

YOUTH PROGRAMMING

PORTLAND TIMBERS



OYSA TAC MEETING



MEETING AGENDA

- TIMBERS PLAYER PATHWAY
- TIMBERS YOUTH PROGRAMMING
- PLAYER DEVELOPMENT PHASES
- GAME MODEL INSIGHT
- Q & A





PLAYER PATHWAY



PORTLAND TIMBERS FIRST TEAM

PORTLAND TIMBERS 2

PORTLAND TIMBERS ACADEMY

DISCOVERY SENIORS PROGRAM

DISCOVERY JUNIORS PROGRAM



YOUTH PROGRAMMING

TIMBERS ACADEMY U15, U16 & U18



FORMAT

- Invite only
- 1 team per age
- Daily training
- MLS Next League Play & Showcase events

GOALS

- Establish an effective learning environment focused on facilitating professional player development

TECHNICAL FOCUS

Academy teams align with Timbers first team methodology & game model.

DISCOVERY SENIORS U13 & U14

FORMAT

- Invite only
- Weekly training at the Timbers training facility

GOALS

- Explore player potential
- Introduction to Timbers principles of play individual, unit & team
- Identify & prepare players for Timbers Academy

TECHNICAL FOCUS

Development of the top pre-academy aged players through game exploration, & high-level training.

DISCOVERY JUNIORS U9, U10, U11 & U12

FORMAT

- 4 training Centers across the Portland metro
- Tryouts
- Weekly training

GOALS

- Player Development
- Learning environment
- Player Identification

TECHNICAL FOCUS

Individual player technique and the players relationship with the ball. Across our 4-corner model: Tactical, Technical, Psychological & Physical



DISCOVERY SENIORS U13 & U14

U13 PLAYERS.

80 PLAYERS TOTAL

- 40 Players Train in Block 1 – FALL Sept – Nov
- 40 Players (different) Train in Block 2 – WINTER/SPRING Jan-March
- ***Possible summer training***
- 50 Player Invites to U14 Discovery Aug 2026

U14 PLAYERS.

50 PLAYERS TOTAL

- 50 Players Train in Block 1 – FALL Sept – Nov
On either Mon (25) or Tue (25) nights
- 30 Players Train in Block 2 – WINTER/SPRING Jan-March (top performers from Block 1)
- 25-30 Players Block 3 – Spring Break / TBD with U15 Coach Jodel
- X Number of Academy Invites in May/June

Players are invited to participate via Club collaboration or via scouting and or various ID events



DEVELOPMENT PHASES

FUNdamental Stage

U8-U10

FUN

Individual Skills

1v1's Attacking & Defending

Ball Control

Dribbling

Intro To Passing Technique

Small Sided Games

FUN

Training to Train

U11-U12

Individual Skills

1v1 & 2v2's +

Ball Control W/Pressure

Dribbling W/Pressure

Passing & Combination Play

Decision Making

Intro To Attack & Defending Principles

Intro Into Positioning (On Field)

