

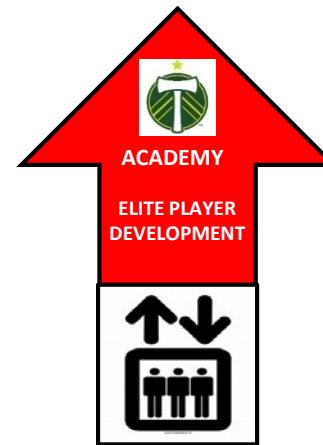
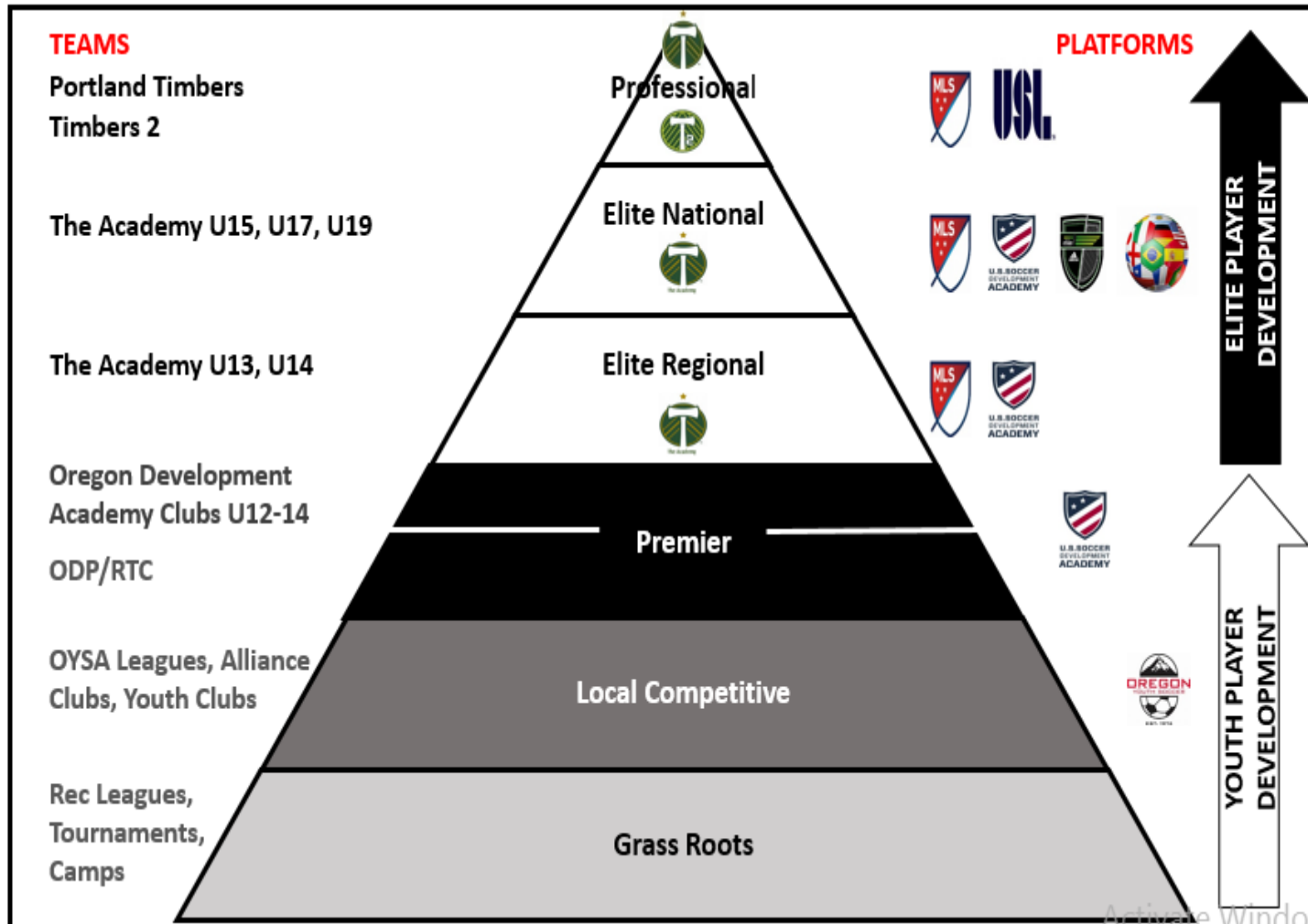


The Academy

**THE PORTLAND TIMBERS ACADEMY**



# THE PATHWAY



The Elite Player Development Pathway within the Portland Timbers FC begins at U13.

