



# DOMINATING & DESTROYING THE 1v1

**WILLIE MCNAB**  
**DANISH FOOTBALL CONFERENCE 2020**

CELTIC FOOTBALL CLUB



# WILLIE MCNAB



- Head of Children's Programme (U8-U13)
- 15<sup>th</sup> Season at Celtic FC.
- Coached ages U8 – U17.
- Former Snr International Soccer Academy Manager.
- UEFA A Licence.
- Scottish FA Advanced Youth & Advanced Children's Licence's.



# THE PURPOSE



- Celtic FC Children's Programme.
- Why are 1v1's key.
- Influencing factors.
- Moments of the game.
- Transitional Cohesiveness.
- The Situations.
- The Areas of the pitch.
- Decision making process.
- Match Scenarios.
- Example session.
- Academy examples.





# CHILDREN'S PROGRAMME



THE PLAYER



THE COACH

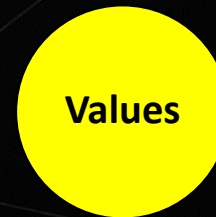
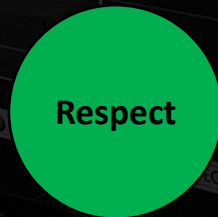


THE PERSON



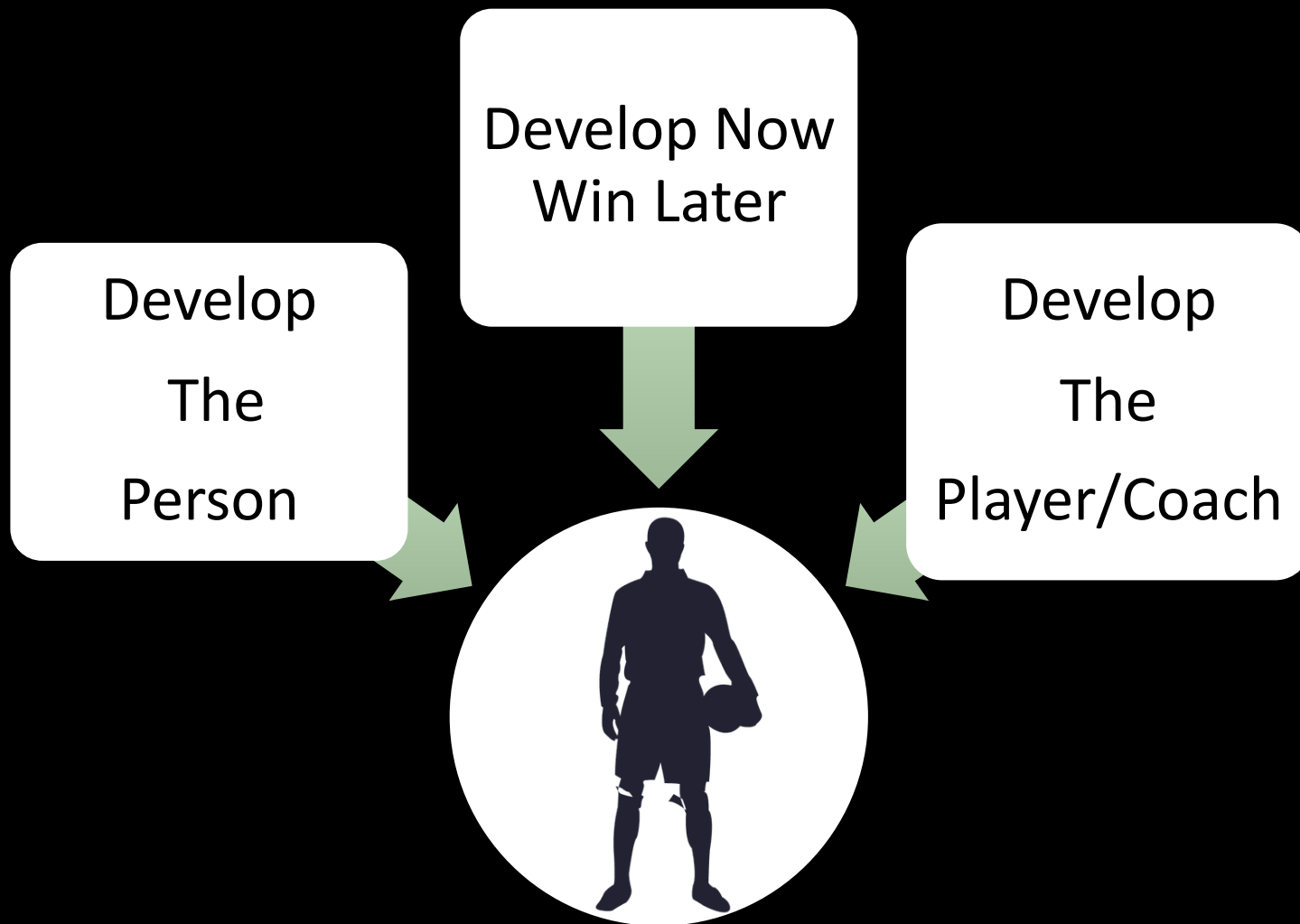
James Forrest

- Players aged U8 – U12.
- The Player, The Person.
- Coach-Player centred.
- Our Values.
- European Players.





# PLAYER & COACH CENTRED APPROACH





# PLAYER & COACH - CENTERED



- Focuses on enhancing the player's self-awareness, growth & development.
- Coaches encourage & supports players as they develop into valued people.
- Create a challenging but learning environment for players and staff.
- The main focus will be to develop each person (Players & Coaches) both professionally and personally.
- Fulfil their potential in an environment where mistakes are allowed but hard work and dedication are a must.





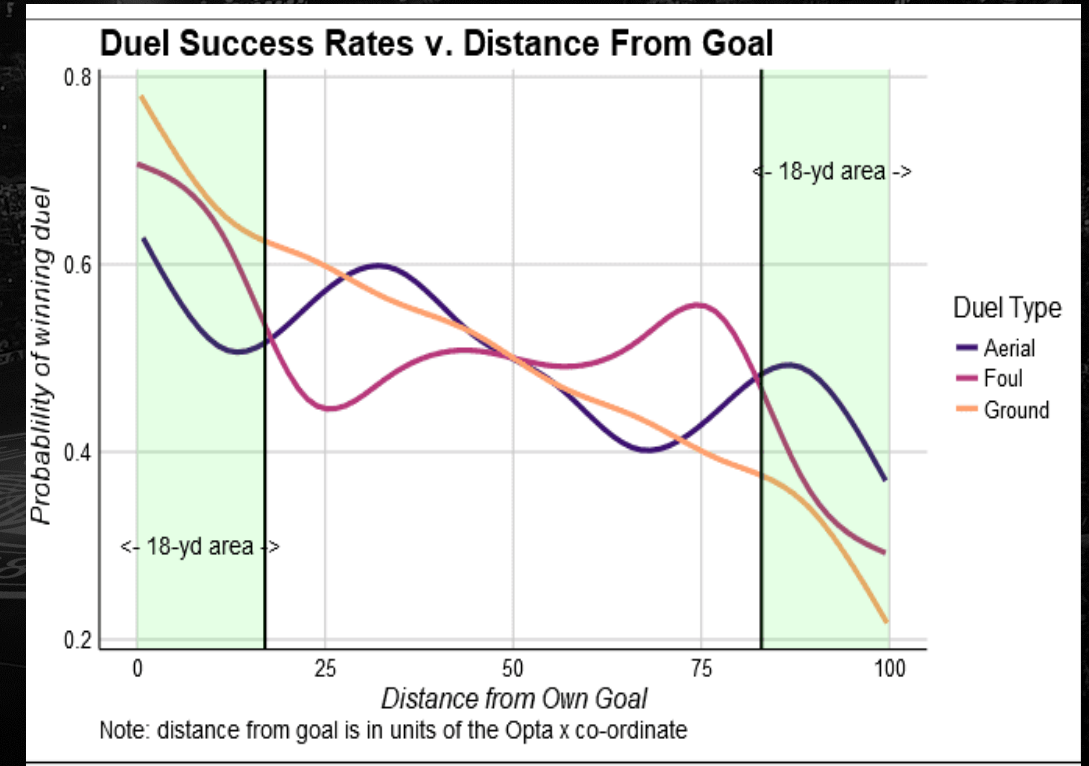
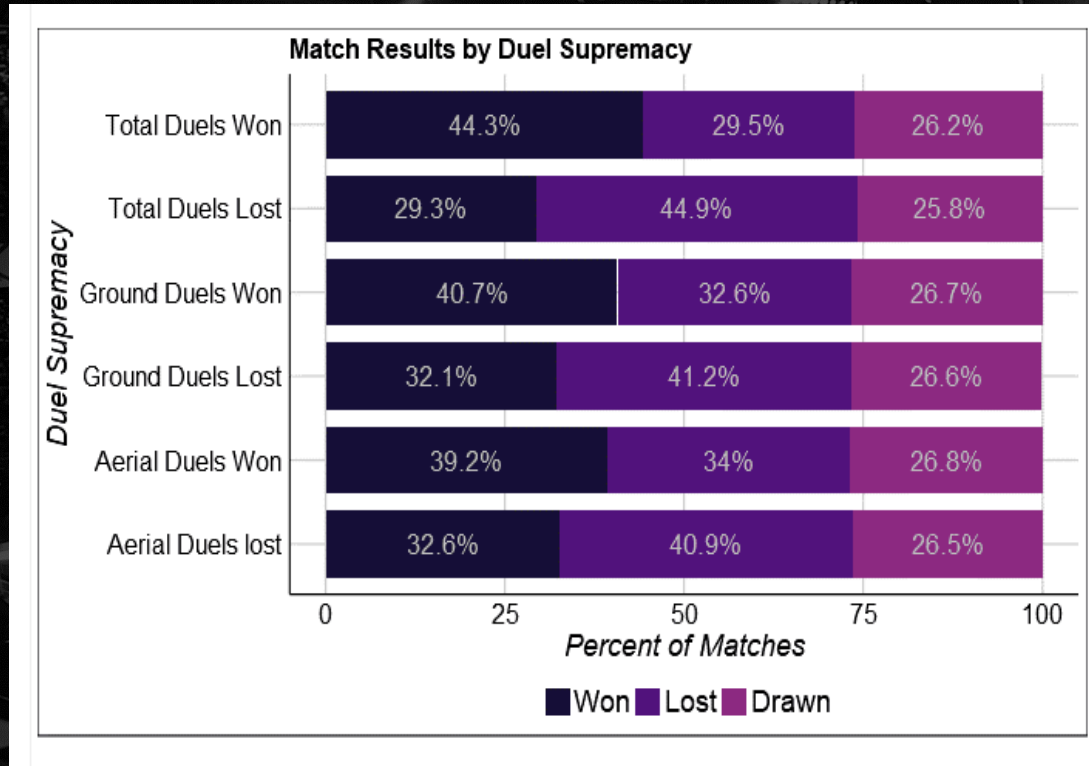
## *Develop now, Win later.*

