



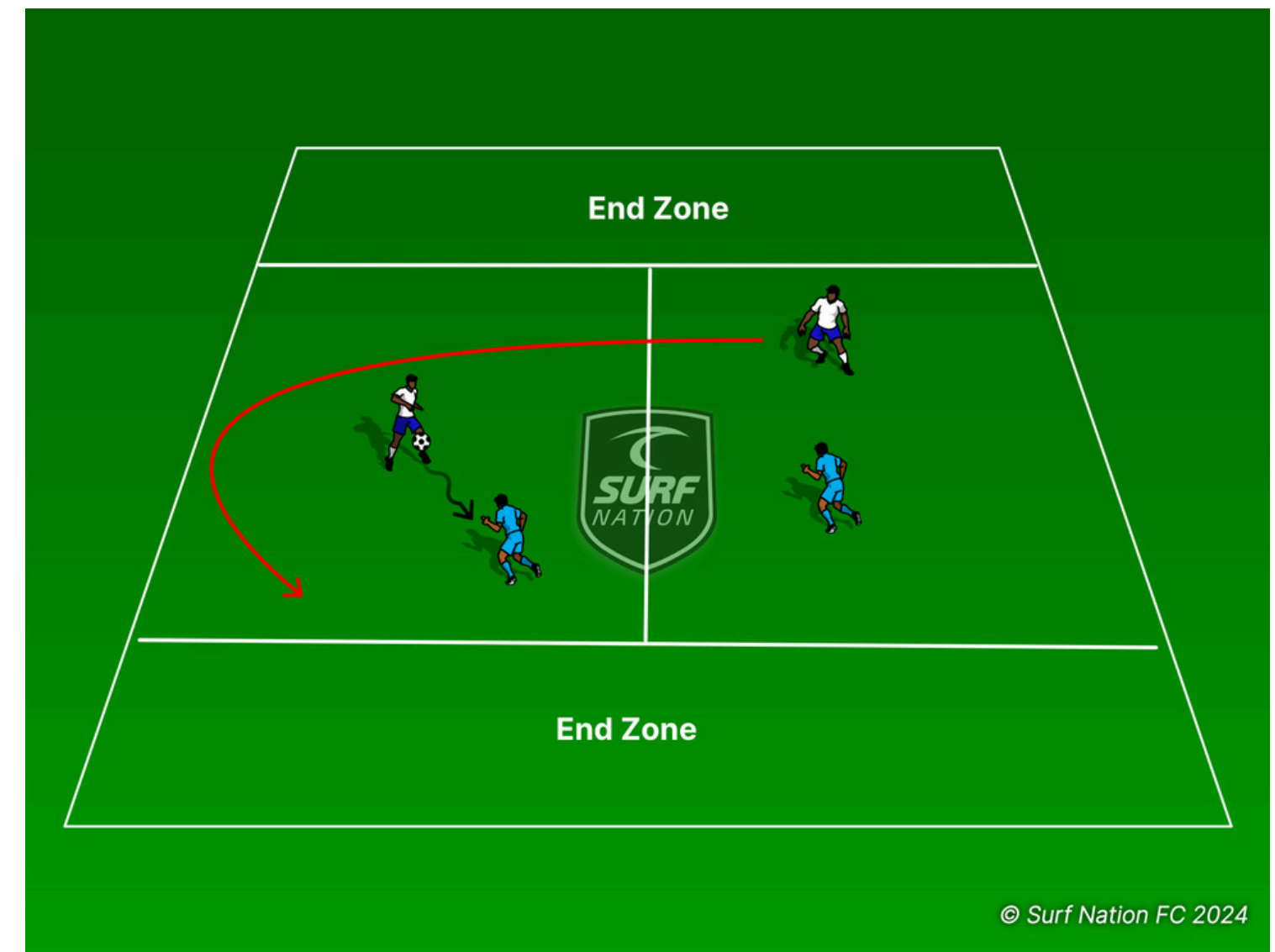
OVERLOAD INTRO IDEAS

TV7



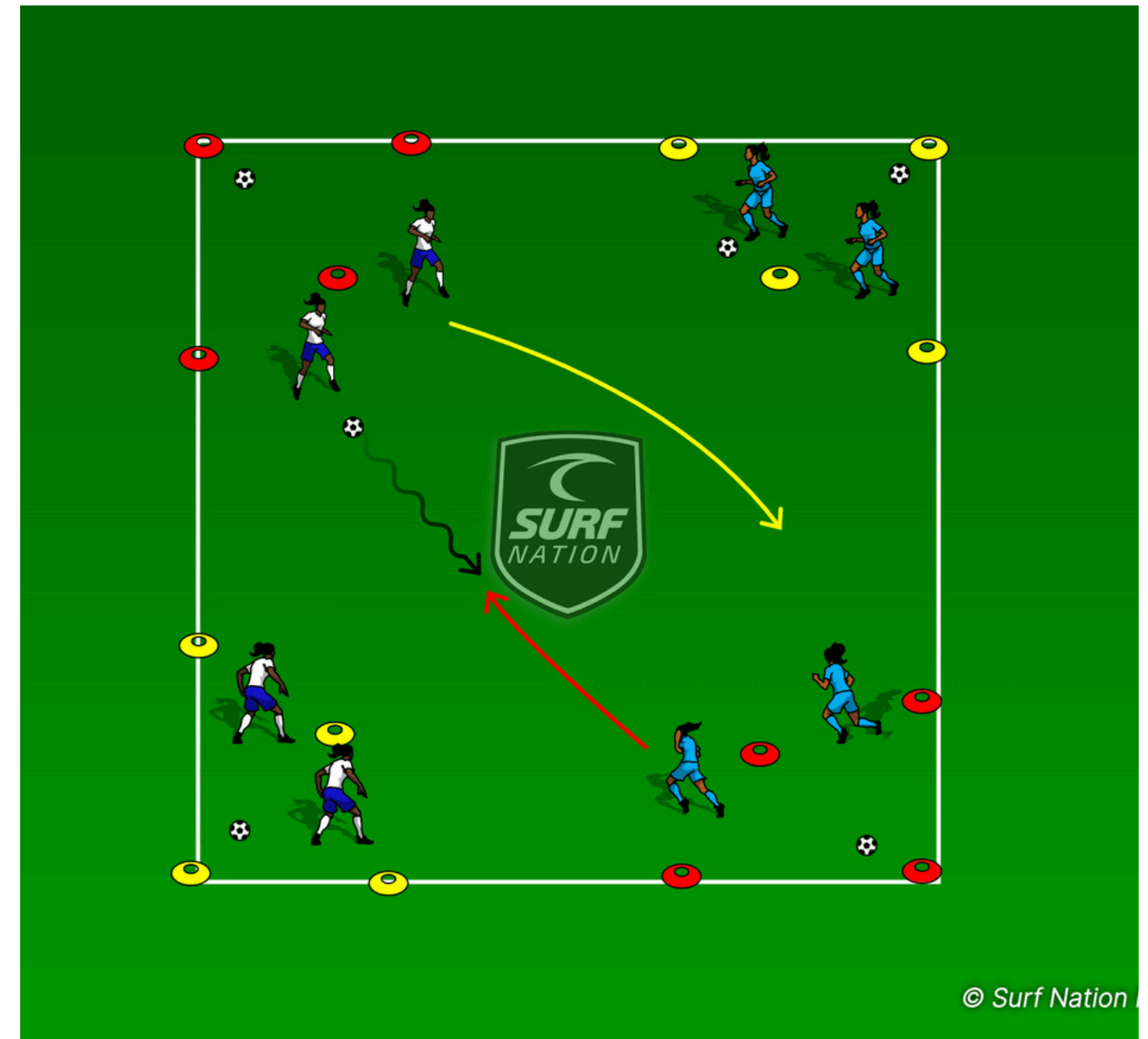
2v2 (2v1 Opportunities)

- Exercise takes place in a 15x20 yard area.
- Pitch is organized into thirds with 1v1 in each central channel
- Attacking team can move anywhere in the area.
- Defensive team must stay in their zones.
- The objective of the game is to score by dribbling into the opponent's End Zone with control of the ball