It is a systematic program which provides opportunities for the most gifted players to advance their professional goals by ascending the Pyramid.

It is directly tied to the MLS Homegrown Initiative which incentivizes teams to develop talent within their Academy system.

It is a pathway that is exclusive and while not always linear, opportunities to enter become more difficult as players age.



# THE COMPETITION



Exclusive competition for MLS professional soccer academies with a direct pathway to and ownership by MLS clubs.



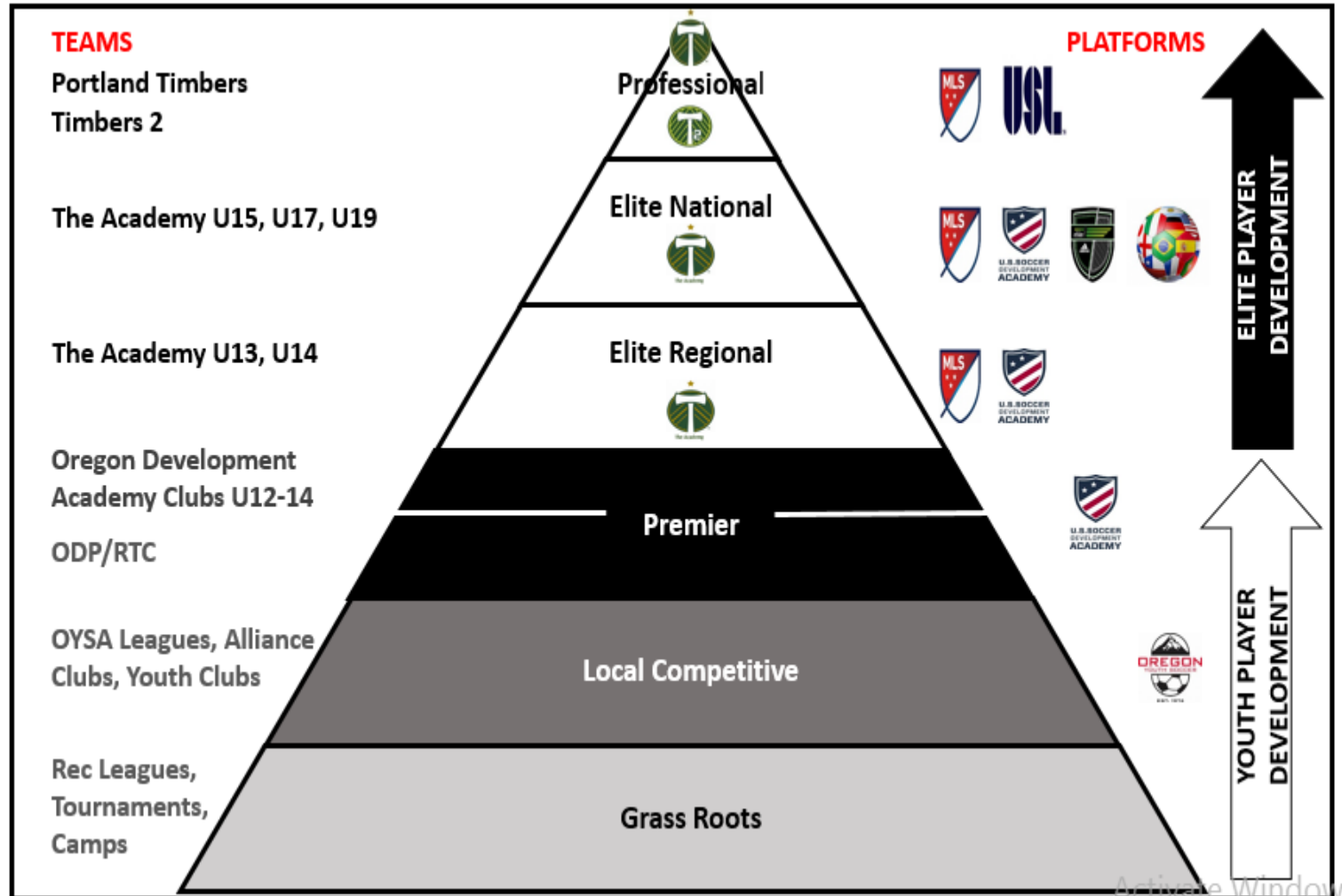
U.S. Soccer created the Development Academy in 2007. The Academy has 150 total clubs, comprised of teams across five age groups. Oregon has 7 clubs that belong to the Oregon U12-14 DA and 1 club that belongs to the National DA program.