*Young players should always be encouraged to take the initiative rather than be told what to do by the coaches all the time. Constant instruction can stifle his development as an individual.*

*Coaches will have a constructional guided discovery approach to development, rather than an instructional approach. Players come up with solutions to personal barriers through guidance from our coaches.*



# WHY ARE 1v1's KEY?



[www.statsperform.com/resource/a-new-metric-for-evaluating-1v1-ability](http://www.statsperform.com/resource/a-new-metric-for-evaluating-1v1-ability)

Gary Gelade

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# INFLUENCING FACTORS



## Moment

Are the players in/out of possession? (Transitions too).

## Area

Where in the pitch is this taking place?

## Situation

Where are the opposition in relation to the area of the pitch and moment of the game?



# MOMENTS OF THE GAME



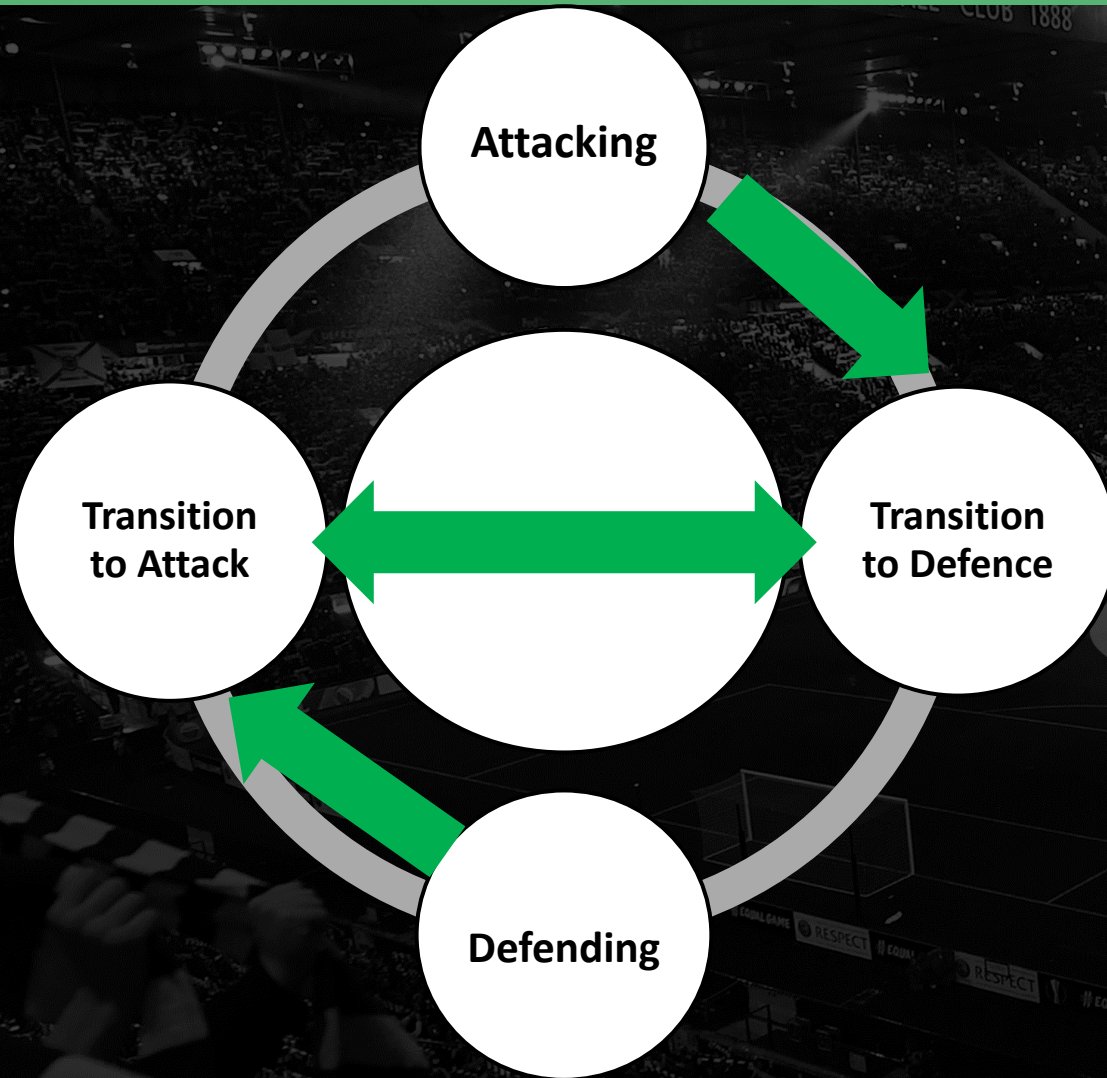
- Prevalent from 1v1 to 11v11.
- Will look at in isolation.
- Attacking & Defending.
- Transitional cohesiveness.
- Constantly changing.

*"Football rests on four fundamentals, 1. **Defence**, 2. **Attack**, 3. How you move from **defence to attack**, 4. How you move from **attack to defence**. The issue is trying to make those passages **as smooth as possible**"*

**Marcelo Bielsa**



# TRANSITIONAL COHESIVENESS



- How are the moments are linked?
- How long in the moments?
- Key points for the moments.
- Transitions: Turnovers.
- Players understanding of them.





# THE SITUATIONS

- Opponent in Front.
- Opponent Behind.
- Opponent at Side (Angle).
- Opponent Back to Goal.
- Opponent Recovering
- Opponent Unpredictable

