



# Developing today's soccer player for the road ahead... The Retreat Line



## Aim:

This presentation supports the introduction of the retreat line, helping coaches, players, parents, game leaders and officials understand its use and ways to help develop players.



## **Back ground:**

Soccer should be played with an efficient, economical, measured, possession based approach, where pass quality combined with intelligent and timely support and movement lead to progress and penetration through the thirds of the field to provide goal scoring opportunities, If counter attacking possibilities are denied. All players on the field should be comfortable in possession of the soccer ball in a game situation.



## Rational:

The world of soccer is evolving and Canadian youth must also evolve with the game. The modern game now evolves around maintaining possession of the ball, with controlled, precise build up starting with the goalkeeper. Players must understand the right time to play forward and/or backwards.

To enable youth players to play this style of soccer they must learn to play through the thirds of the field and have the ability to maintain possession throughout the whole field while under pressure. Every player on the field must become comfortable in possession of the ball. Possession based soccer should become their default style of play



**Following the Holistic approach we aim to create the following outcomes:**

<p><b>Psychological/Mental</b></p> <ul style="list-style-type: none"><li>• Improved decision making skills</li><li>• Improved Self confidence</li><li>• Improved risk assessment skills</li><li>• Improved awareness skills</li></ul>	<p><b>Technical</b></p> <ul style="list-style-type: none"><li>• Improved short passing</li><li>• Improved receiving the ball on half turn</li><li>• Improved penetration passes</li></ul>
<p><b>Physical</b></p> <ul style="list-style-type: none"><li>• Improved A-B-Cs</li><li>• Improved speed of play</li><li>• Improved hip flexor rotation</li></ul>	<p><b>Social/Emotional</b></p> <ul style="list-style-type: none"><li>• Improved team play</li><li>• Improved communication</li><li>• Improved co-operation</li><li>• Players can learn different roles</li></ul>



## Retreat Line Procedure:

The Retreat line come's into play when the ball has gone out for a goal kick or when the goalkeeper has the ball in his/her arms.

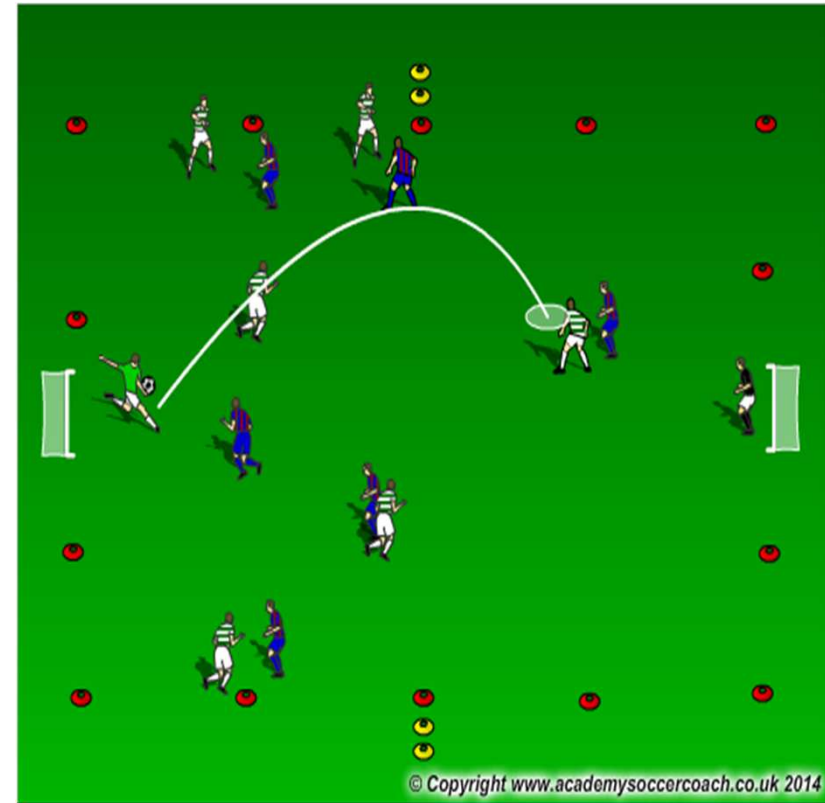
The ball is in play once it leaves the penalty area. All opponents must be behind the retreat line and cannot cross the retreat line until the ball:

- Is touched by a player of the team taking the goal kick **OR**,
- Leaves the field of play **OR**,
- Goes over the retreat line. (If the goalkeeper chooses to play the ball across the retreat line prior to the opposition crossing the retreat line 7v7/9v9)



## Making the right decision:

Sometimes the correct pass is a longer one, for example, if the goalkeeper spots a 1v1 between their team's centre forward and an opposition defender; this is still seen as good play. It is permissible for the goalkeeper to play quickly without having to wait for all the players to retreat, to counter attack effectively, and this is the choice of the goalkeeper. This supports the development of decision making skills in young players - whether to play shorter or longer and the speed of their distribution.





## The Location of the Retreat Line

The next set of slides are recommendations of where the retreat line should be placed on the specific fields. The location of the retreat line will also be dependant on the size of the field as we do understand that not all fields are the same across the Province.

The location of the Retreat line will be reviewed at the end of the 2014 summer season.





## Recommended Retreat Line – 5v5





## Recommended Retreat Line on a 40m x 30m field - 7V7





## Recommended Retreat Line on a 55m x 36m field - 7V7



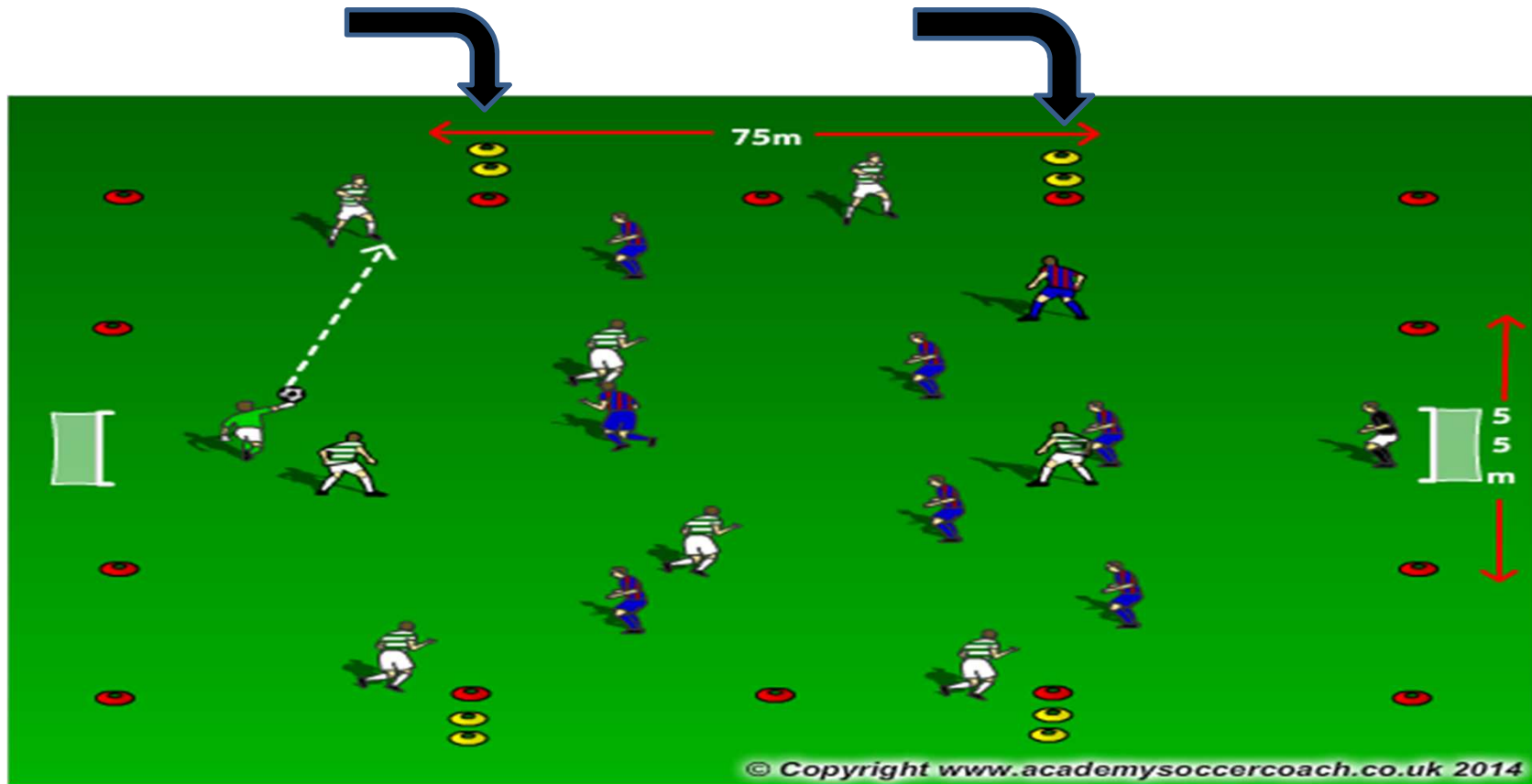


## Recommended Retreat Line on a 60m x 42m field – 9v9





## Recommended Retreat Line on a 75m x 55m field – 9v9





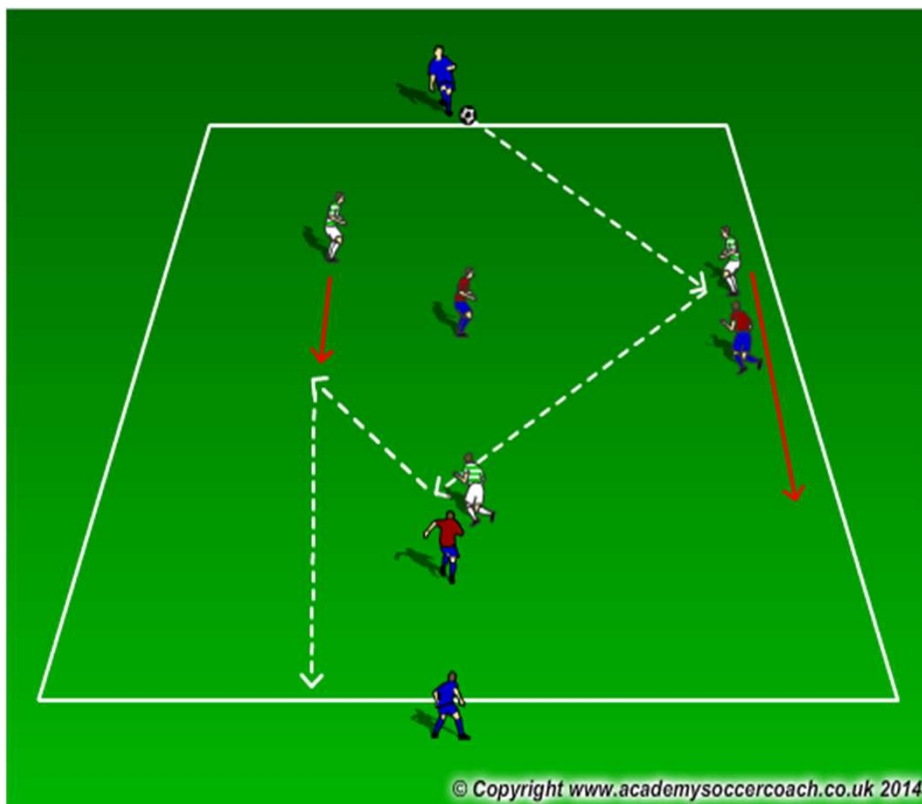
## Developing the players. 3v2 to target players



To help players learn and understand how to play out of the back a practice like the one on the left could be set up. The GK starts with the ball and has 2 team mates available. The GK plays to a full back and as he/she receives the ball the 2 attackers can close down. Now the players are faced with a 3v2 situation where they have to get the ball to a target player to score. The player receiving the ball from the GK has 2 options shown. If the opponents get the ball they can attempt to score. Players rotate through all positions.