The Generation adidas Cup is Major League Soccer's annual elite youth tournament. The tournament is exclusive to MLS Academies and top international academies. It's focus is on future stars of MLS.



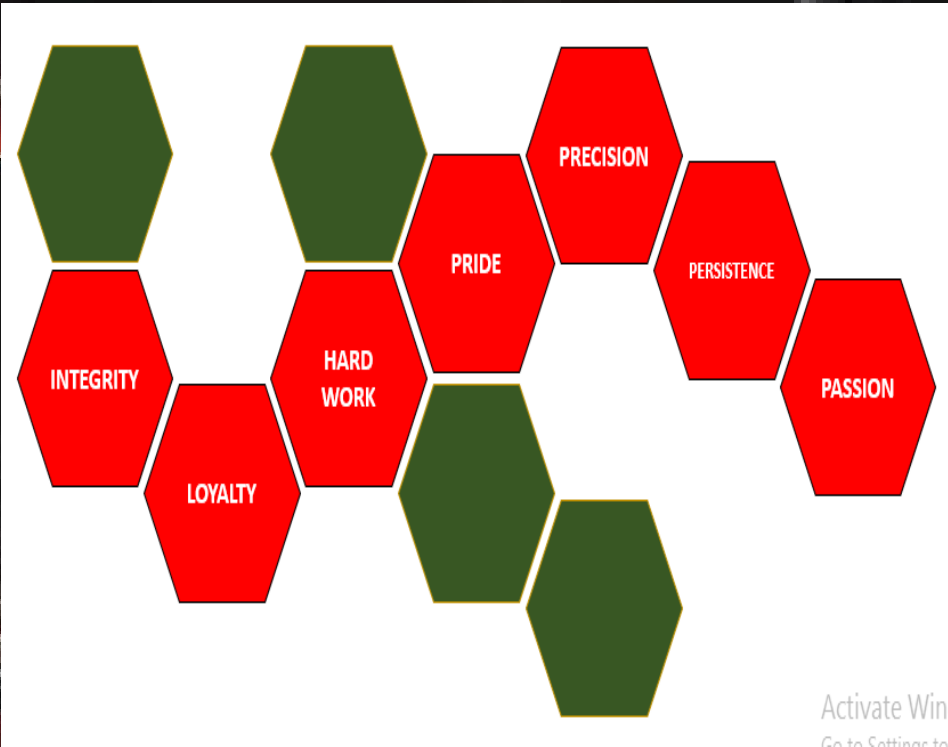
International competition is fast becoming a focus for MLS Academies. Partnerships with CONCACAF and UEFA are enhancing this aspect of competition.





