



Actions to Finish the Attack (Age: U15/U16)

Category: Academy: Finish the attack
Skill: U16

Utah Youth Soccer
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Description

Objective

Improve teams ability to break defensive lines and finish attacks by finding free players between or behind the lines, executing the final pass through combination play or penetrating passes, and finishing with limited touches to maximize speed and efficiency in front of goal.

Principle

Break Lines to Advance the Attack, Finish the Attack

Sub Principle(s)

Find a free player between or behind the lines, Final pass: through ball or combination player,
Finish: use limited touches

Session Load

Organizational/Maintenance (40%/50%)

Microcycle

Match day -2

Pattern

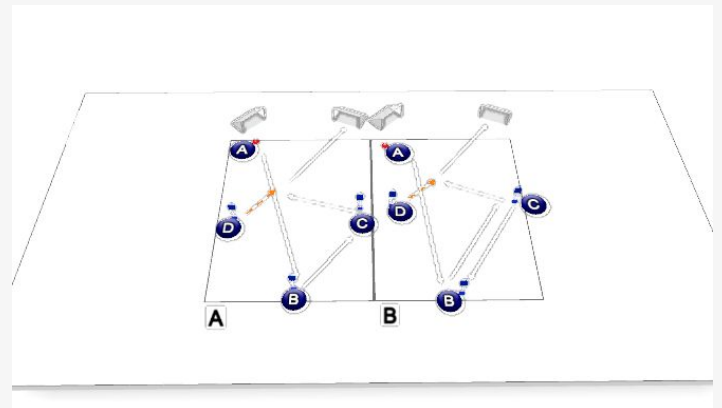
Players -18 players divided up on cone and mannequins/poles

Space/Equipment -40x40, small goals, 3 (min) mannequins/poles and flat markers/cones

Time -2 sets x 0 min (off between sets), 4 reps (per set),
2 min (on) x 0 min (off) = 16 min (activity total time)

Description

- Players are positioned as shown.
- Left hand side (A) is starting pattern
- Right hand side (B) is a progression in pattern
- Alternate sides



Coaching Points

Find and play forward early -Break lines by spotting the free player between or behind defenders and passing with intent.

Limit touches in finishing zones -Control quickly and finish decisively to keep the speed of attack.

Choose the right finish -Strike from distance when space allows, finish first time from crosses, and adjust your body for the best contact.

4v4+2 Targets

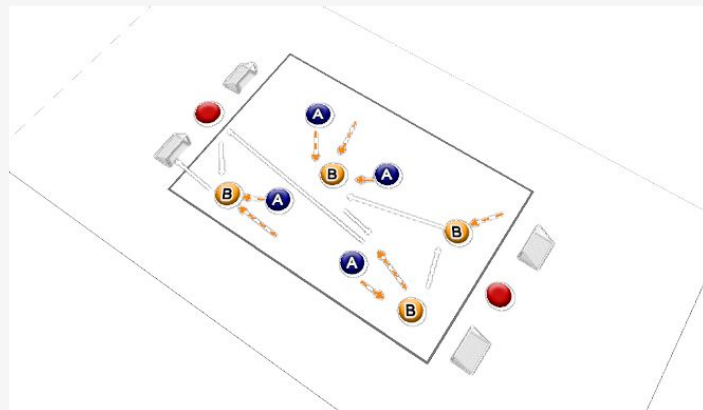
Players -10 (4v4+2, as shown) or 8 (3v3+2, based on numbers).

Space/Equipment -35x25 (4v4), 25x20 (3v3), 4 min goals

Time -2 sets x 2 min (off between sets), 4 reps (per set), 2 min (on) x 1 min (off) = 26 min (activity total time)

Description

- 2 teams of 4 with 2 targets
- Team in possession looks to score in the small goals
- Look to combine with the target creating (2nd/3rd man combination) to score in goals. Playing into the target and scoring goal = 2 points. Scoring directly into the goal = 1 point
- Target player (behind) can be used to help in the build up
- When goal is scored ball starts back with team that scored - in the build with target



Coaching Points

Scan and identify options - Look first for the furthest free player behind or between lines, then check closer options.

Take calculated risks - Recognize when to skip a line and play forward with purpose to break pressure.

Pass with precision and intent - Deliver the ball quickly, accurately, and with the right pace to guide your teammate's next action.

Support the pass - Move immediately after playing the ball to provide angles and maintain the attacking flow.

Choose the right finish - Strike from distance when space allows, finish first time from crosses, and adjust your body for the best contact.

Target Finishing/3rd Man Runs

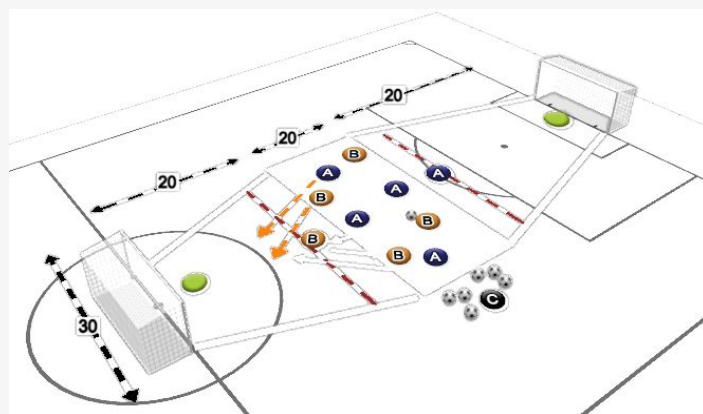
Players -12, including 2 GKs. Rotate players as needed

Space/Equipment -Set up as shown. Each space shown is approx. 20 yards long, with the central area set up in a 20x30, with the boundaries slanting into the goal post

Time - 2 sets x 2 min (off between sets), 4 reps (per set), 3 min (on) x 1 min (off) = 34 min (activity total time)

Description

- 4v4 in space with target positioned on line as shown.
- Team in possession can progress to goal after connecting with target player, who plays back into area initiating the cue for the 3rd man runs to happen.
- As pass is being played into the attacking area, team in possession can add one player to goal and the opponent can add one player
- After goal is scored, team that scored starts with a ball from the coach
- Rotate players as needed



Coaching Points

Arrive with purpose -Time your run into the box, get unmarked or across your defender, and fill key finishing zones.

Be decisive on the finish - Use limited touches; shoot early from distance, finish first-time off crosses, and select the right surface for control or power.

Break lines with vision -Look furthest first to skip a line, then nearest second, and take risks to advance the attack.

Let the pass guide play -Deliver with accuracy, pace, and intent so the receiver knows the next action instantly.

11v11

Players -22

Space/Equipment -75x60. 2 large goals, cones/flat markers

Time -1 sets, 2 reps (per set), 6 min (on) x 1 min (off) = 14 min (activity total time)

Description

- 11v11 in smaller space

Coaching Points

Find a free player between or behind the lines -

Pass quickly, accurately, and with the right pace; look furthest first and nearest second to skip a line, and always pass with intent to guide the next action.

Time your run in the box -Get unmarked or across your opponent and attack the ball aggressively as it arrives.

Finish the attack - Shoot early from short or long distance, select the right touch to finish off crosses, and react quickly to rebounds or second chances.



Coaching Practice Review and Reflection

What went well?

What would you change?