Is the quadruple on the table for Arsenal FC?

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With eight Premier League games, the EFL Cup final, Champions League Round of 16 and the FA Cup quarter finals all taking place within the next two months, Arsenal has their eyes set on the quadruple.

The North London side currently sits first in the Premier League, seven points clear of Manchester City, who have a game in hand.

Outside of their 1-1 draws with Nottingham Forest and Tottenham, Manchester City has looked virtually unstoppable in the Premier League since the end of January, winning five out of their last seven matches.

Arsenal looks just as good though, winning five out of their past seven Premier League games while drawing the other two against Wolves and Brentford.

The two sides are polar opposites. Arsenal is known for its ferocious defense with players like Jurrien Timber, Gabriel Magalhães, William Saliba, Piero Hincapié, Riccardo Calafiori, Cristhian Mosquera and David Raya. Manchester City is known for their electric attack with Erling Haaland, Phil Foden, Omar Marmoush and Antoine Semenyo.

Both City and Arsenal have scored 59 goals so far this season, but Arsenal's defense has allowed 22 goals in 30 matches compared to City's 27 goals allowed in 29 matches.

"In the next four months we are going to live and play with enjoyment, with a lot of courage and with a conviction that we are going to win it," Arsenal Manager Mikel Arteta said in a press conference on Arsenal's YouTube channel.

Arteta has this team rolling on all fronts. The 2025-26 Arsenal team looks more poised and more confident than in past years.

After being back-to-back-to-back runner-ups the past three years, it's looking more and more like this team could finally be the bride instead of the bridesmaid in the Premier League.

In the EFL Cup, Arsenal will face title rivals Manchester City on Sunday, March 22. Both teams are in elite form and both made easy work of their opponents on the way to the final.

In their September 21 matchup, they drew 1-1, with Arsenal dominating the stat sheet. In that game, Arsenal had more shots, possessions, passes and corners.

But the North London team almost lost that game. Haaland scored in the ninth minute and it took until 93rd minute for Martinelli to level the score.

It is also good to note that after the Haaland goal in the ninth minute Manchester City implemented a low block to prevent Arsenal from scoring.

Both teams are evenly matched so it will be a toss-up to who wins but Arsenal have a chip on their shoulder so that could prove to be the difference.

In the Champions League, Arsenal dominated, being the only team to win all their games in the league phase. Arsenal even routed Champions League favorites, Bayern Munich 3-1 and Series A giants, Inter Milan 3-1.

Arsenal looks like the best team in the world when playing in Europe and that could prove the difference in the latter stages of the knockout rounds.

In the round of 16, Arsenal played Bayern Leverkusen, who finished No. 16 in the league phase. Leverkusen beat Greek side Olympiacos to make the knockout rounds.

Arsenal, just like the Premier League, have had the clear best defense in the Champions League, allowing just four goals in the opening eight matches. They also had the best attack in the Champions League, scoring 23 goals.

During the two-legs of the round of 16, Leverkusen is going to need to bring their best to bring down Arsenal, and even that might not be enough.

If Arsenal beat Leverkusen, they will have to play either FK Bodø/Glimt or Sporting CP in the quarter finals and if they make it to the semifinals they will have to play Barcelona, Newcastle or Atlético de Madrid since Tottenham is pretty much eliminated after losing their first leg 5-2.

In the FA Cup Arsenal face Southampton in the quarter finals after beating Mansfield Town 2-1 in the fifth round.

They also look like the best team in the competition so it would be hard to bet against them. If they make it to the finals, they will likely play Liverpool, Manchester City or Chelsea.

That could prove to be difficult for the London side, but they've beat Chelsea three out of the four games they've played this season.

They haven't beaten Liverpool this season though, losing their first match 1-0 and then drawing the second 0-0.

If any Arsenal team in history could complete the quadruple, it would be this one. They are the best in the world defensively and attacking wise they are not shabby either.

It would take a heroic effort, but with this Arsenal team, anything is possible.





