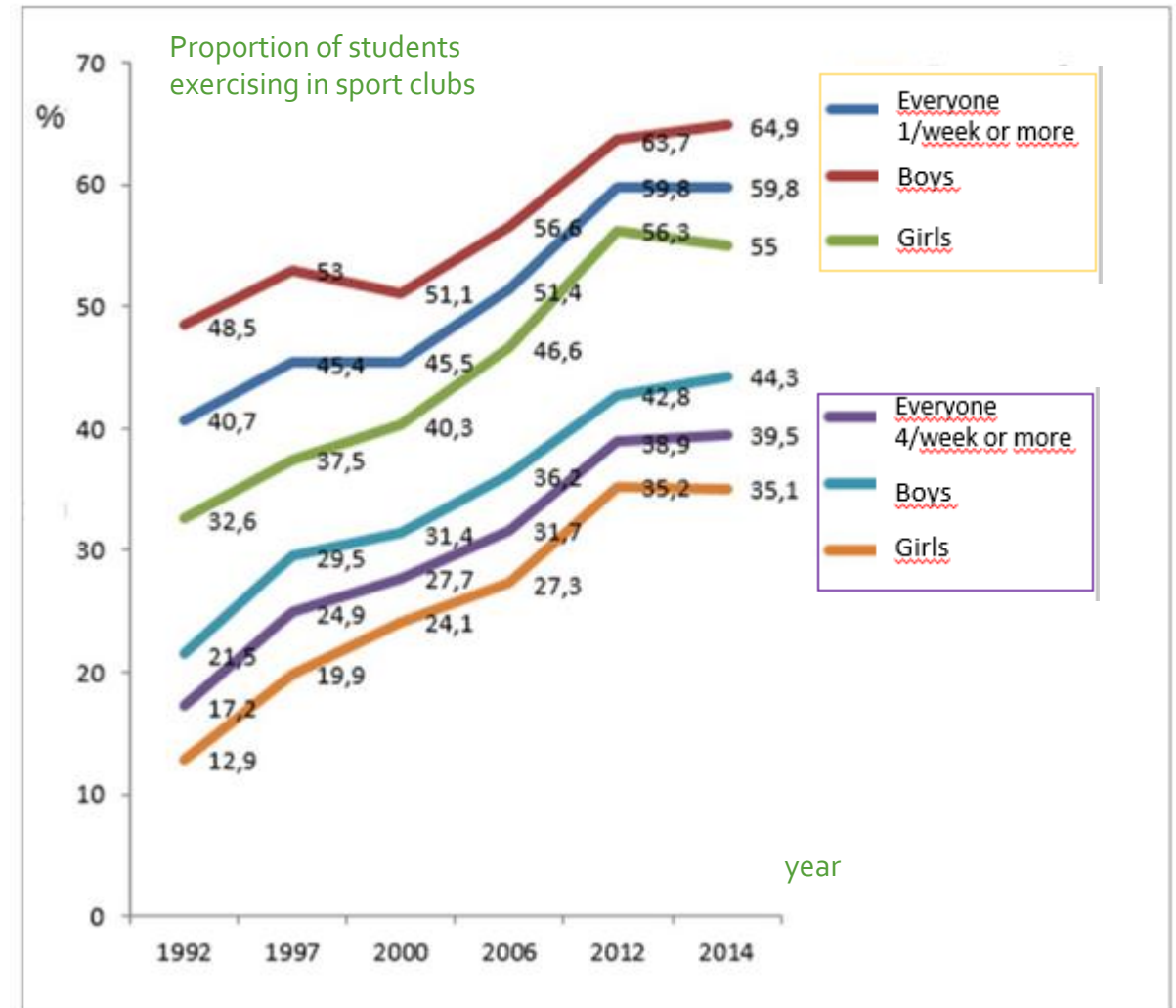
# How?

- Sport participation has increased, specially among children and adolescents
- Supported by the community
  - $\approx$  2500 sek/year
- Sport clubs = educational institutes?



# Sport participation among Icelandic Youth

- Participation in sports from 1992 to 2014
- 14 to 16 years old (class 9-10)
- Around 40% of all students participated in sports in sports clubs in 1992 but around 60% in 2014
- Proportion of those who exercise  $\geq 4$  per week has increased from 17% to 43%
- 83% of 12-14 years old play sports



# Registered football players in clubs



- Denmark 330,000
  - FIFA ranking list: men 10 – women 17



- Sweden 240,000
  - FIFA ranking list: men 14 – women 9



- **Iceland 23,000**
  - FIFA ranking list: men 38 – women 22
    - **Nr. 109 in 2007, nr. 75 in 2009**
    - Women's team more stable



