

MPS-CTS Summer Camp

Nike Soccer

	Skill	Drills or Activites
Drill	Transition Soccer	Up and Down
Drill	Possession	Rondo
Activity	Shooting	World Cup
Drill	Passing and Moving	Passing Triangles
Drill	Dribbling/Shielding	Sharks and Minnows
Activity	Ball Control	King of the Ring
Activity	Shooting	Triple Whammy
Drill	Possession	Prison Break

Short list of a few favourite drills and activities