# THE INSPIRATION

## OUR DNA



Activate Win  
Go to Settings to



## DOMINANT SOCCER

Possession Based and Attractive

- Dictate the flow of the game
- Create more chances than opponent

Adaptable

- Offensive Mentality
- Will to Win

Win As A By-Product of Our "Way"

- Offensive rather than defensive organization
- You determine what happens on the field

SHOW PATIENCE TO THE RED CARD

PLEASE IMPROVE



# THE ROUTINE

<b>TEAM DETAILS:</b>	<b>U13 (2005)</b>	<b>U14 (2004)</b>	<b>U15 (2003)</b>	<b>U17 (2002 &amp; 2001)</b>	<b>U19 (2000 &amp; 1999)</b>
Aug 1 <sup>st</sup> Pre-Season Start	X	X	X	X	X
Season Duration: Late Aug – Late June	X	X	X	X	X
10+ Month Season (July & Dec Break)	X	X	X	X	X
DA Regional League Seattle	X	X			
DA National / Regional League			X		
DA National League				X	X
Futsal	X	X			
Regional DA Showcase	X	X			
National DA Showcase			X	X	X
Phoenix Regional Showcase	X	X			
Generation Adidas Cup				X	
Playoffs / Standings			X	X	X
Minimum Training 4X Per Week	X	X	X	X	X
Distributed Playing Time	X	X	X		
Performance Based Playing Time			X	X	X



# THE INVESTMENT

The Portland Timbers Academy is fully funded and is the professional development program of the Portland Timbers FC.

The sole mission of The Academy is to produce players for the first team.

The Academy has an annual budget of over \$1 million dollars which is earmarked and devoted to the development of future professional players.

Staff includes some of the most well respected coaches in the US working along side the Timbers sports science and medical experts all at a state of the art training facility.





# THE CULTURE

Vertical integration from The Academy level all the way through to the first team creates a big brother like mentality.

The Academy staff help provide the players tools to drive the environment through teaching methodologies consistent with top Academies around the world.

Academy staff have a long-term, holistic approach to player development and are eager to work with the best players in the market even if it means being creative in order to align training schedules.

**PORTLAND TIMBERS ACADEMY TRAINING GUIDELINES**

		U16	U18	U19	U20	U21	U22	U23	U24	U25	U26	U27
		85	75	65	55	45	35	25	15	5	0	0
		2x/week	2x/week	2x/week	2x/week	2x/week	2x/week	2x/week	2x/week	2x/week	2x/week	2x/week
PHASE	METHODOLOGY	INDIVIDUAL PRESCRIPTION										
WARM UP	PEM	Physical Technical Execution	Physical Technical Execution	Physical Technical Execution	Physical Technical Execution	Physical Technical Execution	Physical Technical Execution	Physical Technical Execution	Physical Technical Execution	Physical Technical Execution	Physical Technical Execution	Physical Technical Execution
STABLE	MIXED	Style and Philosophy of Play	Style and Philosophy of Play	Style and Philosophy of Play	Style and Philosophy of Play	Style and Philosophy of Play	Style and Philosophy of Play	Style and Philosophy of Play	Style and Philosophy of Play	Style and Philosophy of Play	Style and Philosophy of Play	Style and Philosophy of Play
DEVELOPMENTAL	PSAM	Specific Principles	Specific Principles	Specific Principles	Specific Principles	Specific Principles	Specific Principles	Specific Principles	Specific Principles	Specific Principles	Specific Principles	Specific Principles
SITUATIONAL	PAWT	Directed Execution	Directed Execution	Directed Execution	Directed Execution	Directed Execution	Directed Execution	Directed Execution	Directed Execution	Directed Execution	Directed Execution	Directed Execution
GAME	PSAM	Directed Execution	Directed Execution	Directed Execution	Directed Execution	Directed Execution	Directed Execution	Directed Execution	Directed Execution	Directed Execution	Directed Execution	Directed Execution
TOP	INDIVIDUAL	7x7	9x9	11x11	11x11	11x11	11x11	11x11	11x11	11x11	11x11	11x11
SPORTS PERFORMANCE		Mixed Activities										
		1x/week	1x/week	1x/week	1x/week	1x/week	1x/week	1x/week	1x/week	1x/week	1x/week	1x/week

