



**NATIONAL SOCCER COACHES ASSOCIATION OF AMERICA**

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## **NSCAA Coaching Methodology: Shadow Training**

**Paul Payne**

**NSCAA Vice-President of Education-Senior National Academy Staff Coach**

**Head Men's Coach-Bloomsburg University**

- The entire team playing against little or no opposition from initiation of attack by goalkeeper to shot at goal.
- Done on day before game, when tactical patterns need to be played in, or when hard physical work is not advisable.
- Shadow training implements a style of attack and makes a picture for team members. Can be done with individuals, groups of blocks of players and finally with the entire team.
- Coach can decide when and where to add pressure to make the session more "Real to the game".

**Phase 1: Warm -Up**

**Phase 2: Attacking out of the Back**

**Phase 3: Attacking in Middle 3<sup>rd</sup>**

**Phase 4: Attacking in the Final 3<sup>rd</sup>**

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