Ryan Christie



# AREAS OF THE PITCH



## ATTACKING

### *Build the Attack.*

1. Opponent at side.

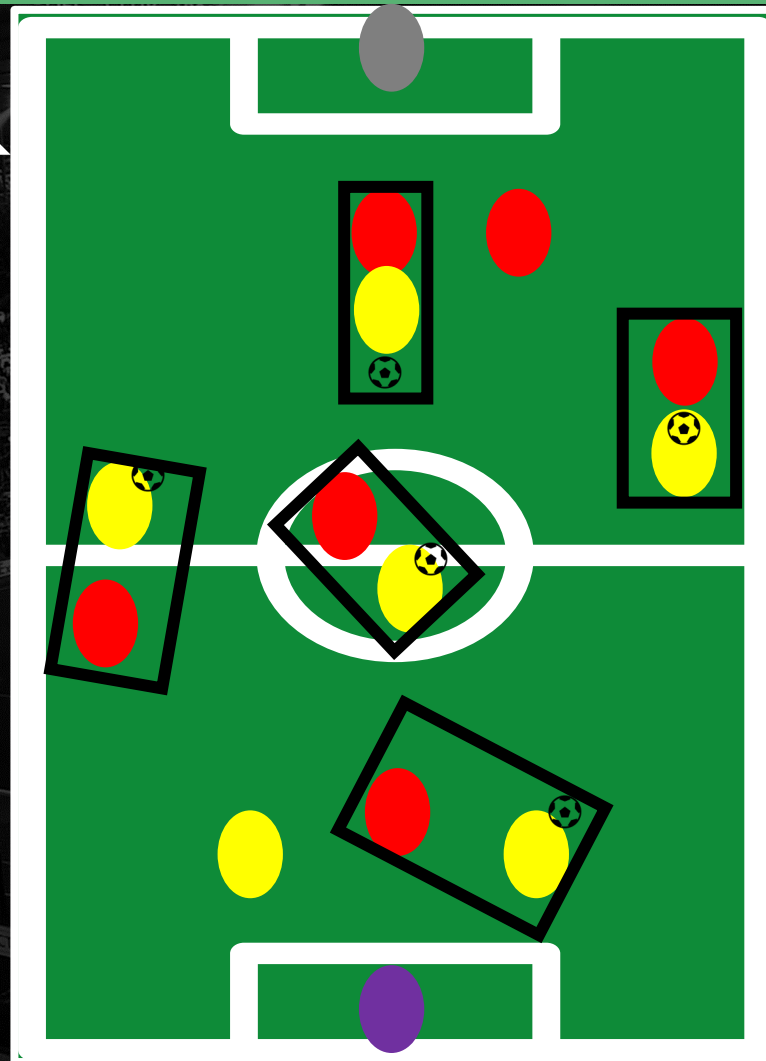
### *Create the Attack.*

1. Opponent in front.
2. Recovery.
3. Unpredictable.

### *Finish the Attack.*

1. Opponent Behind.

ATTACKING



## DEFENDING

### *Final 3<sup>rd</sup>.*

1. Opponent at side.

### *Middle 3<sup>rd</sup>.*

1. Opponent in front.
2. Opponent Back to Goal.

### *Defensive 3<sup>rd</sup>.*

1. Recovery Run.

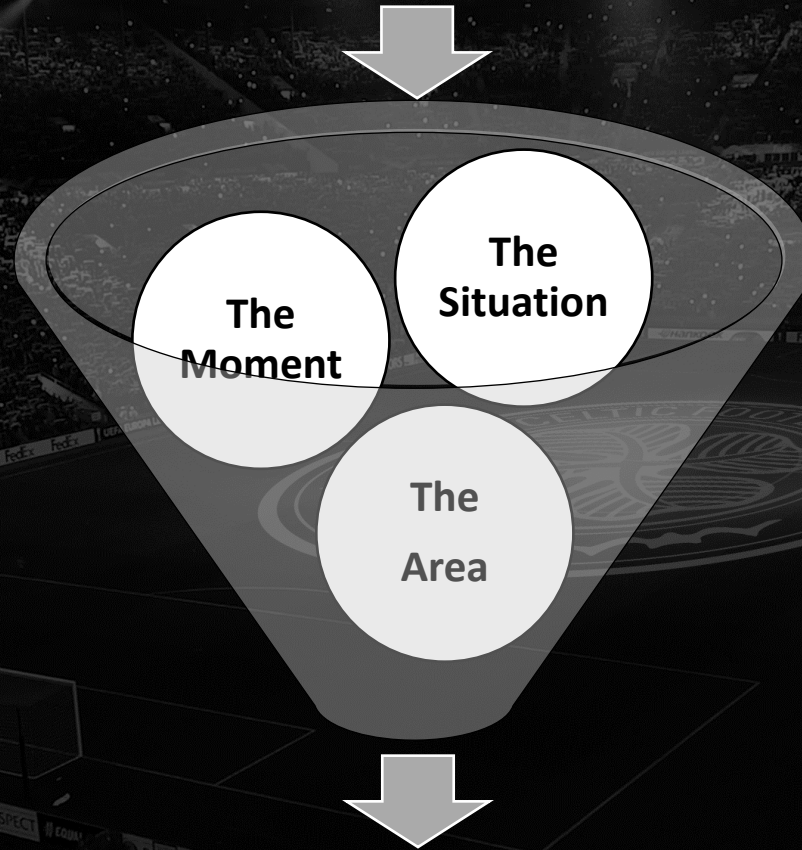
DEFENDING



# DECISION MAKING PROCESS



## DECISION MAKING



## OUTCOME

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# ATTACKING MOMENT



# ATTACKING MOMENT

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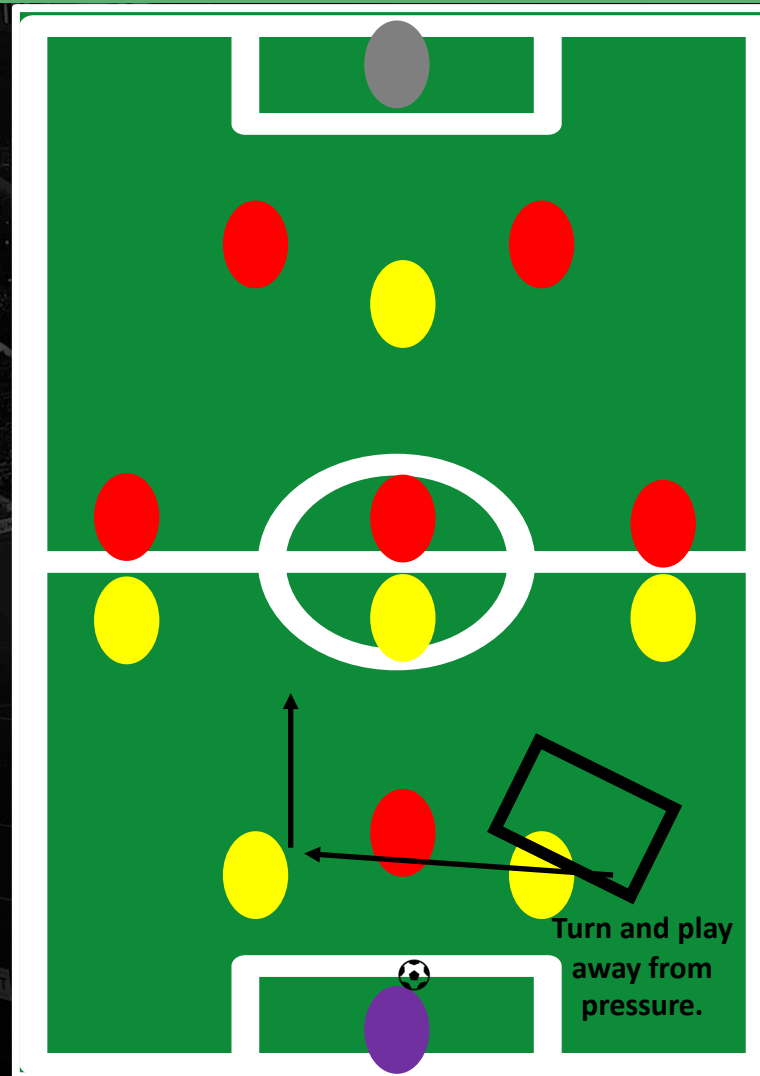


# MATCH SCENARIOS

## DECISION MAKING



## OUTCOME



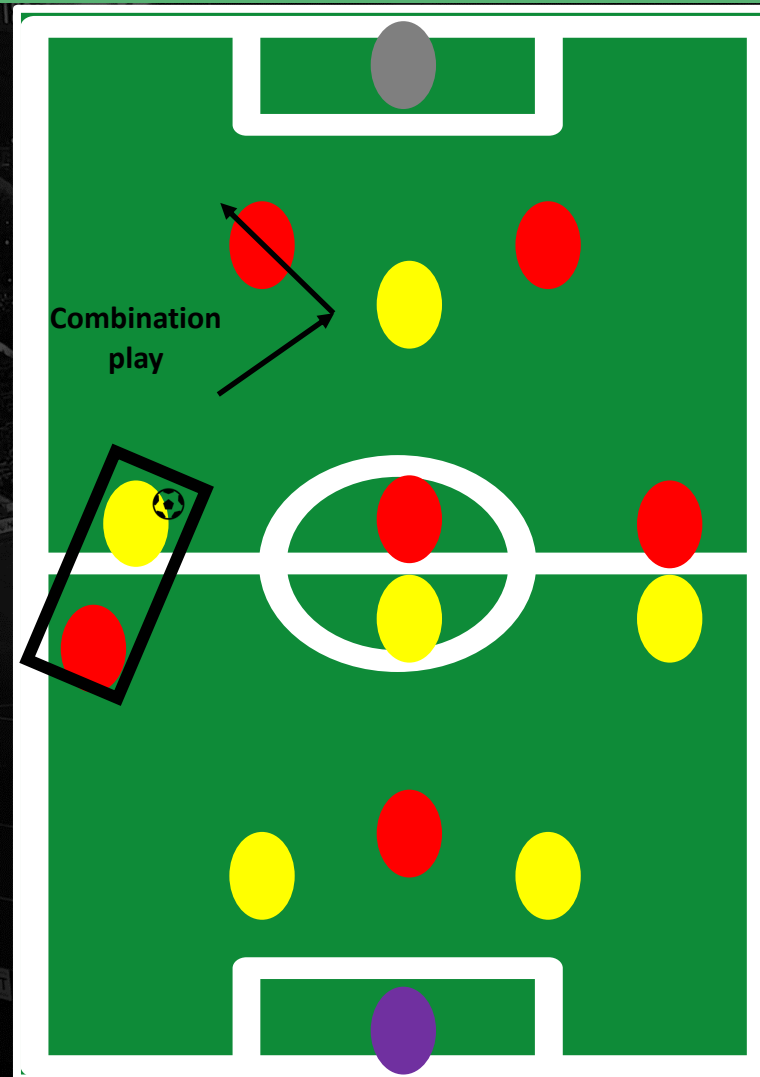
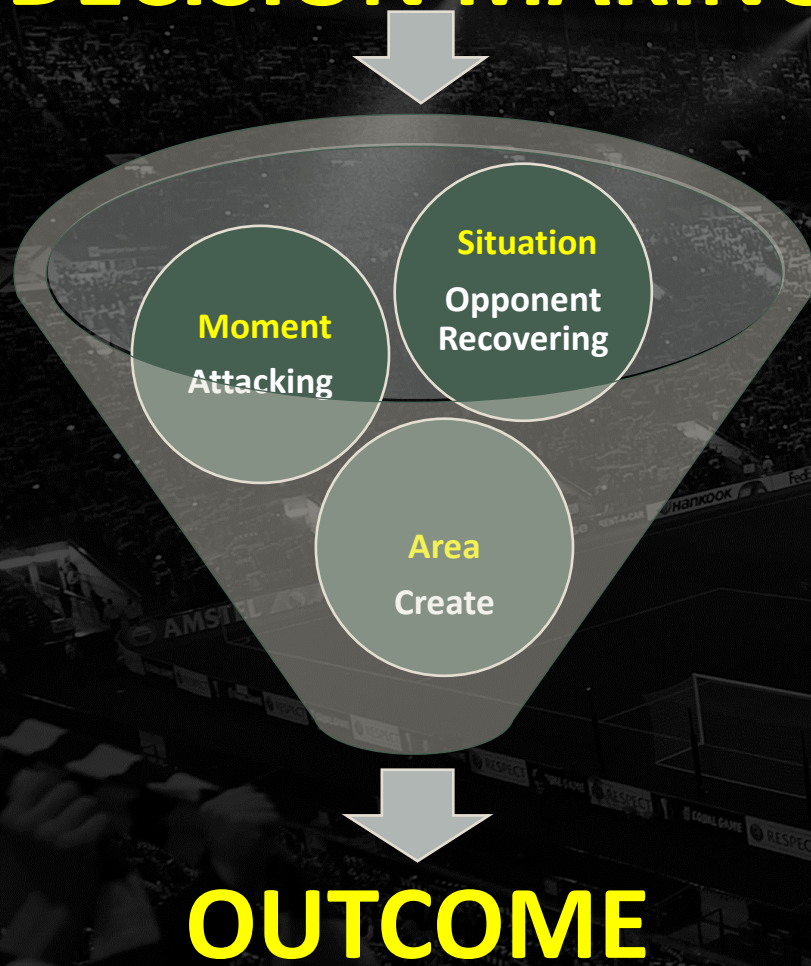
## KEY CONSIDERATIONS

- ✓ Body shape.
- ✓ Eliminate opponent.
- ✓ Disguise.
- ✓ Use body.
- ✓ PAFP.



