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, 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 withplayers like Jurrien Timber, Gabriel Magalhães, William Saliba, Piero Hincapié, Riccardo Calafiori, Cristhian Mosquera and David Raya. While 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 ae going to live and play with enjoyment, with a lot of courage and with a conviction that we are going to win it," said Arsenal Manager Mikel Arteta 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 runners-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 Sept. 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 Serie 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 in the Premier League, has 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 faces 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 defensively the best in the world and attacking wise, they are not shabby either.

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



Arsenal players playing in March of 2026. The team's record is currently 20-7-3 in the 2025-2026 Premier League season.
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WOMEN'S HOCKEY:

Huskies gear up for second-ever NCAA tournament run

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For the second time in program history, the No. 7 UConn women's hockey team (27-8-2) is set to play in the NCAA tournament, as they will travel to Happy Valley to take on No. 11 Princeton (23-10) in the Penn State Regional on Thursday, March 12.

"We can't take for granted that we're gonna be in this thing every year," Head Coach Chris MacKenzie said after practice Monday. "I mean, really just enjoy the moment and prepare yourself to play the best you can and see what happens."

The Huskies took a pair against Princeton all the way back in October, outscoring the Tigers in the aggregate, 5-1.

However, those were the first two games of the season for the Tigers. The Huskies had played four. A lot can change in five months, especially once a team has a chance to knock the rust off.

One thing that has surely remained steady and possibly even improved is the play of senior Kyla Josifovic.

The captain had the Tigers by the tail across the two-game series, scoring two goals in game one and adding another on a power play the next day.

The forward was also sensational through the Huskies' run through the Hockey East Tournament. The Ontario native scored a goal in all three games UConn played, including the game winner in the Hockey East Championship against Northeastern in double overtime.

"I think she gained a lot of confidence being voted on as a captain of our team...," MacKenzie said. "Really, I think that springboarded her confidence.

She's just really asserted herself this year. What she did Saturday, she's done quite a bit this year, so really happy with her consistency and willingness to improve all four years in her career."

Beyond Josifovic's stellar postseason run, nine other Huskies have scored a postseason goal.

Claire Murdoch has produced an outstanding month-plus stretch. After being named Hockey East Player of the Month for February, the forward scored one goal and added six assists across three games in the conference tournament. The sophomore is currently sitting on an eight-game point streak.

"We have depth throughout our lineup," said senior captain and starting goalie Tia Chan after Monday's practice. "We have the offensive firepower this year."

Chan herself is coming off a career-best 57 saves in the overtime win against Northeastern, one that got her named Hockey East Tournament MVP. A top 10 Patty Kazmaier award finalist, Chan has been one of the best goalies in the country, but will have to maintain a level of play that saw her stop 94.6% of shots this season if the Huskies are to have a chance at a deep run.

"It's a little bit more pressure," Chan said. "But this team, we love pressure and definitely we're gonna thrive under it. It's a special feeling that we will raise a banner in this building, but knowing that there's another banner that we could raise in this building and it would be the first for ice hockey here, that's very special."

For the Tigers, Chan mentioned Issy Wunder and Mackenzie Alexander as players to watch out for on Princeton.

Indeed, the two forwards represent the Tigers' top two goal scorers. Wunder led the team with 27 goals en route to being named Ivy League Player of the Year. Alexander was right behind her with 22 goals. Both players reached the 40-point mark this year.

Goalkeeper Uma Corniea joined Wunder on the conference first-team list and has stopped 93.7% of shots faced this season.

With a chance at the Nittany Lions in round two on the line, the puck drop for the round one matchup is scheduled for 7 p.m. at the Pegula Ice Arena. The game will stream live on ESPN+.

"We're trying to climb steadily, and this is what we're doing," MacKenzie said. "This is another step. We're in the top ten most of the year.

We're in the NCAA tournament. It's just another part of trying to be a perennial contender in the NCAA."



UConn women's hockey team playing against the Holy Cross Crusaders in the Hockey East semi-finals. The game took place at the Toscano Ice Forum on Tuesday, March 3, 2026.
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