



STRONG YOUNG GUNNERS

ARSENAL FD TRAINING PROGRAMME



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| SYG MODEL | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
|-----------------------|---|--|---|---|----------------------|
| SESSION TYPE | Strong Young Gunner Session | | | | |
| EFFECTIVE TEAM PLAYER | Ball Mastery, Dribbling & 1v1s | Possession Principles: Passing & Receiving | Transitions: Counter Press & Counter Attack | Create & Finish the Attack: Decision Making & Ball Striking | Tournament/ Game Day |
| EFFICIENT MOVER | Agility, Speed, Balance, Sprint Repeatability | Balance, Coordination, & CV Endurance | Footwork, Agility, Speed, Balance, Sprint Repeatability | Agility, Speed, Coordination, Sprint Repeatability | Functional Movement |
| LIFELONG LEARNER | | | Growth Mindset, Self-Reflection, Learning how to be a Team Player | | |
| CHAMPION MENTALITY | | | Every Choice, Behaviour & Day Matters | | |

*TERMINOLOGY WILL BE CATERED TO THE AGE GROUP & SOME SESSIONS MAY CHANGE