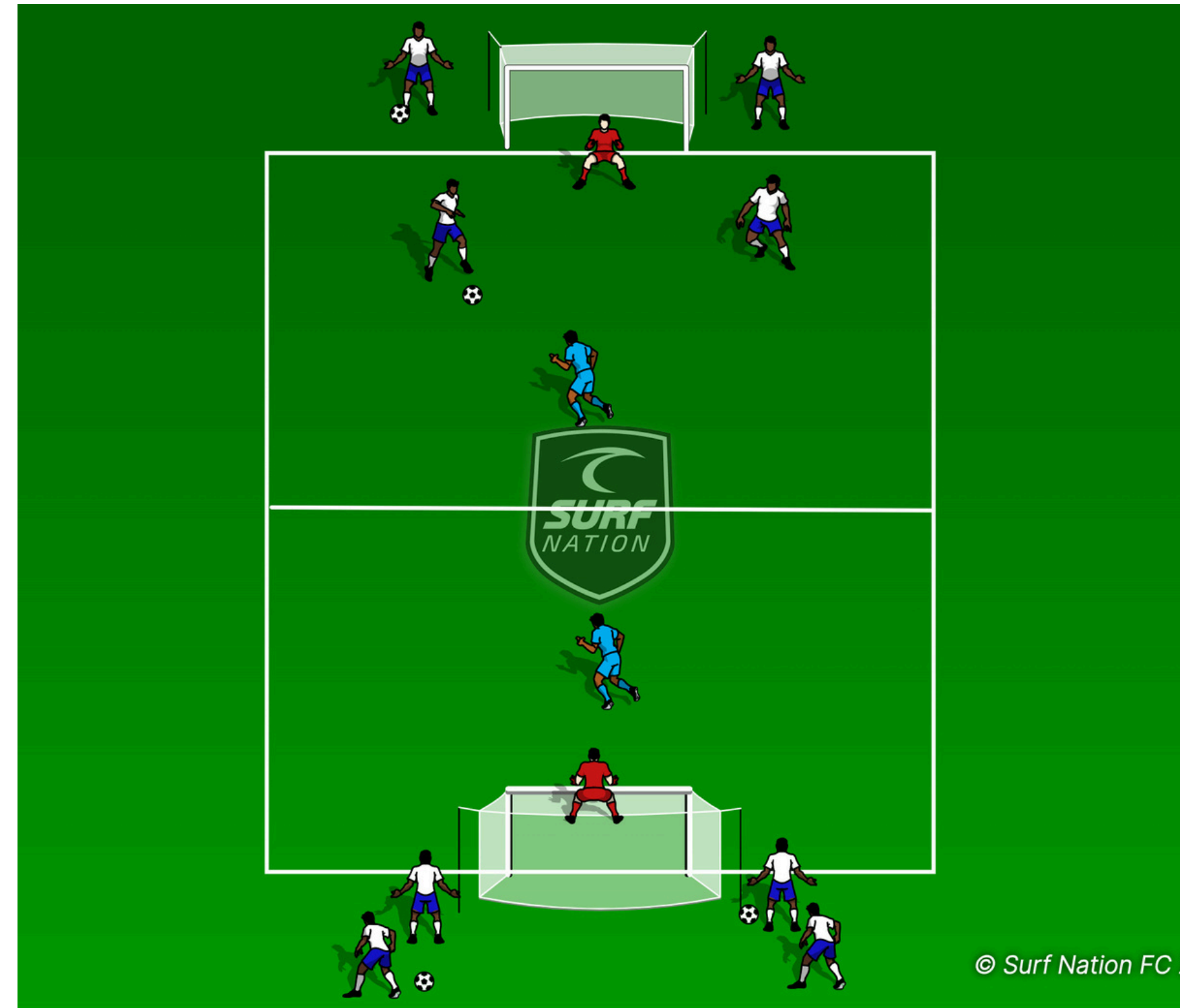
2v1 into 2v2

- Eight players are organized into two teams in a 20x20 yard area
- Two players from each team start in each corner
- Exercise starts with 2v1 with attacking team looking to dribble successfully into opponent's corner
- Coach alternates the corners
- Game progresses into a 2v2