Arsenal players celebrate on the field. The team is looking for a championship this year after being the runners-up for the past three years.
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Sports Spectrum: The Law of Loyalty

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In professional sports, athletes can seldom keep to the promise of loyalty. The promise is an oath made when first drafted to stay with the franchise that drafted them, even if the team is revealed to commit malpractice at any point during their career.

In some cases, the promise takes athletes farther than imaginable, to the top of respective conversations and the undisputed best in their craft. Take Stephen Curry: four championships with one team, the Golden State Warriors. Winning a championship defines a legacy.

The downsides start to roll in when one considers what happens after those championships. Many teams opt to retain talent around superstars that win titles with their franchises. Golden State notably tried to do this, though they swung and missed when it came to getting key free agents like Anthony Davis and LeBron James.

Curry was involved in recruiting star players because he, alongside other players, wanted to maximize the last couple of years he had. It's been hinted that he grew tired of the charade, with the front office hesitant to trade young players for a while.

This offseason continued the post-2022 Warriors' consistent refusal to add meaningful talent, often resulting in Curry posting amazing stat lines while they drop games. In a league where teams are making moves that make them better or worse, Golden State essentially decided to run the same core back, adding only the players they drafted in this year's draft.

Damian Lillard's situation is the same. A decade of loyalty to Portland peaked, in terms of memorability, with a shot over Paul George, then with the Oklahoma City Thunder. That year was the furthest the Trail Blazers had ever gotten in the postseason: the 2019 Western Conference Finals.

Most recently, Giannis Antetokounmpo was traded from Milwaukee after long-standing tensions. The Bucks fell into the same trap the Warriors did with the "two-timeline idea," where a team collects young talent, often at the expense of the current championship core. Staying in Milwaukee until the roster aged out and the asset chest ran dry proved that unchecked loyalty eventually traps both sides in uncompetitive purgatory.

In the modern NBA, leaving often becomes the only merciful move left to let a franchise rebuild.

Front office executives, who are legally reponsible for managing salary caps, apron restrictions and asset depreciation, see paying an icon based on sentimentality as a form of corporate malpractice.

This is especially true if the player is injured, aging or both, as it conflicts with their fiduciary duties under the collective bargaining agreement. These offices must often put the future before the player in front of them, and it often results in trades that profoundly affect fans and players alike.

Isaiah Thomas played through the death of his sister and sacrificed his hip to get the Celtics to the Eastern Conference Finals, only to be traded for Kyrie Irving in the same summer. Almost a decade later, the Celtics traded 2024 Finals MVP Jaylen Brown for similar reasons; from an operational perspective, having two players make up near 70% of their payroll would limit flexibility in the future. This mindset is why almost every member of that championship starting 5, save Jayson Tatum and Derrick White, is now gone.

Luka Doncic got the Mavericks to the Finals and was traded because they were unwilling to pay him a supermax, among other things. Blake Griffin had a mock jersey retirement in 2017 and was promised a lifetime with the Clippers; yet six months later, he was traded to Detroit. Chris Paul had this happen twice: once from Houston to Oklahoma City, and again from the Clippers, who released him midseason after a clash in leadership styles, effectively ending his NBA career on that note.

Anti-player as these moves are with context, why do fans dislike it when players jump ship and leave?

Kevin Durant is probably the most infamous example of this -- after blowing a 3-1 lead to the Golden State Warriors, he left Oklahoma to join the latter team in free agency. Fans despised him not necessarily because he left, but because he chose the best basketball environment available, violating the unwritten rule that superstars must suffer alone.

James Harden is infamous for forcing exits via trade demands, intrinsically exposing the transactional nature of the sport. Fans often see that as an insult to the city and the fanbase, rather than a rejection of a front office unsure of its long-term plans or that failed to build a contender.



Stephan Curry celebrates with his teammate on the court. He will go on to win a championship later in the season with the Golden State Warriors.
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