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