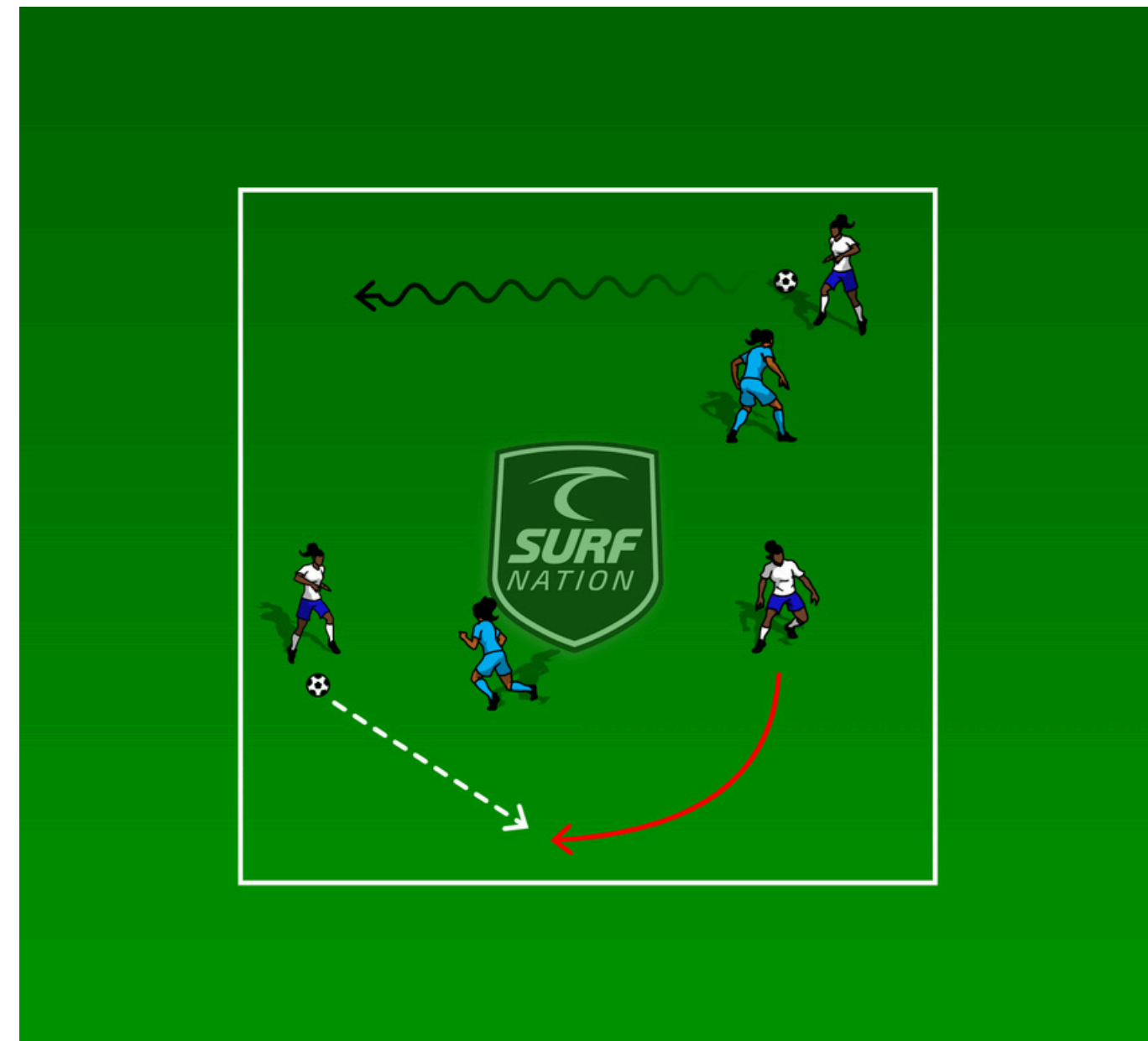
2v1 Double Zone

- Players are organized into two defenders, two goalkeepers and then the remainder are attacking players in pairs
- One defender works in each half
- To start, two attackers enter the pitch and try to score a goal as quickly as possible by playing 2v1 in the first zone and then 2v1 in the second zone
- When the ball passes the first zone, the defender is free to run back and help the defender in the second zone to make the game 2v2
- After the attack, defenders stay, attackers leave, and the next pair go in the opposite direction
- Play 5x3 minute games and change defenders after each one



