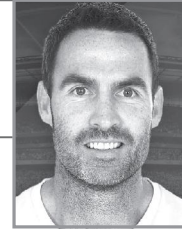


## WHAT MONITORING IS BEING DONE FROM ELITE CLUBS?

### Forsythe S

Arsenal FC, London, United Kingdom



Based in London, Arsenal Football Club competes primarily in the English Premier League. While the Premier League is Arsenal's Primary competition, the club has enjoyed Champions League Football since the 1998-99 season and often competes simultaneously in the FA Cup and League Cup. Enduring four separate competitions yearly, understandably the physical/psychological demands placed on our squad is extremely high. Arsenal's three full-time Fitness Strength & Conditioning staff, work closely with our match analysts, Global Positioning System (GPS) specialist, and medical team to capture relative data on our players to assist us in planning their training and recovery strategies.

At Arsenal Football Club we look at our monitoring in three different categories:

1. Pre-Season. Pre-season screening for biomechanical issues that need to be targeted in a preventative way. This also includes previous injury history. Various physical testing, including anthropometric measures, are also done to gauge a players starting point and help in training recommendations over our pre-season training and may continue into our in-season plan. During our pre-season camp it is important that we establish norms and gather as much data on how our players react to the stresses placed upon them in training camp.
2. In-season. Competing in four separate competitions over 10 months is highly demanding and keeping our players healthy and fresh is our primary goal. We utilize GPS training data as a means of monitoring our daily training load and match analysis data, usually Prozone (Leeds, United Kingdom) for the Premier League, to gauge our match exertion. Match exertion and training load allow us to better plan our training week/loads/progressions for the certain micro-cycle within our competitive season. Hydration and anthropometric measures are also monitored regularly throughout the season. When possible due to suspension or return from injury we tend to re-visit our physical testing to gauge a player's fitness status and/or comparison to pre-season or pre-injury norms.
3. Recovery. This is probably our most important area to monitor and this starts with pre-testing before training camp and constant monitoring of our subjective and objective markers during our pre-season camp and after pre-season matches to establish clear norms for our players as we enter into the competitive 10-month season. We look to re-test our players constantly throughout the season on match day plus 2. Our aim is to best equip our technical staff with the current status of our players to better plan our training loads including individual changes when necessary that allow our players the best opportunity to perform at their highest level for the success of Arsenal Football Club.

The Fitness Strength & Conditioning Team at Arsenal Football Club, strive to monitor our players with the primary objective of enhancing the performance of our Football Team in all four competitions. We want the best team on the pitch, physically & psychologically/technically & tactically, that we can field for continued success and achievement for our club. Any data collected individually most likely represents very little in how it influences performance and it thus the interpretation and integration of the many different types of monitoring data that truly gives you a realistic look at the current state of your individual players and team.