# MATCH SCENARIOS

## DECISION MAKING



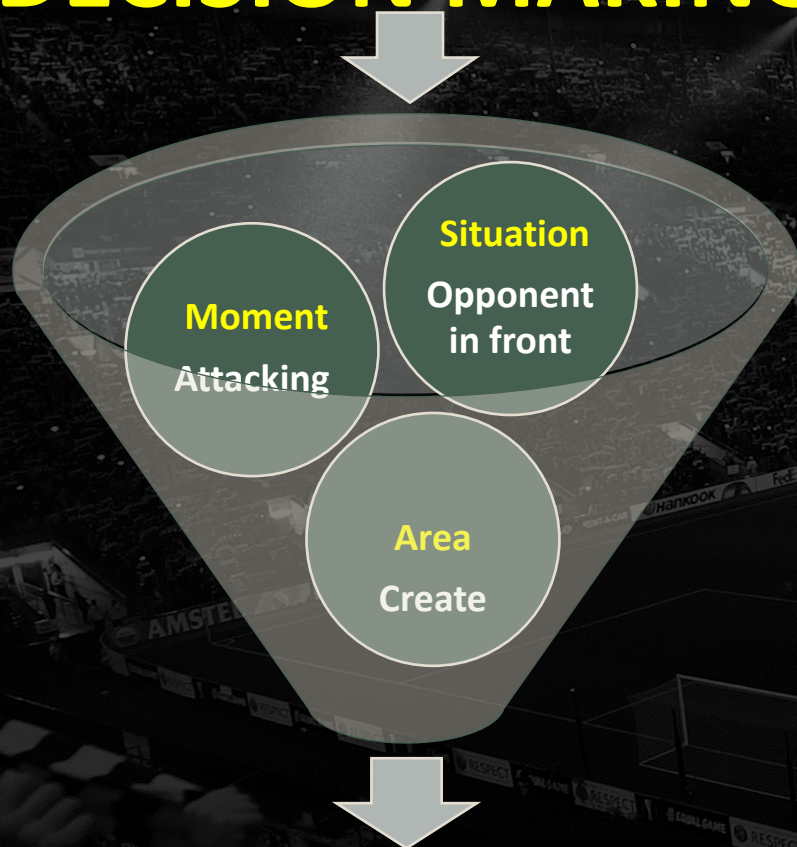
## KEY CONSIDERATIONS

- ✓ Think forward!
- ✓ Create 2v1 or destroy?
- ✓ Don't slow down.
- ✓ Quick solution.

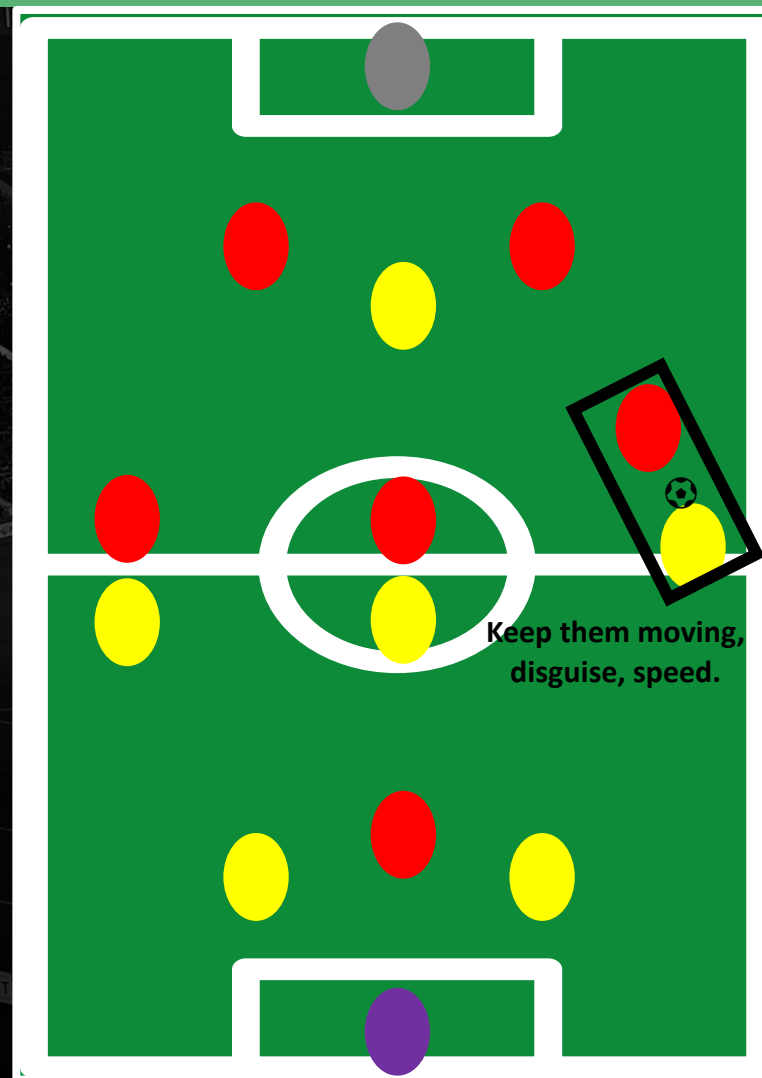


# MATCH SCENARIOS

## DECISION MAKING



## OUTCOME



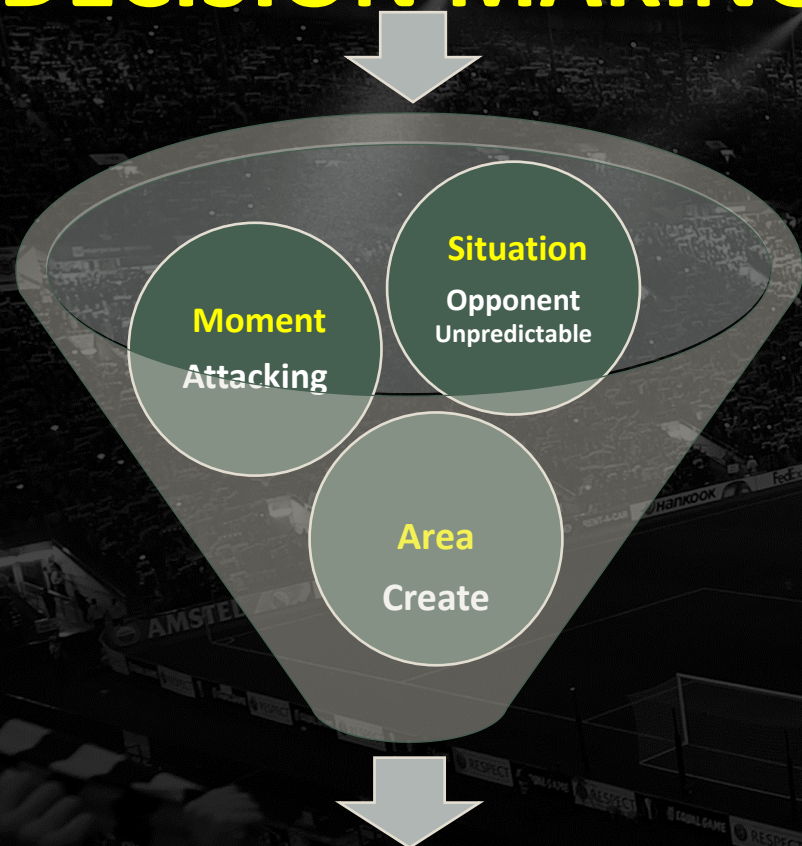
## KEY CONSIDERATIONS

- ✓ Make them back-peddle.
- ✓ Anticipate their movement.
- ✓ Where is the space to exploit?
- ✓ Disguise.
- ✓ Accelerate.

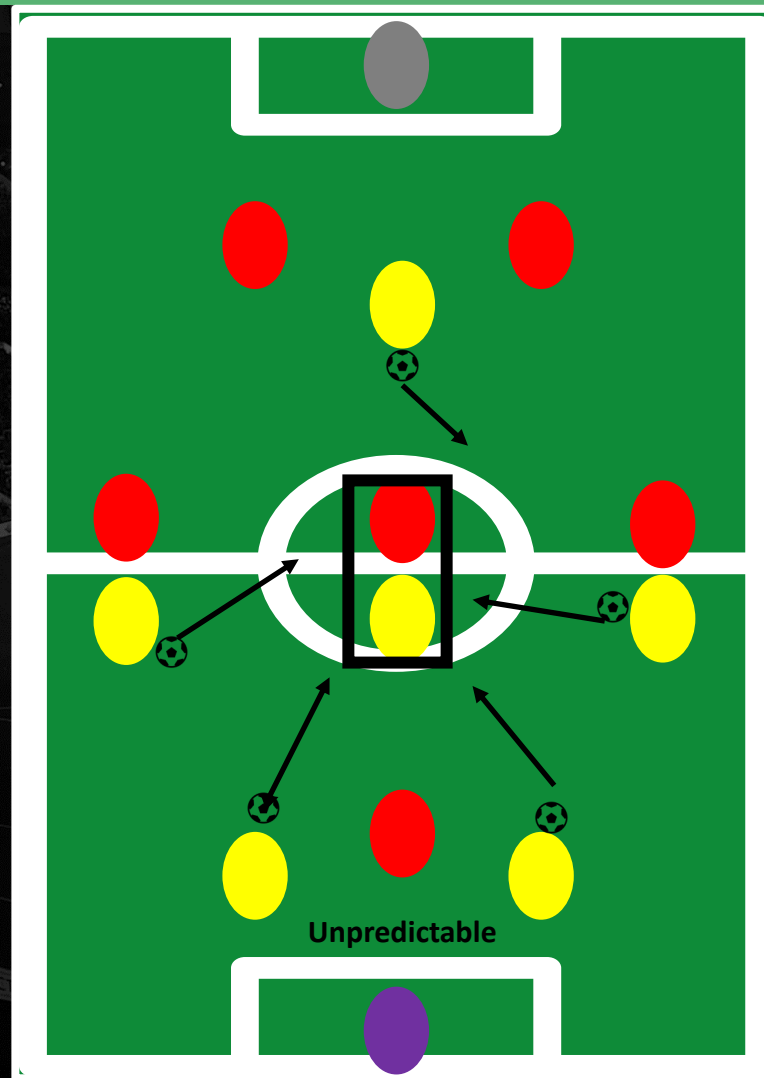


# MATCH SCENARIOS

## DECISION MAKING



## OUTCOME



## KEY CONSIDERATIONS

- ✓ Scan!
- ✓ Protect.
- ✓ Pass.
- ✓ Penetration.
- ✓ Unbalance opponent.
- ✓ Next movement.