2v2 + 1 Possession

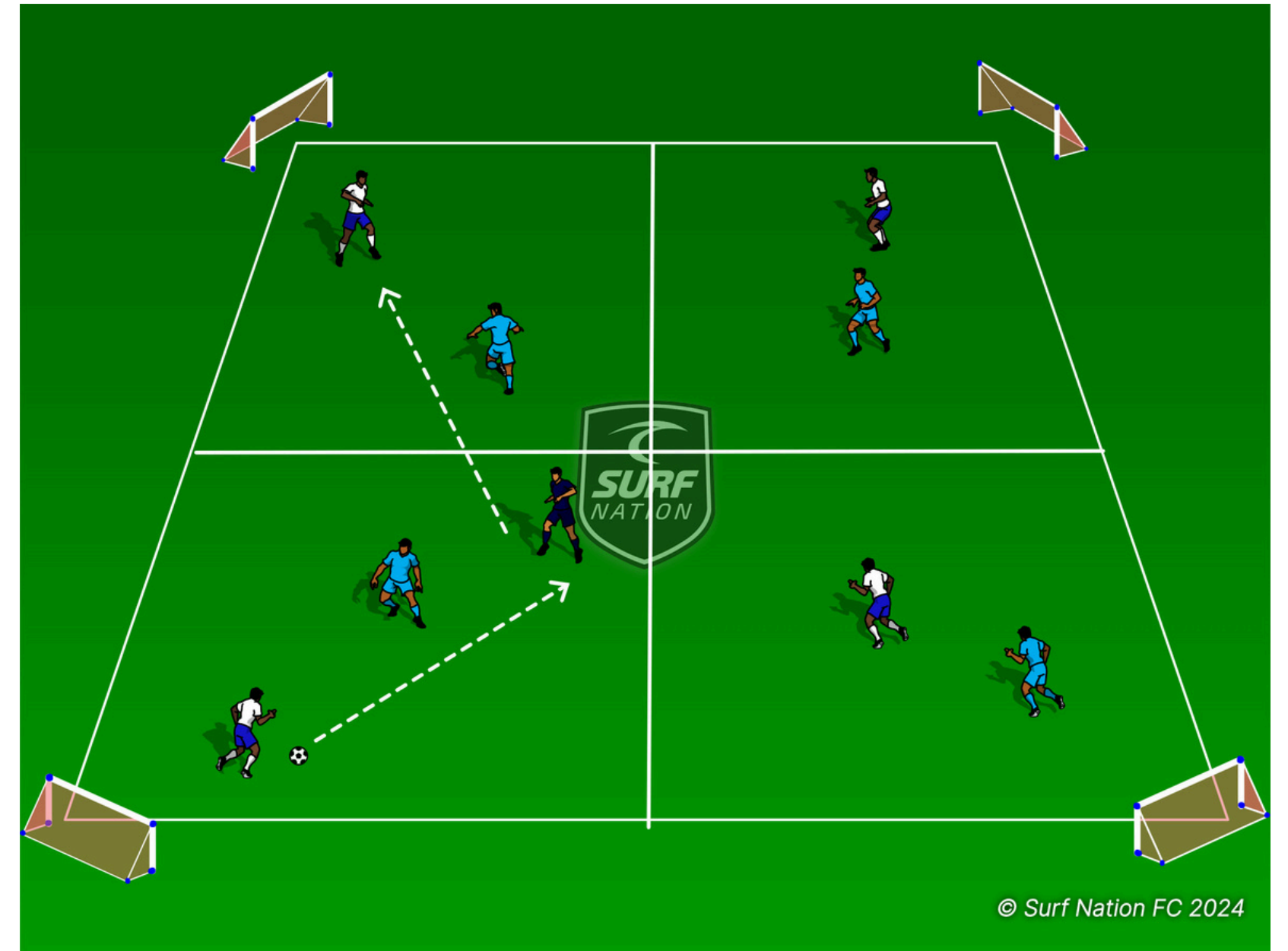
- This exercise takes place inside a 15x15 yard area
- Five players are organized into two teams of three attackers and two defenders
- Two attackers have a ball and one attacker is supporting
- The supporting attacker is constantly on the move to support both 1v1 situations
- Attacking players can create 2v1s but can also play 1v1 versus their opponent
- Play 90 second games and then switch roles



4v4 (2v1)

