



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



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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

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## Cal 96: Flowers



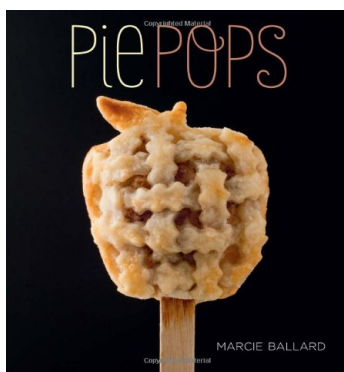
### Posture and Performance: Principles of Training Horses from the Anatomical Perspective

From an equine therapist and rider comes a training manual, based on the Horses Inside Out philosophy: 'Understanding Anatomy Improves Performance and Reduces the Risk of Injury'. Divided into three main parts: Principles of Anatomical Riding and Training; Exercises for Horse and Rider; Tro



### Fighting Lust

Ryder "Playboy" King is what everyone calls me, in and out of the octagon. I'm fine with being known as a Playboy. I've turned it into an art form. A big smile, charm, and a little flattery - and my needs are easily met. Besides, giving a shit can get a man hurt



### Pie Pops

Simple recipes for sweet and savory bites From the frozen treats we look forward to during the hot days of summer to all-day suckers, hot dogs, and even cake, everything tastes better on a stick. So why not pie? Pie Pops are just that, mini pies on a stick that will appeal to both young and old a

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