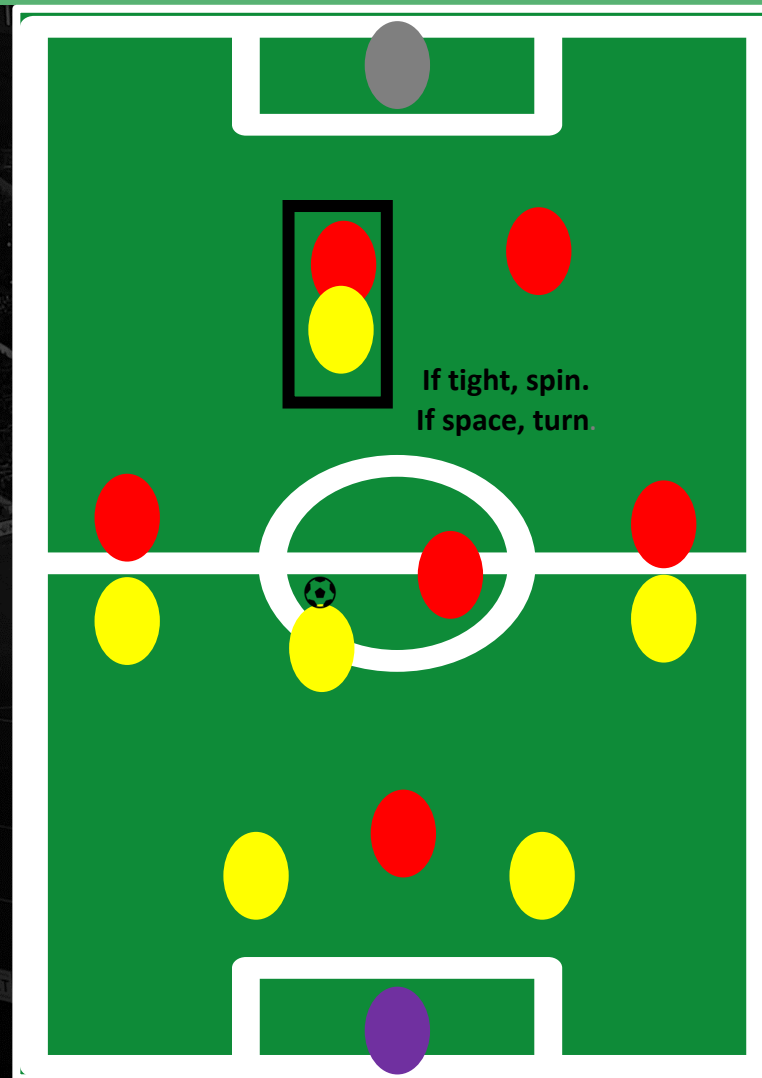


# MATCH SCENARIOS

## DECISION MAKING



## OUTCOME



## KEY CONSIDERATIONS

- ✓ Where is opponent?
- ✓ Tight, spin and...
- ✓ Space, turn and....
- ✓ Quick hit?



# DEFENDING MOMENT



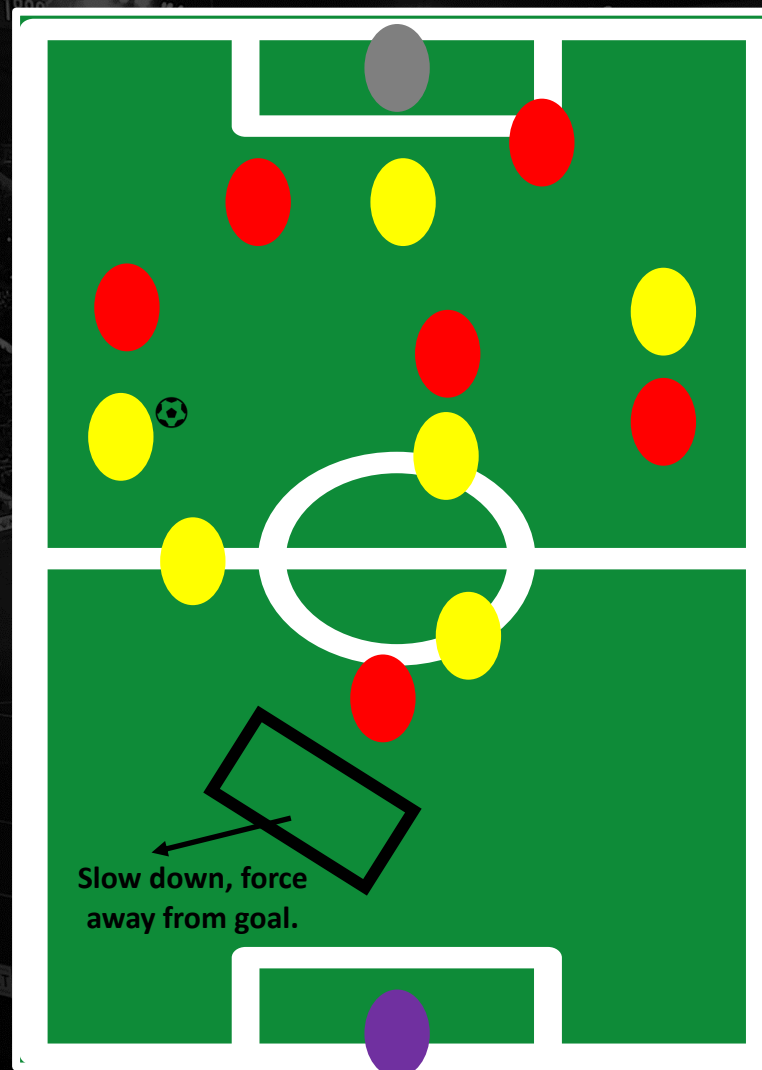
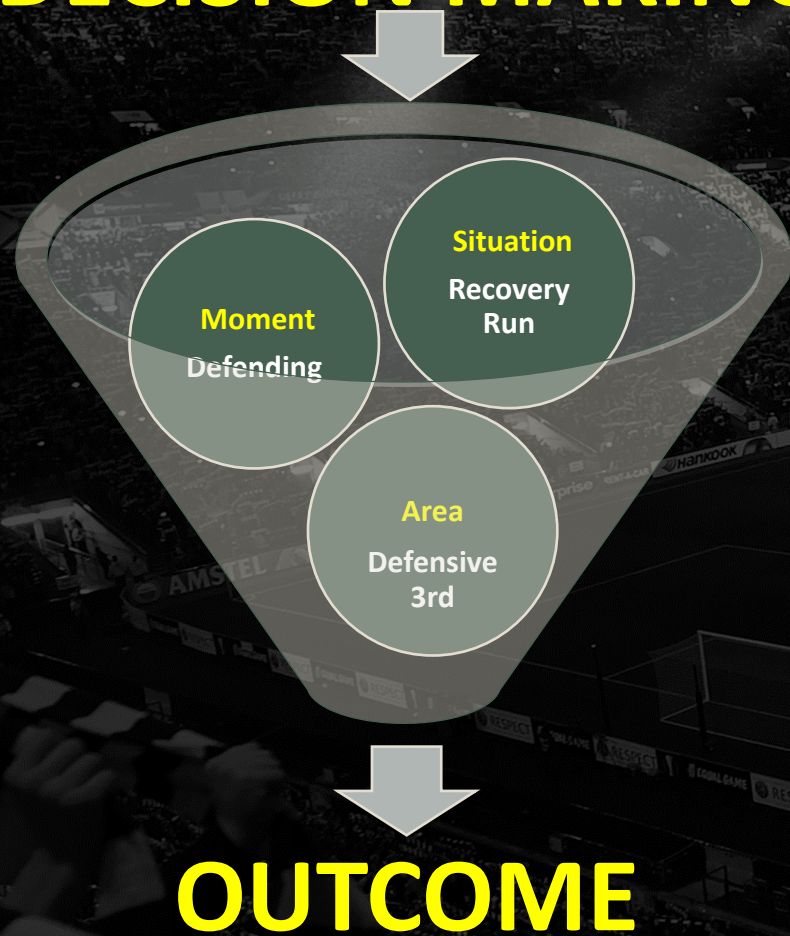
DEFENDING MOMENT