Intro To Competitiveness

Training to Compete

U13-U15

Advanced Skills

Individual, Group & Team Concepts

Speed Of Play

Passing & Combination Play

Team Technical, Functional, & Tactical Play

Player Concentration, Leadership, Responsibilities, Communication

Depth, Balance & Width

Understand Tactical Phases & Principles

Spatial Awareness: Field, Runs, Angles & Penetration

Possession With A Purpose

Compete

Training to Win

U16-U19

Advanced Group & Team Concepts

Individual, Group, & Team Ability To Change Pace Of Game

Advanced Development Of Combination & Pattern Play

Team/Group/Individual Defending – Low/High Pressure, Cover, Balance

Advanced In The 5 Tactical Phases, Principles & Sub-principles

Enhanced Development Of Field Technical And Tactical Play

Transition From Defending To Attack

Leadership, Communication, Concentration & Winning Mentality



SESSION PLANNING - MICRO CYCLE

Phase 1 – Introduction to Efficient Actions		Moment	Situation/Problem	Main Principle	Individual Focus Behavior
Week 1	Evaluation	Evaluation	Evaluation	Evaluation	Evaluation
Week 2	<ul style="list-style-type: none"> Movement off ball Control/Pass Combination play 	Create the Attack	The opponent is protecting the direct goal channel & is compact.	<ul style="list-style-type: none"> Pockets Play behind Pressure 	<ul style="list-style-type: none"> Play in the pocket Retain the ball to combine Movement off the ball
Week 3	<ul style="list-style-type: none"> Movement off ball Control/Pass Combination play 	Create the Attack	The opponent is protecting the direct goal channel & is compact.	<ul style="list-style-type: none"> Pockets Play behind Pressure 	<ul style="list-style-type: none"> Play in the pocket Retain the ball to combine Movement off the ball
Week 4	<ul style="list-style-type: none"> Pressure / Press Shape/Cover Small sided 1v1, 2v2 	Defending Mid Block	The opponent is attacking in isolated area	<ul style="list-style-type: none"> Show wide Defend box Force back 	<ul style="list-style-type: none"> Provide PCB Deny & Delay Win your 1v1 battle
Week 5	<ul style="list-style-type: none"> Pressure / Press Shape/Cover Small sided 1v1, 2v2, 3v3, 4v4 / unit work 	Defending Mid/Low Block	The opponent is attacking in isolated area	<ul style="list-style-type: none"> Show wide Defend box Force back 	<ul style="list-style-type: none"> Provide PCB Deny & Delay Win your 1v1 battle
Phase 2 – Apply / Consistent Actions		Moment	Situation/Problem	Main Principle	Individual Focus Behavior
Week 6	<ul style="list-style-type: none"> Movement off ball Control/Pass Combination play Game Situations to Goal 	Finish the Attack	The opponent has more numbers & is protecting the DGC.	<ul style="list-style-type: none"> Max Width & Height Pockets Play behind Pressure 	<ul style="list-style-type: none"> Play in the pocket Retain the ball to combine Movement off the ball



PORTLAND TIMBERS DISCOVERY

U13 & U14



PHASE 1

Introduce / Efficient Actions

PHASE 2

Apply



SESSION PLANNING

PORTLAND TIMBERS DISCOVERY U13 & U14

WEEK 2

SESSION THEME: Create the Attack

MON U14GREEN = 29
 WED U13 = 27
 WED U14 GOLD = 28

Phase	Efficient Actions	Moment	Situation/Problem	Main Principle	Individual Focus Behaviors
	<ul style="list-style-type: none"> Movement off ball Control/Pass 	Create the attack	The opponent is protecting the direct goal channel & is compact.	<ul style="list-style-type: none"> Pockets Play behind pressure 	<ul style="list-style-type: none"> Play in the pocket Retain the ball to combine Movement off the ball

NUMBER OF PLAYERS: 12 players per group. Create 2

DURATION: 20 mins

OBJECTIVE: Breaking lines & finding half spaces – pockets & find player behind the press

PRINCIPLES: Control, Pass and Movement

RULES OF THE EXERCISE:
 Passing Pattern.
 Players should combine and circulate the ball with quality to represent breaking lines and find half spaces throughout the passing exercise .

PLANNED INTERACTIONS WITH PLAYERS (COACHING POINTS):
 Receiving the ball on your back foot.
 Player movement around the x3 mannequins
 Player movement off / around the cones varies per phase

PROGRESSIONS:
 Add x2 more balls
 See gold arrows for phase 2 progression



SESSION REVIEW

Player First Name	Player Last Name	Jersey	DOB	Current Local Club	PI	S1 - PI	S2 - PI	S3 - PI	S4 - PI
						Average	Average	Average	Average
						Absent	Average	Average	Average
						Meets Expectation	Meets Expectation	Meets Expectation	Meets Expectation
						Low Performance	Low Performance	Average	Average
						Average	Average	Meets Expectation	Average
						Average	Average	Average	Average
						Low Performance	Low Performance	Average	Low Performance
						Meets Expectation	Exceeds Expectation	Meets Expectation	Meets Expectation
						Average	Meets Expectation	Meets Expectation	Meets Expectation
						Injured	Meets Expectation	Meets Expectation	Meets Expectation
						Average	Average	Low Performance	Low Performance
						Meets Expectation	Meets Expectation	Meets Expectation	Exceeds Expectation
						Average	Injured	Low Performance	Low Performance