Possession Game

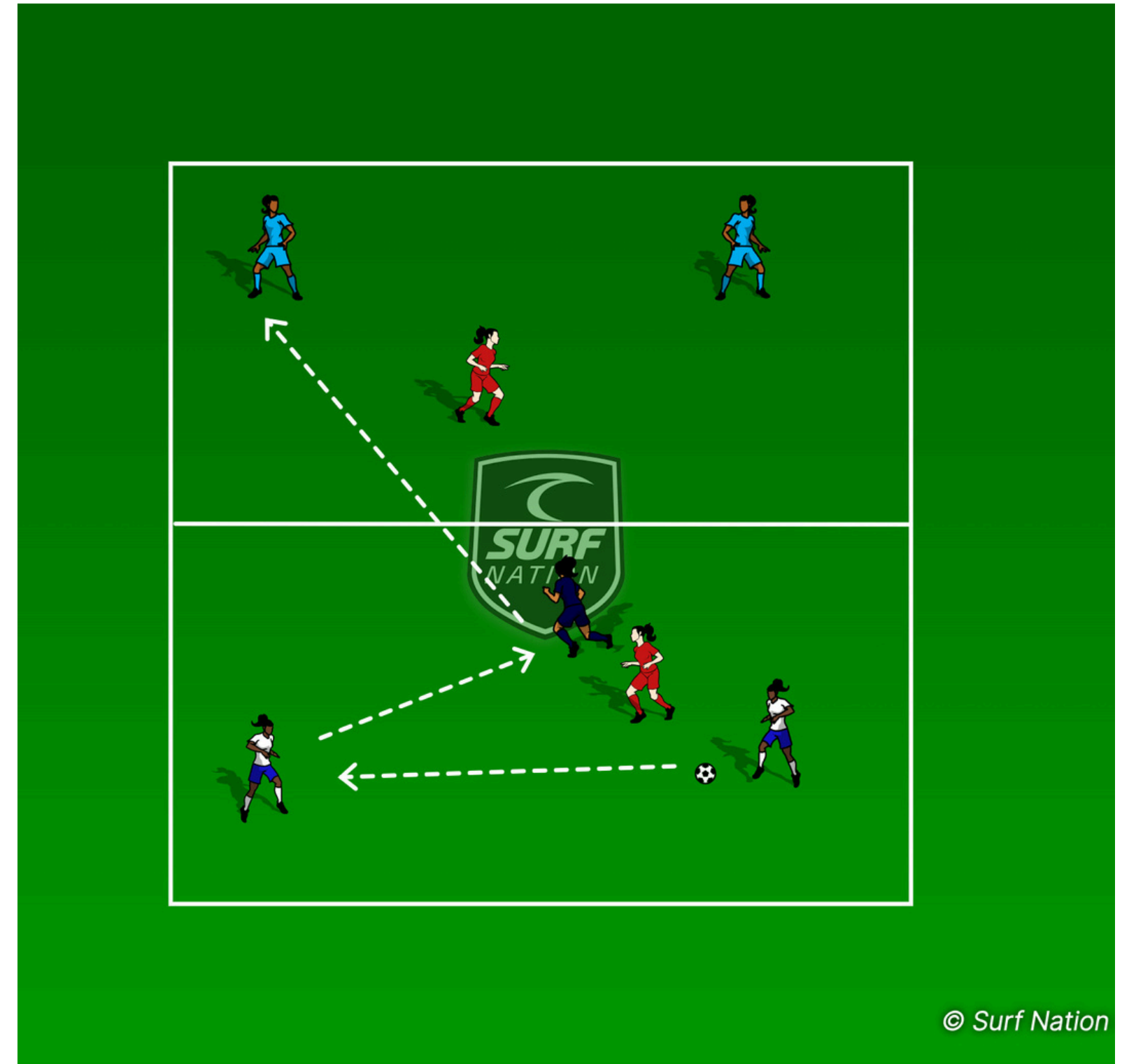
- The exercise takes place inside a 20x20 yard area split into four zones
- Nine players are organized into two teams of four with one neutral player (in navy)
- Players are limited to one zone each, but the neutral can move into any zone
- The objective is for the neutral to drop into the zone where the ball is, create a 2v1, and then transfer the ball to another square
- If a team has possession of the ball in all four zones, they get one point
- If a team loses possession, the defensive team look to score in the mini-goals for two points



2v1 (+1)

Transfer Game

- The exercise takes place inside a 10x20 yard area split into two zones
- Seven players are organized into three pairs teams and one neutral player
- One team starts as the defenders with one in each zone
- The objective is pairs to start with a 2v1, use the neutral (if needed) as an overload) and then transfer the ball to another pair
- All players must stay in their starting zones but the neutral can move throughout
- Play 6x3 minute games and rotate the defensive team after each game





THANK YOU



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Surf Soccer Nation



Surf Nation Football Focus



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