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# MATCH SCENARIOS

## DECISION MAKING



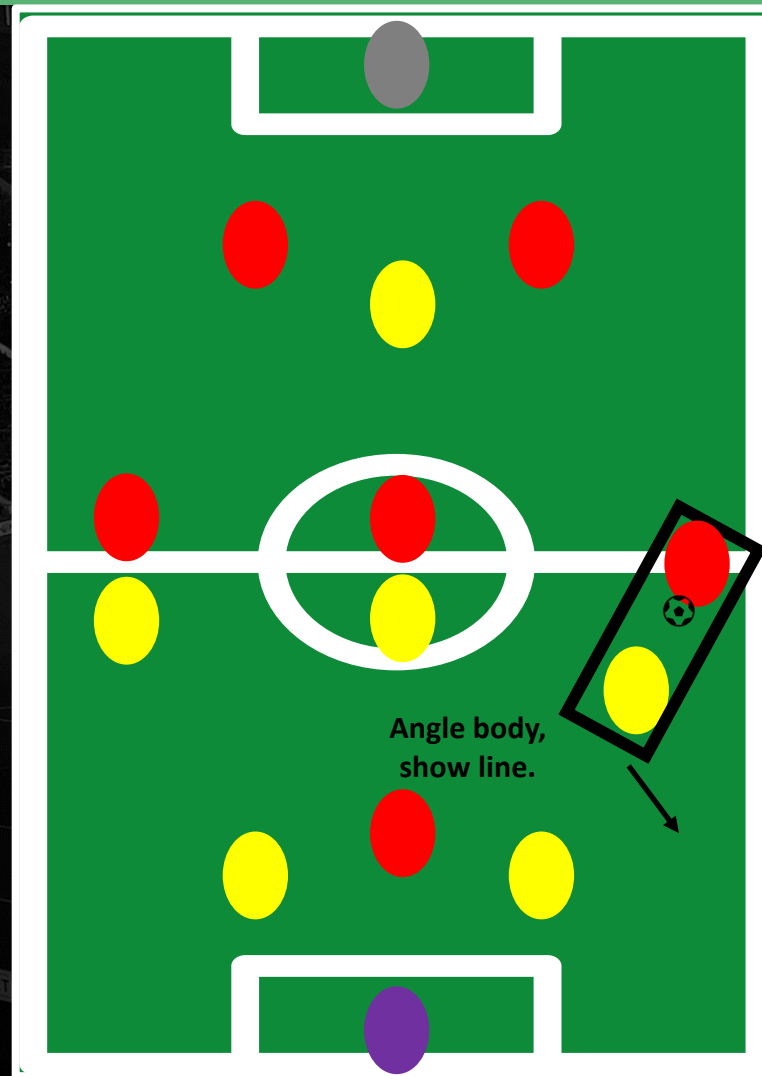
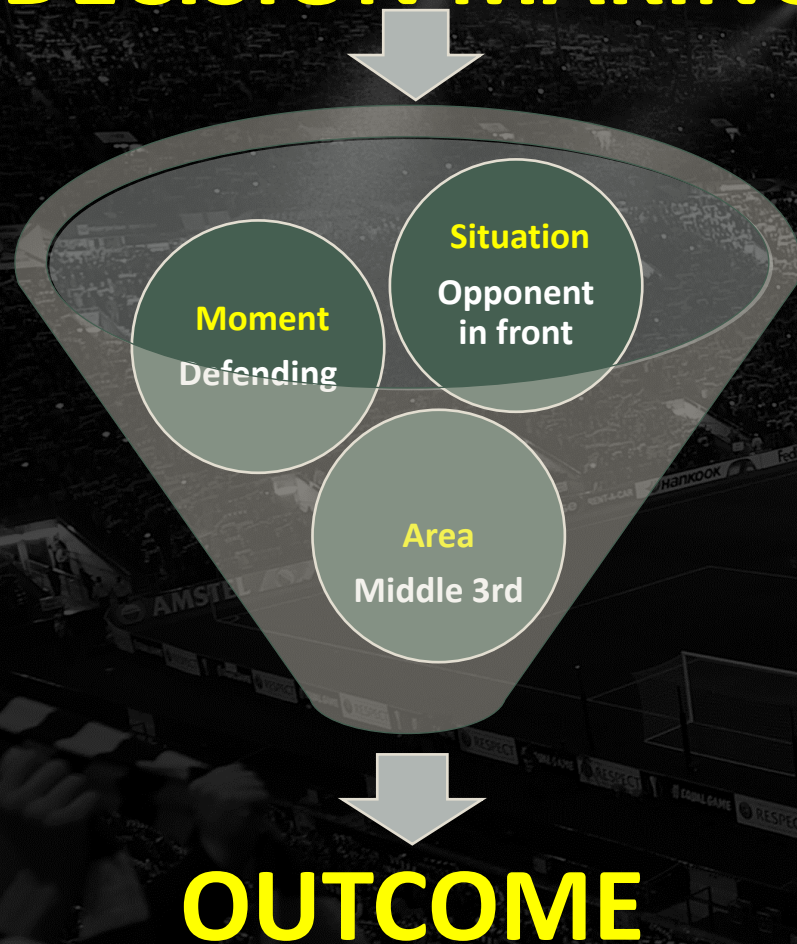
## KEY CONSIDERATIONS

- ✓ Anticipate.
- ✓ Stay calm-Stay on feet.
- ✓ Engage, win?
- ✓ Keep them away from goal.
- ✓ No turn.



# MATCH SCENARIOS

## DECISION MAKING



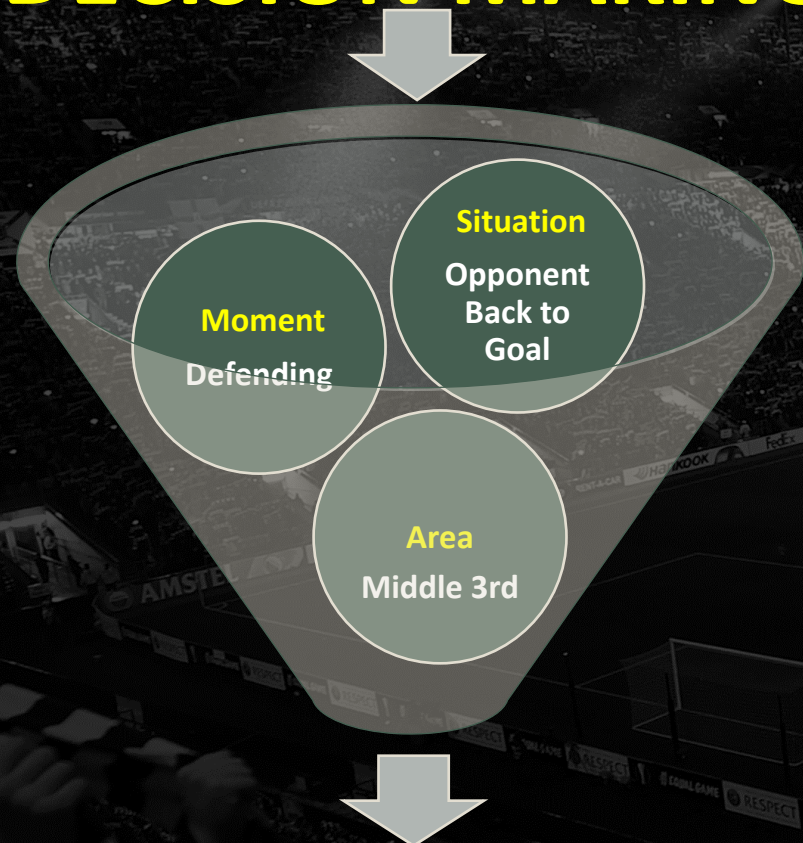
## KEY CONSIDERATIONS

- ✓ Delay/slow down.
- ✓ Anticipate movement.
- ✓ Angle body.
- ✓ Disrupt.
- ✓ Engage.
- ✓ Destroy.

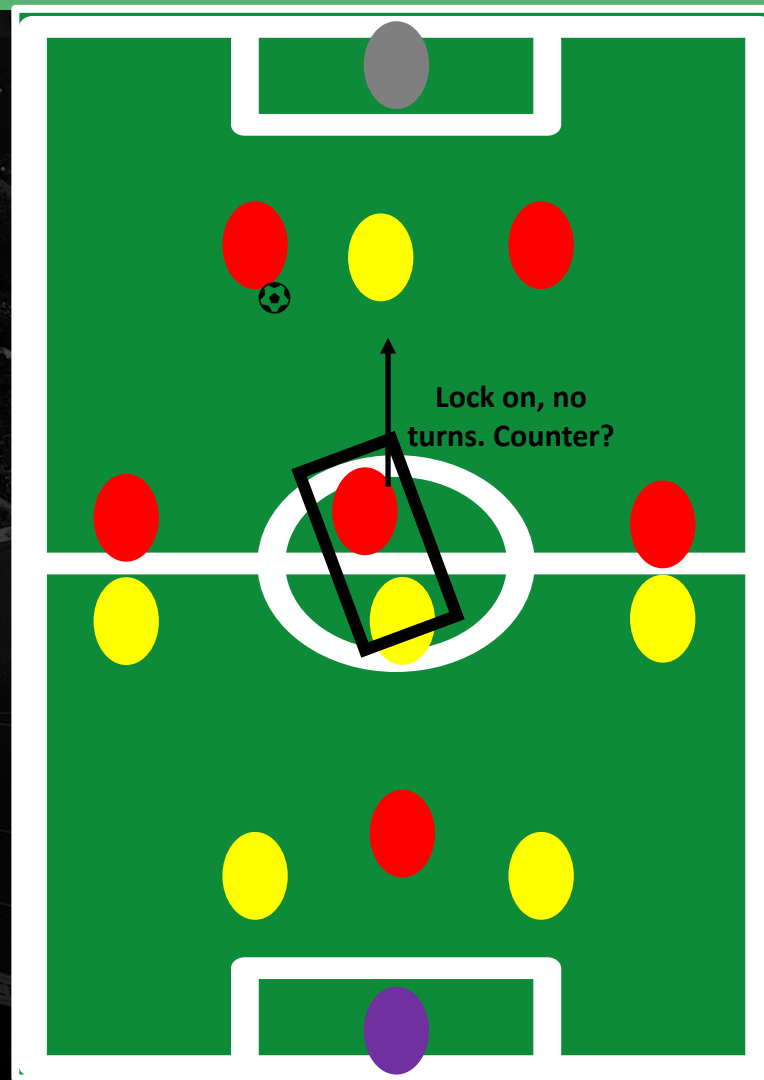


# THE PURPOSE

## DECISION MAKING



## OUTCOME



## KEY CONSIDERATIONS

- ✓ Distances.
- ✓ Too tight they spin you.
- ✓ Too far away they turn you.
- ✓ Force them back.
- ✓ Disrupt their flow.
- ✓ Engage.

