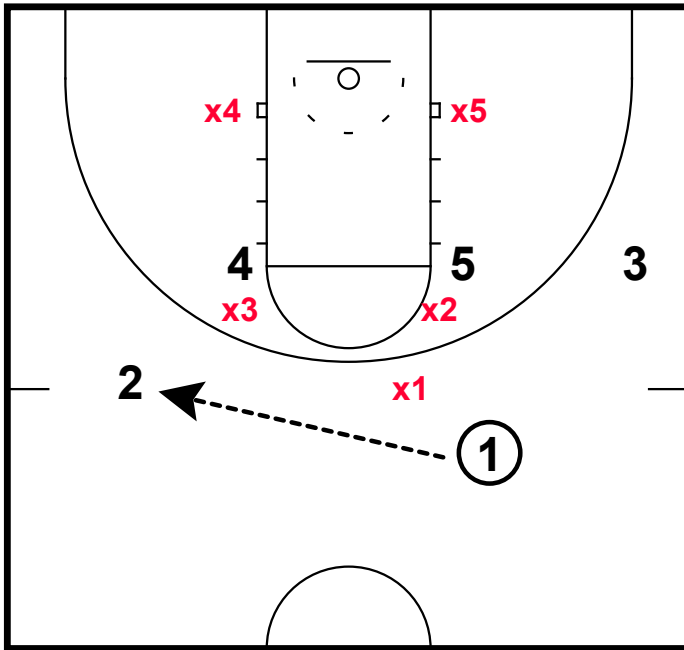
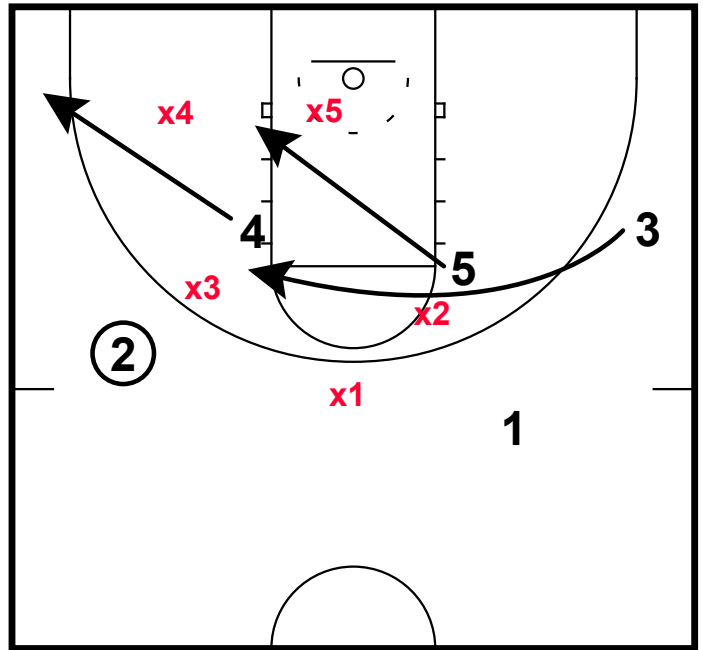


ZONE: SFA OVERLOAD
Zone Offense



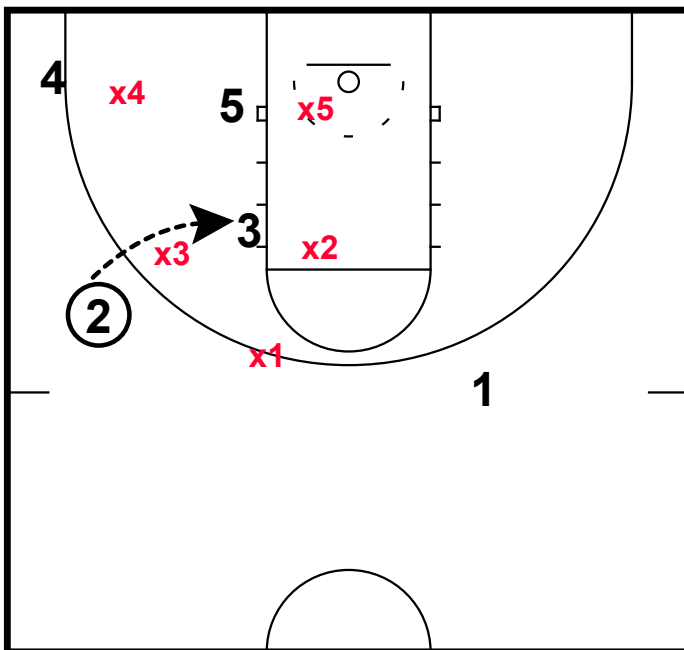
This is an overload set versus a 3-2 or 1-2-2 zone. It starts by moving your post players to the elbows and then reversing the ball.