## Developing the players. 3v3 to target players



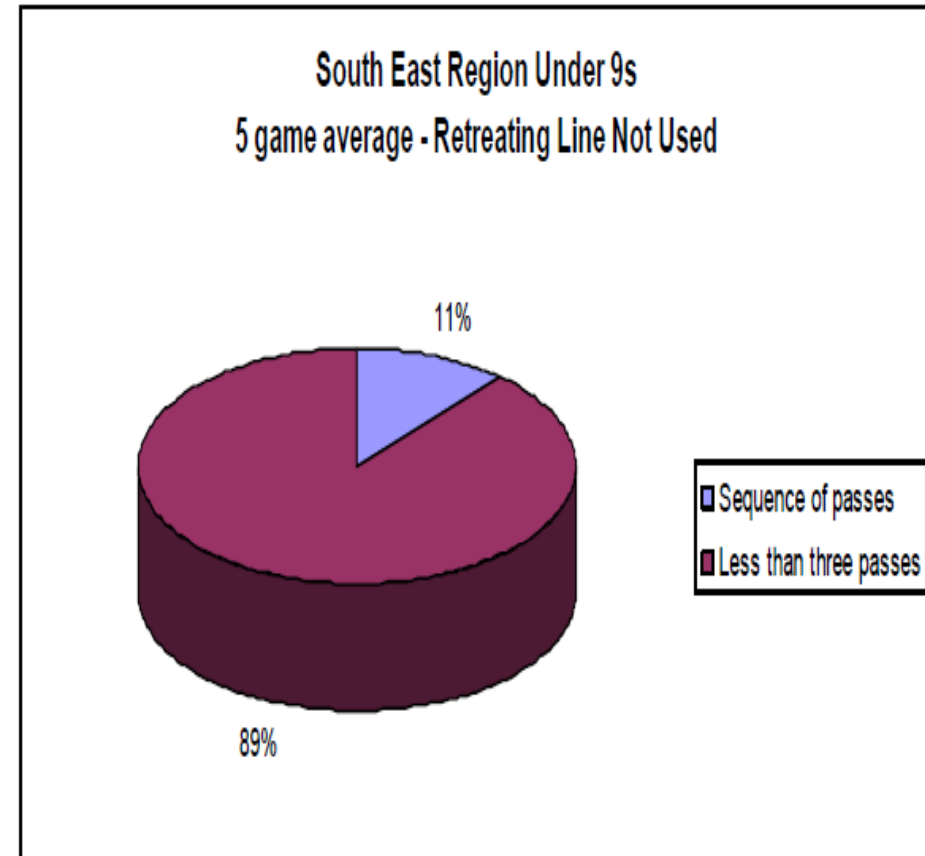
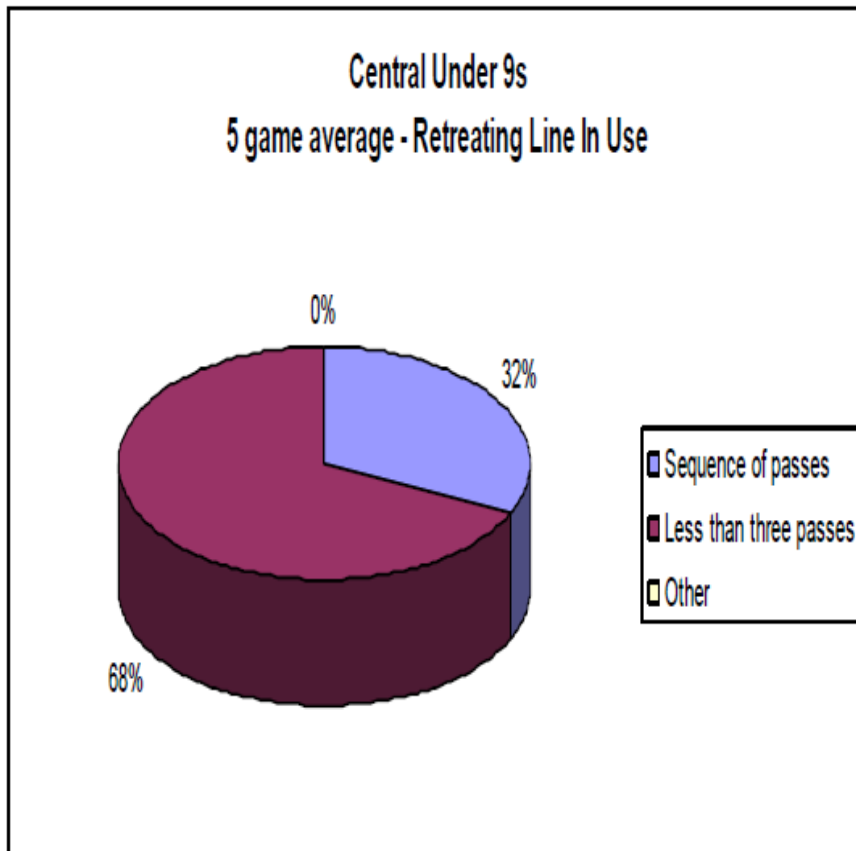
By using practices such as the 'Target' game on the left and the 3v2 on the previous slide, We can help players develop outcomes such as:

