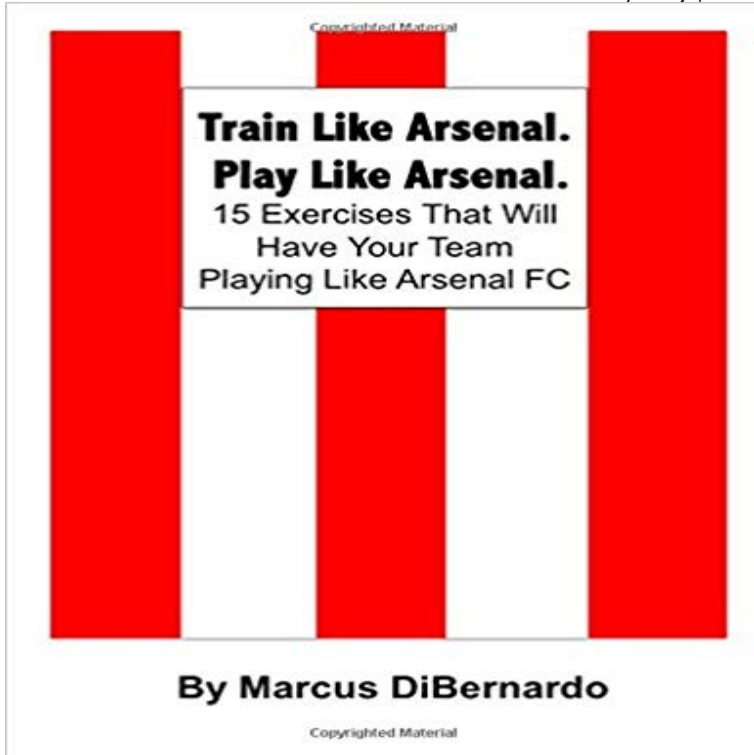


Train Like Arsenal. Play Like Arsenal.: 15 Training Ground Exercises That Will Have Your Team Playing Like Arsenal FC.



This book is not designed to break down Arsenal's 4-4-2 or 4-2-3-1 Formation. It is not an in-depth tactical analysis of each player's roles and responsibilities in the system. If you are interested in details of specific systems you can pick up my book *Playing The Modern 4-2-3-1* or *Playing The Modern 4-4-2 Diamond*. The focus of this book is to provide you with training ground exercises that focus on the major principles and concepts that Arsenal embrace in their style of play. Many of the exercises are directly from Arsenal FC. Each exercise directly relates to the Training Model that fits with Arsenal's Game Model. The exercises focus on the four phases of the game: attacking transition, attacking organization, defensive transition and defensive organization. Arsenal is known for their ball circulation (attacking organization), quality of passing, movement off the ball and penetrating passing in the final third. Playing the Arsenal style requires excellent technical players, a belief in a passing system, tactical intelligence and the ability to break down teams and finish in the attacking third. Playing against Arsenal can be very difficult because the majority of possession is usually with Arsenal. Sessions focus on ball circulation, penetrating the attacking 1/3 and developing quick technical passing ability. These exercises will have your team training like Arsenal and after time playing like Arsenal (training model = game model). I would strongly recommend that you also read my book *Tactical Periodization: Made Simple* in order to get a greater understanding of how to organize and create a training system like the ones the top clubs in the world use. I hope you find the exercises rewarding!

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