



# Portland Timbers/Portland Thorns



## Lesson Plan Form

Coach:  Session date:  Team/Age:

Theme:

| Stage             | Organization (Diagram+Rules)    | Objectives | Key Coaching Points |
|-------------------|---------------------------------|------------|---------------------|
| <u>Activity 1</u> | Click to insert session diagram |            |                     |
| <u>Activity 2</u> | Click to insert session diagram |            |                     |
| <u>Activity 3</u> | Click to insert session diagram |            |                     |
| <u>Final Game</u> | Click to insert session diagram |            |                     |