ZONE: SFA OVERLOAD
Zone Offense



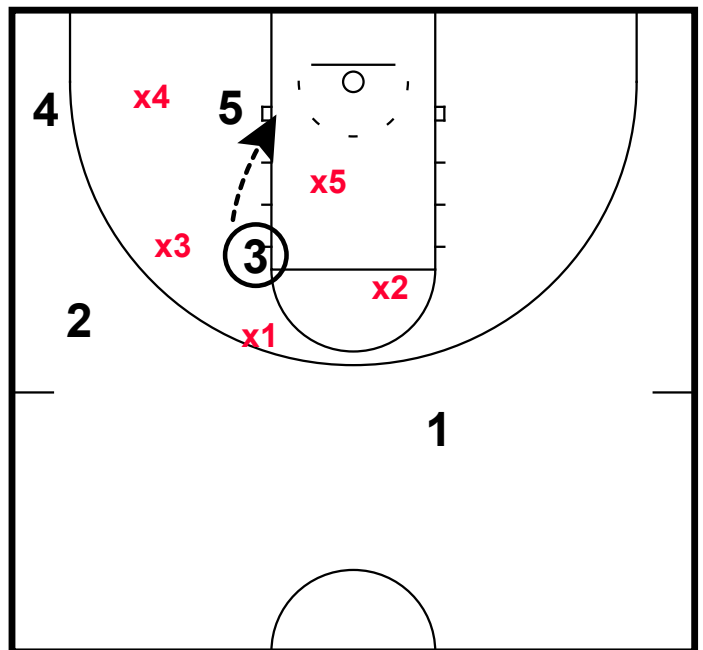
The key idea here is to fill "3" spots.
-Corner
-Low post
-Ball Side elbow

ZONE: SFA OVERLOAD
Zone Offense



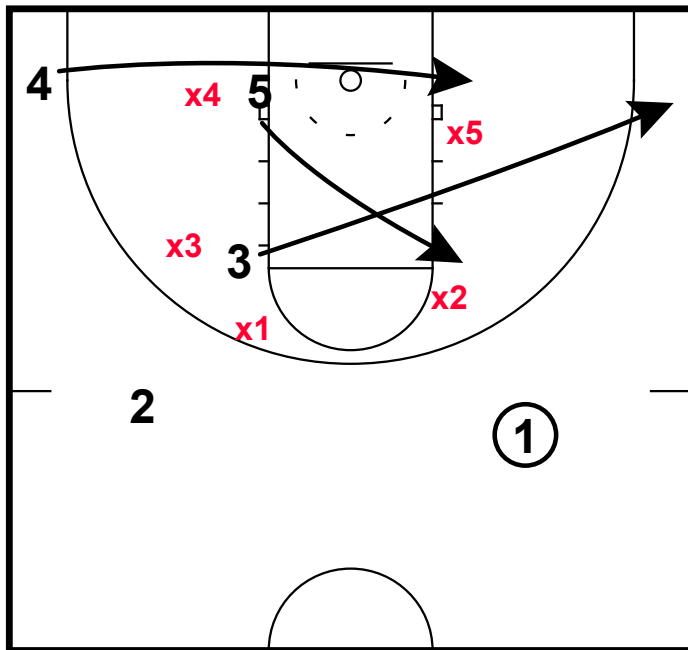
This will shift the zone in such a way someone will be open, depending upon how the zone rotates.

ZONE: SFA OVERLOAD
Zone Offense

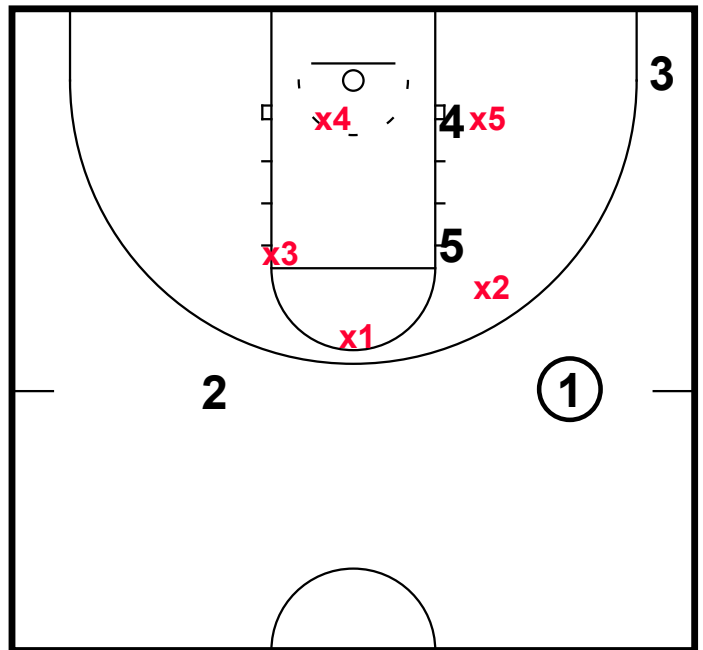


Hi-lo looks are quite possible.

ZONE: SFA OVERLOAD
Zone Offense



ZONE: SFA OVERLOAD
Zone Offense



When the ball is reversed, the 3,4, & 5 should fill the same spots on the other side of the floor. Each filling a different spot.