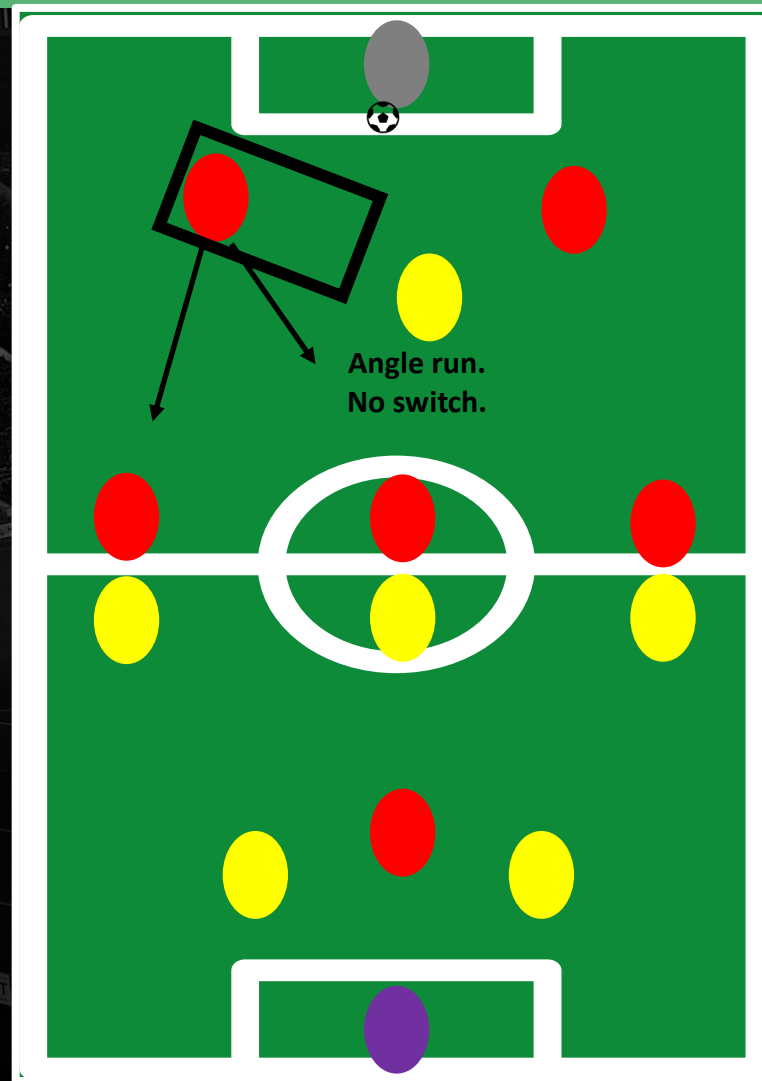


# MATCH SCENARIOS

## DECISION MAKING



## OUTCOME

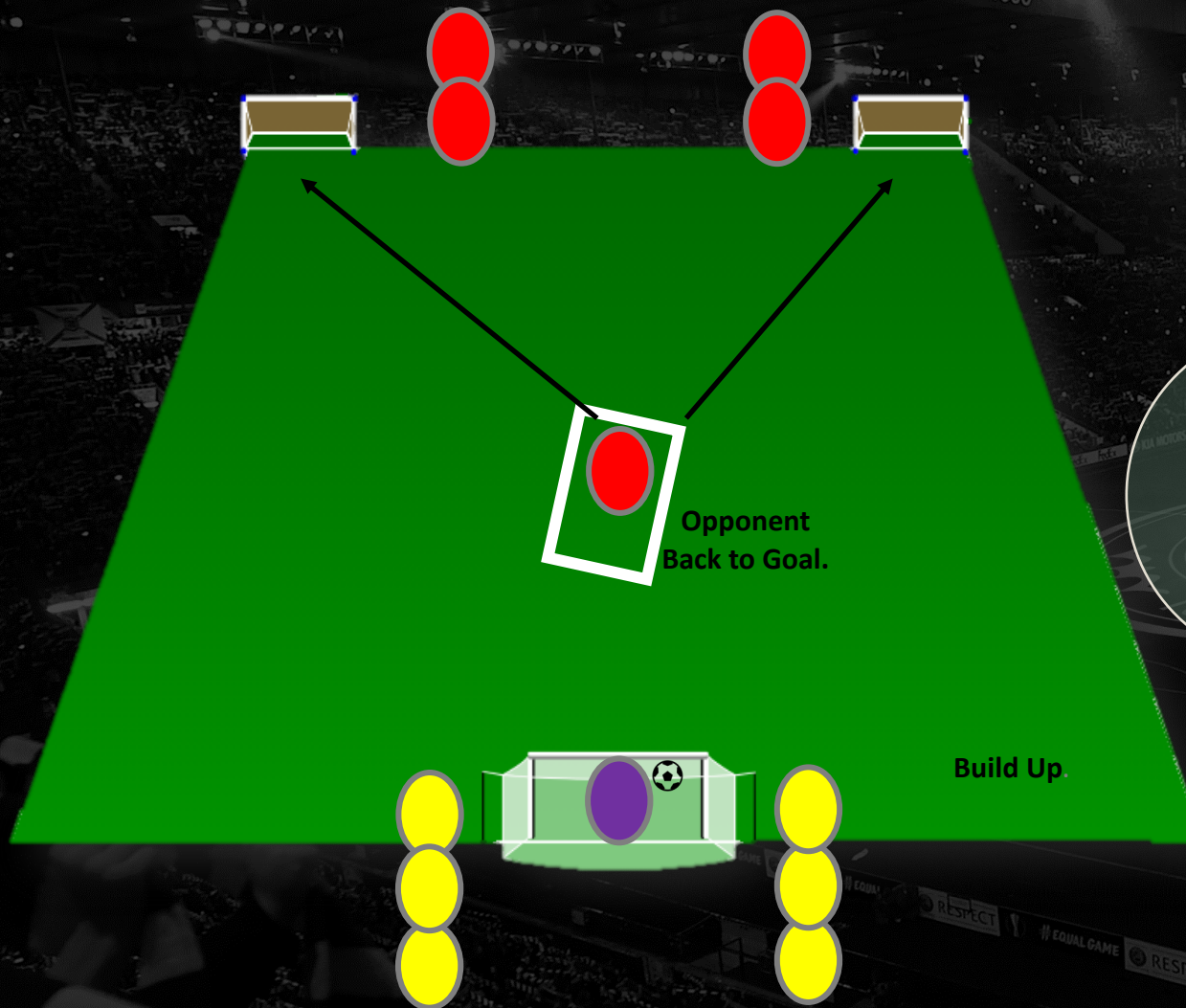


## KEY CONSIDERATIONS

- ✓ Angle run.
- ✓ NO SWITCH.
- ✓ Slow, slow, quick press.
- ✓ They move, you engage.
- ✓ Dictate their play.
- ✓ Your reward....