- Norway 400,000
  - FIFA ranking list: men 48 – women 13



- Finland 115,000
  - FIFA ranking list: men 59 – women 28

## Men March 2019 (best 21 in 2016)

36		Northern Ireland
37		Costa Rica
38		Korea Republic
38		Iceland
40		Scotland
41		Turkey

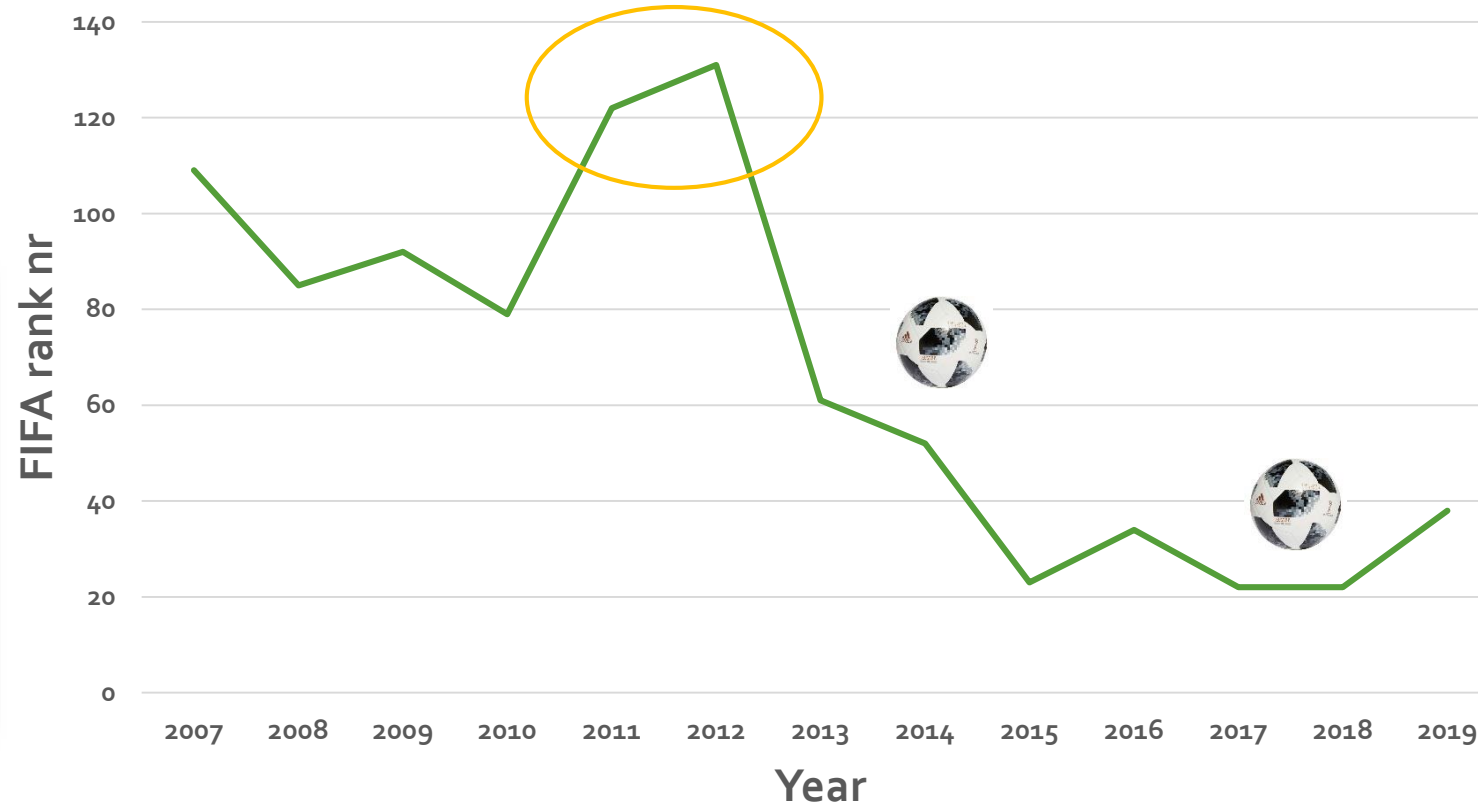
20		Scotland
21		Belgium
22		Iceland
23		Austria
24		Ukraine

## Women March 2019 (best 15 in 2011-12)

# What changed?



FIFA rank list from 2007 to 2019





# Facilities

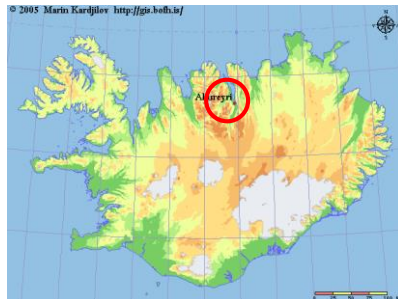
- First indoor football hall opened in 2000
  - 7 full size football halls in 2019
  - 154 mini pitches
- One full size pitch for every 128 registered players
- Football players better prepared
- Increased quality of trainings



# Akureyri - 18,800 inhabitants



- 7 mini pitches ✖
- 1 full size indoor football hall ✖
- 2 full size outdoor artificial pitches ✖
- ≈ 20 natural grass pitches
- 1300 football “players”







# High level of coach education

- Director of coach education hired in 2002
- 1000 take courses in coach education every year
- Qualified coaches with UEFA-A and/or UEFA-B levels in almost every club playing in the top two divisions
- Most kids from 6 years old have qualified coaches
  - Many pedagogues as well
- Coaches are payed, not volunteers



# More trainings

- More frequent trainings compared to children in Sweden and Norway
  - Trainings on workdays
  - Compete more often
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- An example from Akureyri's football club
    - Trainings for 5 to 6 year olds: 2 times/week for 45 min (winter)
    - Trainings for 5 to 6 year olds: 4 times/week for 45 min (summer)
    - Trainings for 9 to 10 year olds: 3 times/week for 60 min (winter)
    - Trainings for 9 to 10 year olds: 4 times/week for 90 min (summer)



Football association of Iceland, 2019

[www.ka.is](http://www.ka.is)



# The X factor

Good  
genes?

Facilities

Luck?

Resilience



Smallness

Character





# References

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