- receiving on the half turn (**Physical**)
- angled passing between players (**Technique**) Penetration
- innovative movement off the ball to create space (**Physical**) Mobility
- communication with team mates (**Social**)
- making effective decisions (**Psychological**)
- working together as a team (**Social**)
- problem solving of authentic game-like situations (**Social**)

**While developing the above outcomes in a game realistic environment we have touched upon all 4 corners of our Holistic approach.**



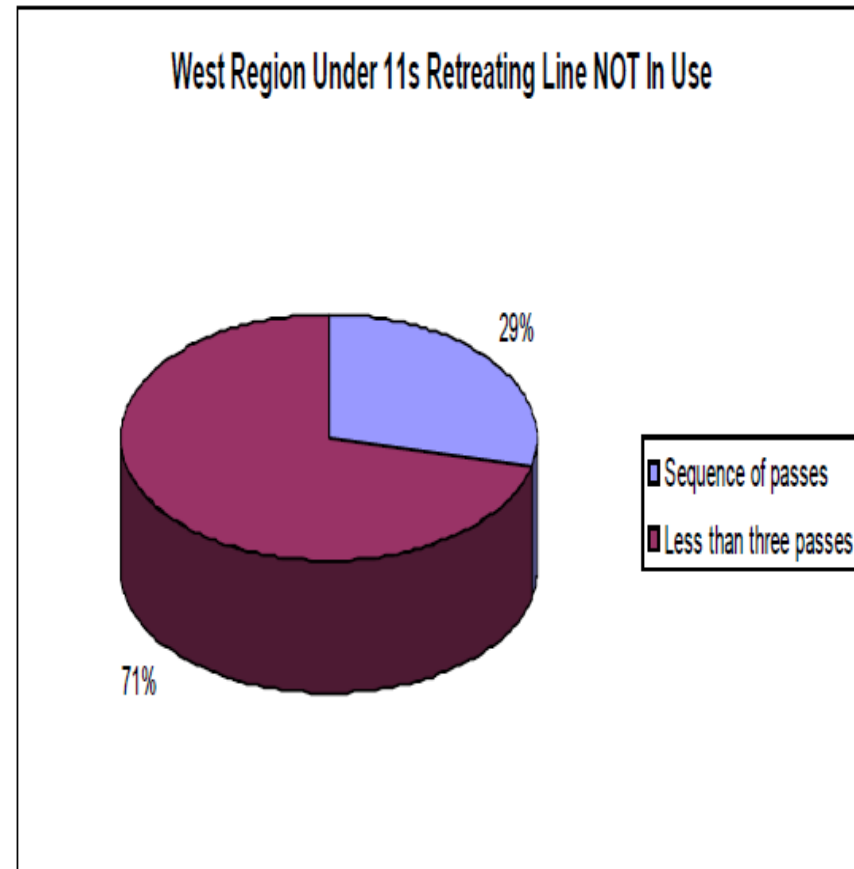
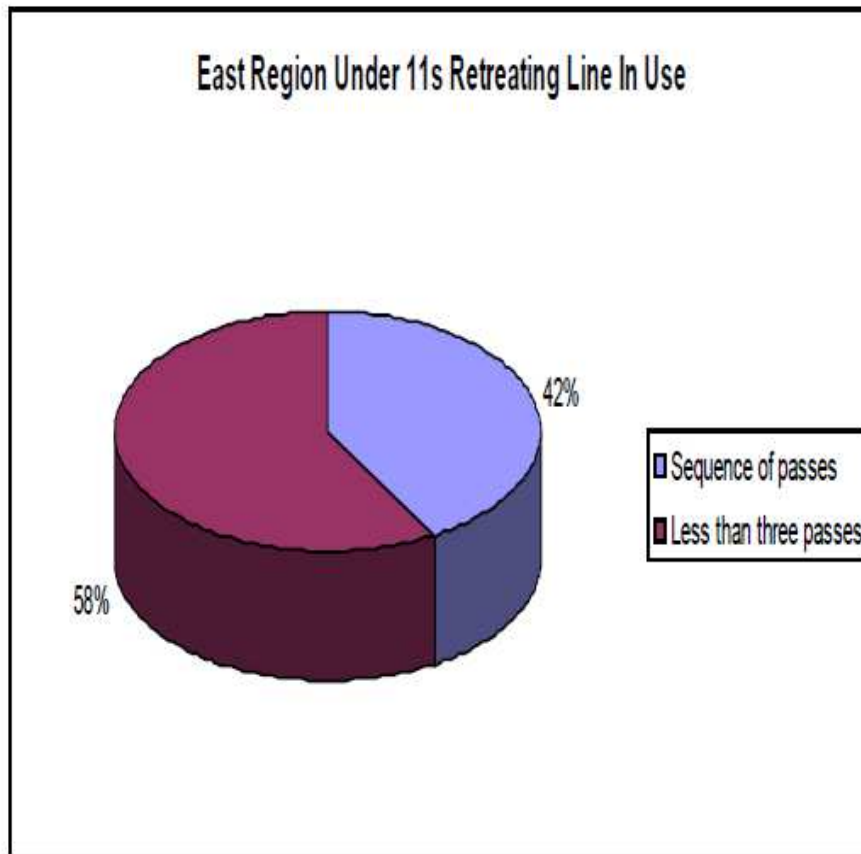
## Research from The Scottish FA. National Player Pathway – Creag Robertson, University of Stirling