# EXAMPLE SESSION

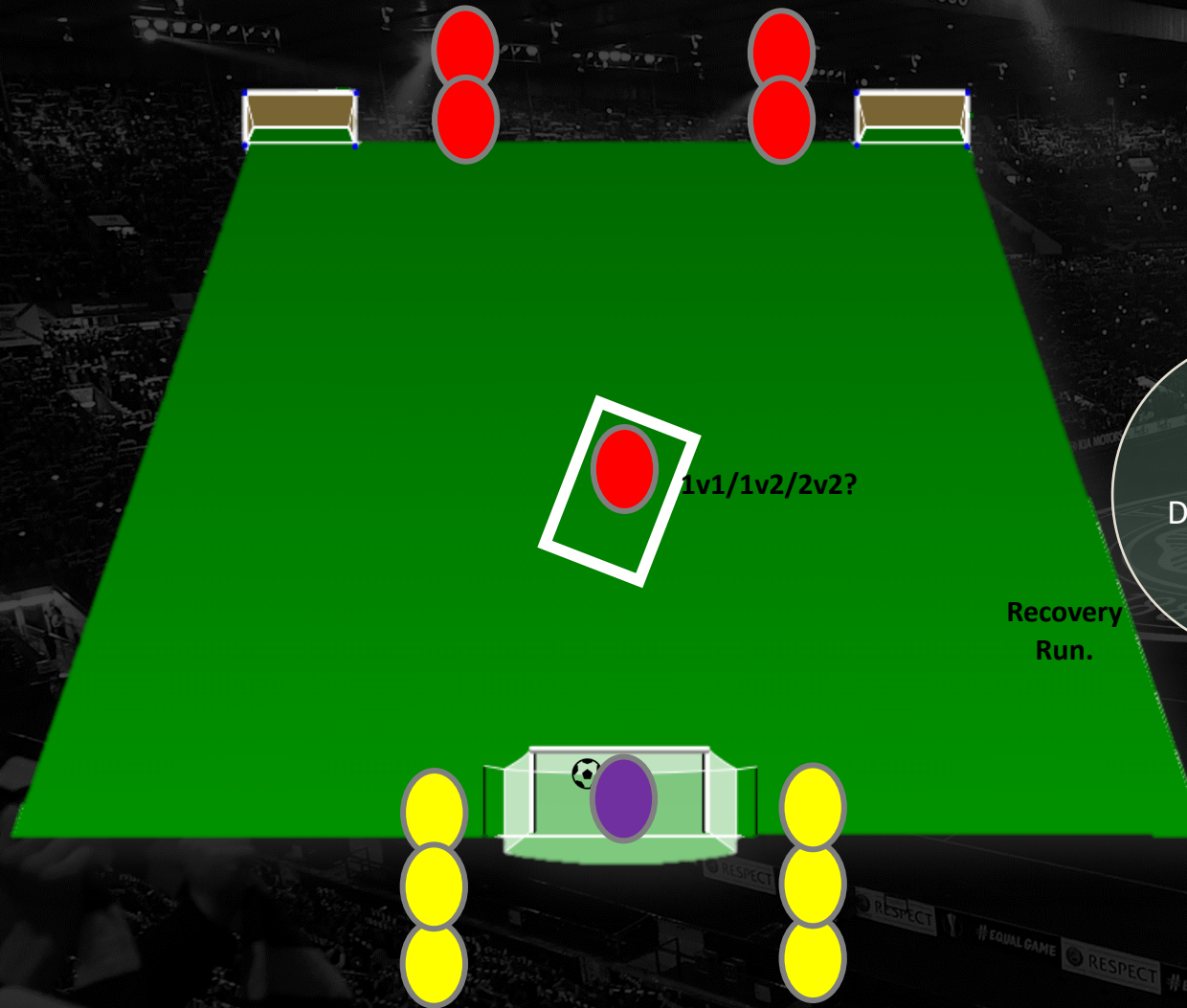


## KEY CONSIDERATIONS

- ✓ When in possession think defending.
- ✓ Anticipate the transition.
- ✓ Close opponents space.
- ✓ Distances.
- ✓ No turn, force away.
- ✓ Disrupt, Destroy.
- ✓ Can we counter?



# EXAMPLE SESSION



## KEY CONSIDERATIONS

- ✓ Don't over commit.
- ✓ Can you Destroy early?
- ✓ Don't press the pass back.
- ✓ Stay calm in overload.
- ✓ Awareness of team mate recovering.
- ✓ Can we counter?

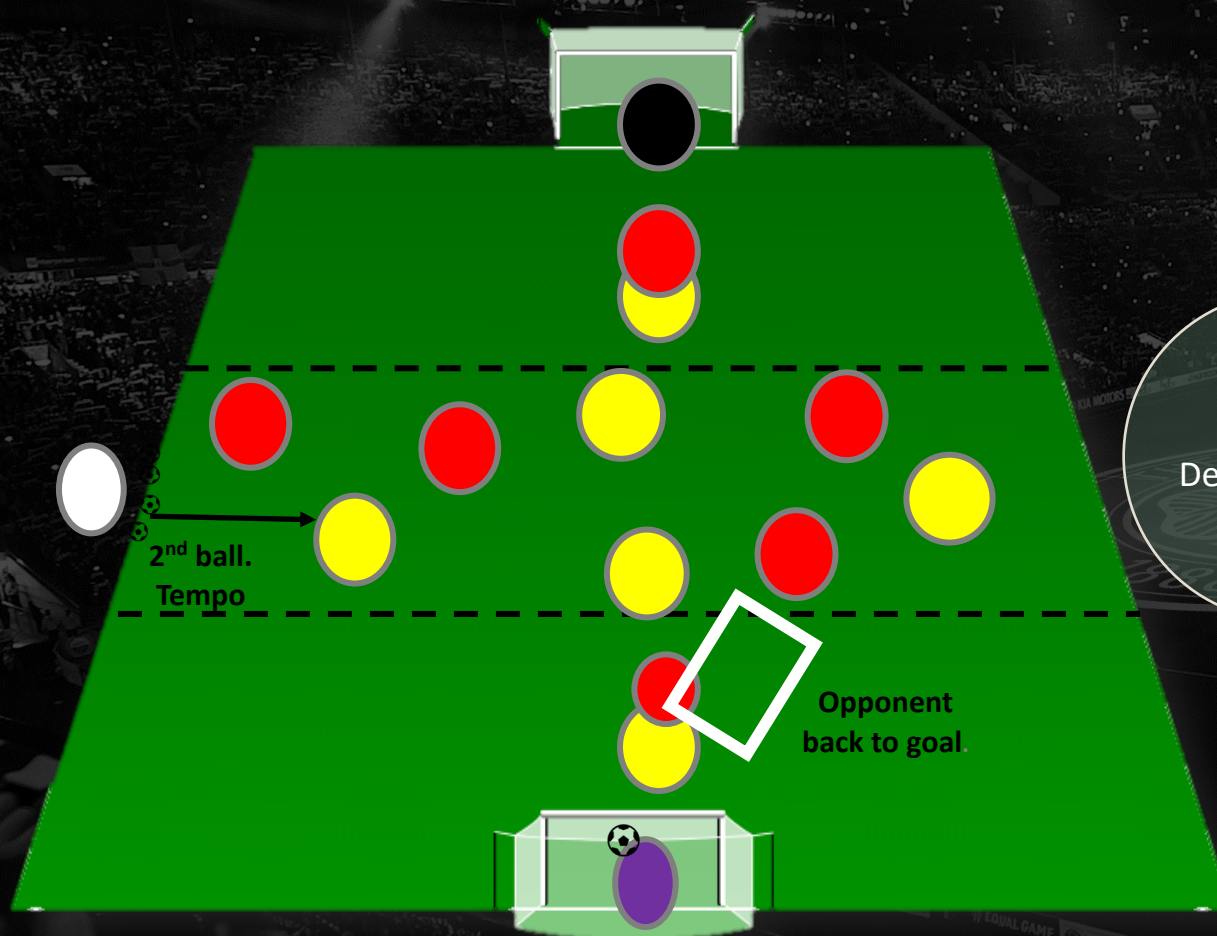


# EXAMPLE SESSION



## KEY CONSIDERATIONS

- ✓ Can the players see progression?
- ✓ 2<sup>nd</sup> ball allows the game to flow.
- ✓ Can go 1 direction if needed.
- ✓ Reinforce principles from before.





# KEY TAKE-AWAYS



- The Moment.
- The Area.
- The Situation.
- The picture constantly changes
- Players want detail.
- Make points relevant.
- Player involvement.
- Preparation.





# THE PURPOSE

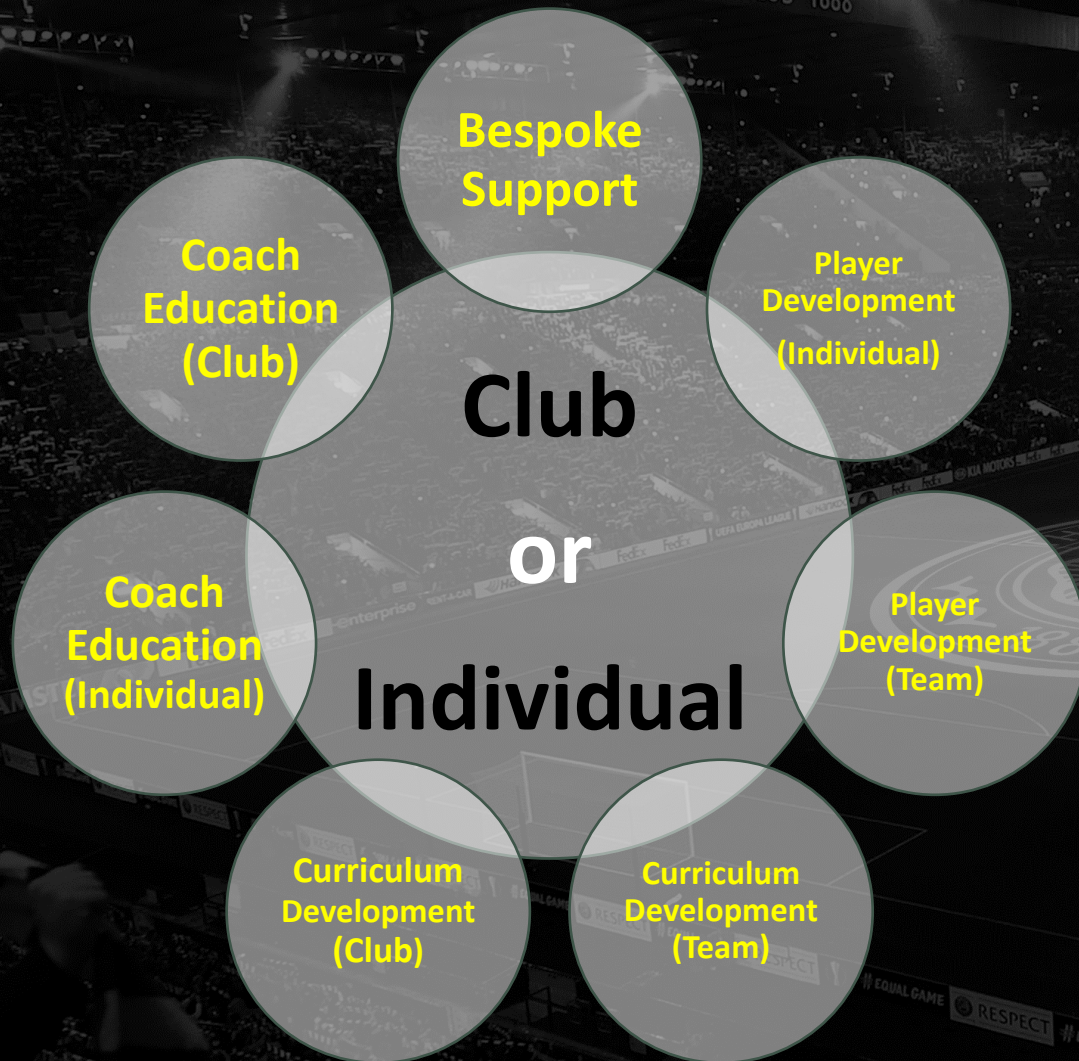


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# OPPORTUNITIES



[wmcnab@celticfc.co.uk](mailto:wmcnab@celticfc.co.uk)



