CHƯƠNG TRÌNH HUẤN LUYẸN BÓNG ĐÁ DÀI HAN ARSENAL.

1. U5-8

* Game

1. U9-10

* Technique

1. U11-12

* Technique
* Speed
* 1x1

1. U13-14

* Technique
* Speed
* Tactique: 1x1, 2x1, 3x1, 3x2, defense 3player.
* Physique: coordination

1. U15-16

* Tactique: 4 depense
* Tactique: 1x1, 2x2, 3x2, 6x4, 8x6.
* Physique: little Strong, little Anaerobic with ball, Aerobic

1. U17 +

* Tactique: All
* Physique: Anaerobic, Strong