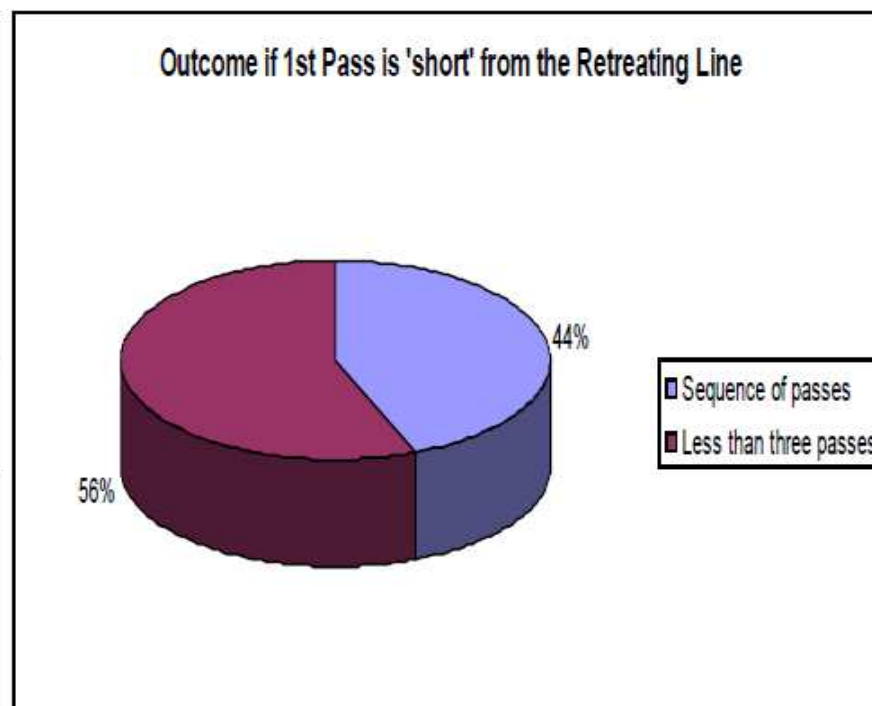
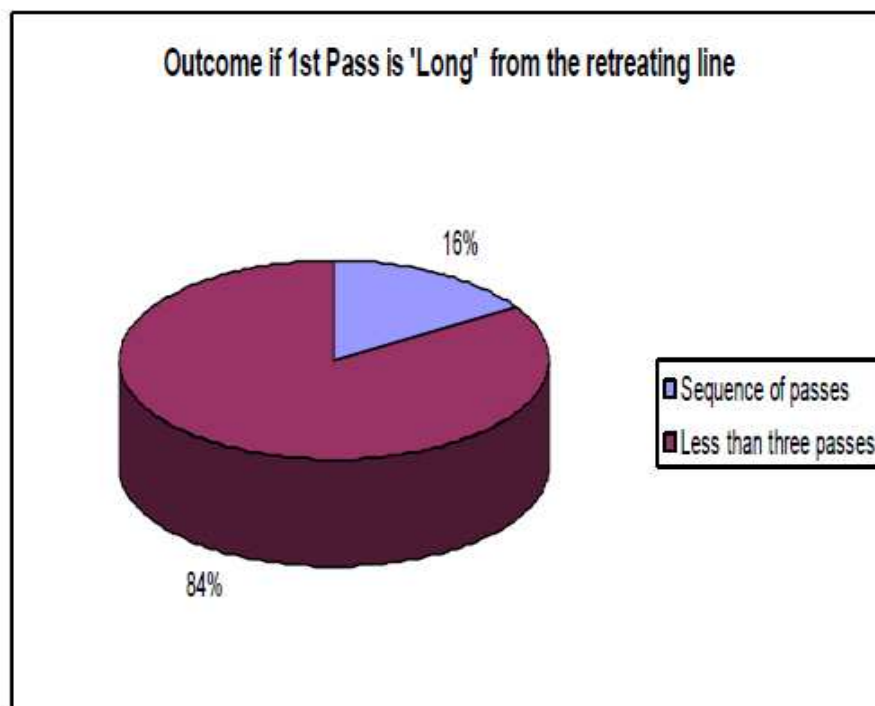