GAME MODEL

FIRST TEAM

T2

ACADEMY

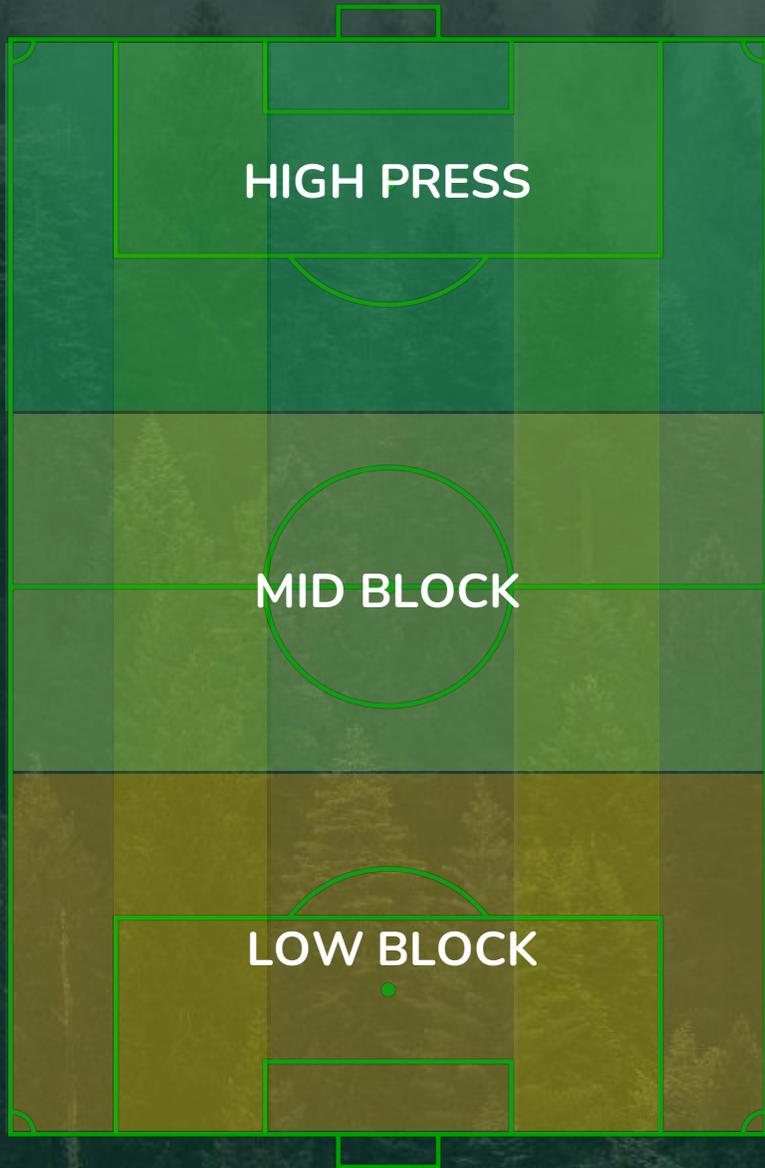


GAME MODEL

DEFENSIVE ACTIONS



FIELD PHASES - DEFENDING OUT OF POSSESSION



- PRESS HIGH FROM GOAL KICK WITH TWO 9's
- BLOCK CENTRAL PASSING LANES
- NEGATIVE PASS = DEFEND FORWARD / STEP

- SHORT DISTANCE BETWEEN LINES
- COMPACT SHAPE
- SHOW WIDE

- DEFEND THE BOX
- PREVENT CROSSES
- FORCE BACKWARDS

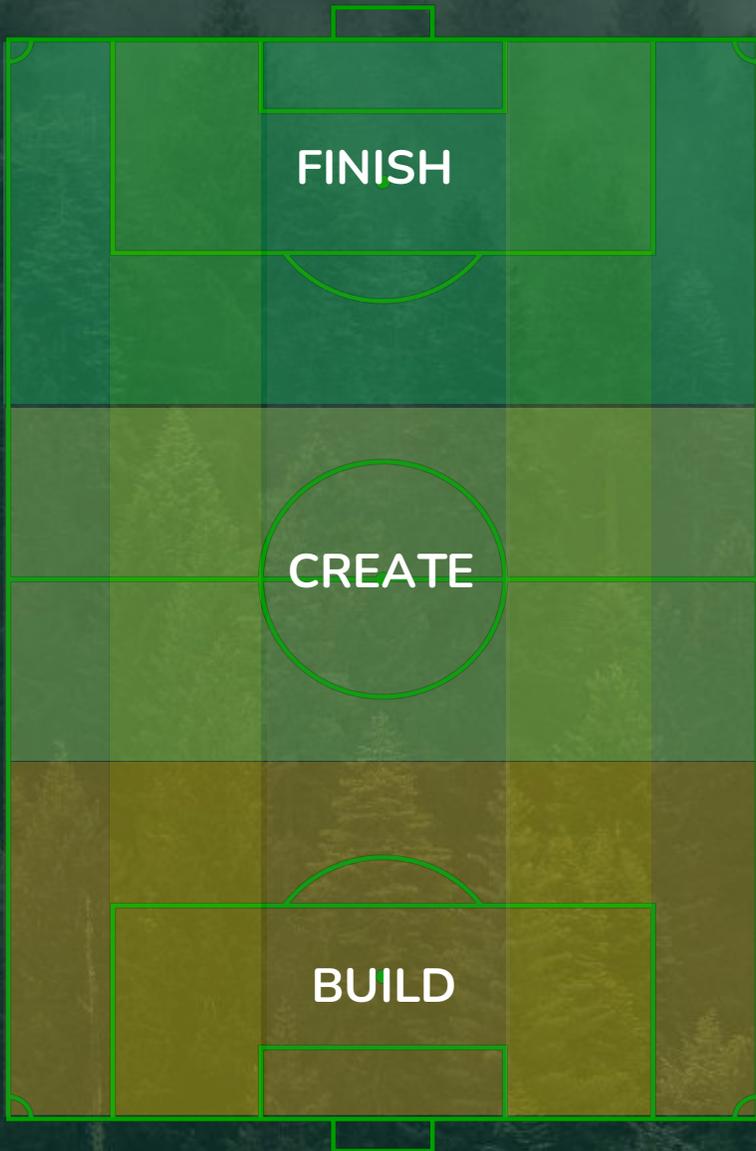


GAME MODEL

ATTACKING ACTIONS



FIELD PHASES - **ATTACKING** IN POSSESSION



FINISH THE ATTACK = FINAL/ATTACKING THIRD

CREATE THE ATTACK = MIDDLE THIRD

BUILD THE ATTACK = PLAYING OUT FROM THE BACK



GAME MODEL

MAXIMUM WIDTH AND MAXIMUM HEIGHT (7, 11 & 9)
= HIGH & WIDE ALL OF THE TIME





GAME MODEL

MAXIMUM WIDTH AND MAXIMUM HEIGHT (7, 11 & 9)
5 SESSIONS LATER





GAME MODEL

MAXIMUM WIDTH AND MAXIMUM HEIGHT (7, 11 & 9)
1 YEAR LATER





ACADEMY STAFF



DARREN BACK
ACADEMY U18 HEAD COACH



FERNANDO PESSOA
ACADEMY U16 HEAD COACH



JODEL WRIGHT
ACADEMY U15 HEAD COACH



DANNY GONZALEZ
ACADEMY GK DIRECTOR



KYLE STEINBAUGH
HEAD ACADEMY SCOUT



MICHAEL JAMIESON
YOUTH DIRECTOR



BILL WATTS
RESIDENCY MANAGER



DANNY MWANGI
ASST DISCOVERY MANAGER



RYAN SIEAKOWSKI
U18 & U16 ASST COACH



JORGAN KEEGAN
ACADEMY OPERATIONS



MARK ULBICHT
DISCOVERY LEAD TRAINER



ZEKE KYOORE
ACADEMY LEAD TRAINER



BLAKE BARNHART
ACADEMY PERFORMANCE
SPECIALIST



TIMBERS PERFORMANCE CENTER - 2026





QUESTIONS