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### Retreat Line Summer from the Scottish FA National Player Pathway:

- Its evident that the retreat line generates a higher success rate for passing sequences when being used.
- The u9 success rate was over 21% higher when the retreat line was used
- In the u11s games there was a difference of 13% when the retreat line was in use
- The type of pass made once in the retreating area is also significant. The finding established conclusively that if a player plays a long pass (over 15 meters) it will reduce the chance of generating a passing sequence.



## Playing out from the back example

The following video shows the Canadian woman's National Team gaining possession with the goalkeeper. You will see both central defenders spread to the width of the penalty box and both fullbacks hitting the touch lines. Once in possession of the ball the central defender has options to play forward or wide to the full back. She chooses to play to the fullback and then drops to support from behind. The fullback has space to progress forward and plays the ball into the midfield. After several passes the Canadian team has progressed up the field with the ball finally being put into the back of the net.

This goal was created from the goalkeeper as the starting point.

To view the video please click here. <http://youtu.be/WY08zxvombc>



## Playing out from the back example

The following video shows the Canadian woman's National Team gaining possession in the midfield. As they are unable to progress forward they keep possession by playing the ball back to the Goalkeeper. As the ball travels both central defenders and fullbacks slit to create width and provide options. By creating width and depth the Canadian National team are able to create time and space when in possession of the ball. Through patient, precise possession they are able to move the Mexican team around the field, enabling them to gain entry into the final 3<sup>rd</sup> of the field.

To view the video please click here. <http://youtu.be/vGdwQWKB-tQ>



## Summary

We are in the early stages of introducing the retreat line and understand it will take a while for children, coaches, Game Leaders/officials and parents to adapt to something new. We will let this embed and settle down as the coaches and players get up to speed before we start to assess the impact this has made on player development.

It's about an appreciation of possession; educating players on its value, enjoying the ball, rather than fearing it. Please help each other along as we get to grips with a changing time for helping young players become better soccer players in Canada.



# Thank You

If you have any questions in regards to the retreat line please contact the Grassroots department.

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