

# Invert Schemes

## Why?

- 1) Make defensive middies play defense from behind goal and
- 2) Prevents a fast break as the middies will be starting from their own GLE. Make sure that the 3<sup>rd</sup> middle is up top. Never want all three middies near goal.
- 3) Change formations to force defense to change from crease slides to adjacent slides and vice-versa.
- 4) Slow down pace of game

# Using a Double Invert vs Adjacent Slide\_1

The offense sets up with 2 middies behind the goal and no crease player...forcing the defense into adjacent slides. M1 will attack & draw a slide from D2. **Option 1:** A2 will go to crease for shot. *Figure 1*

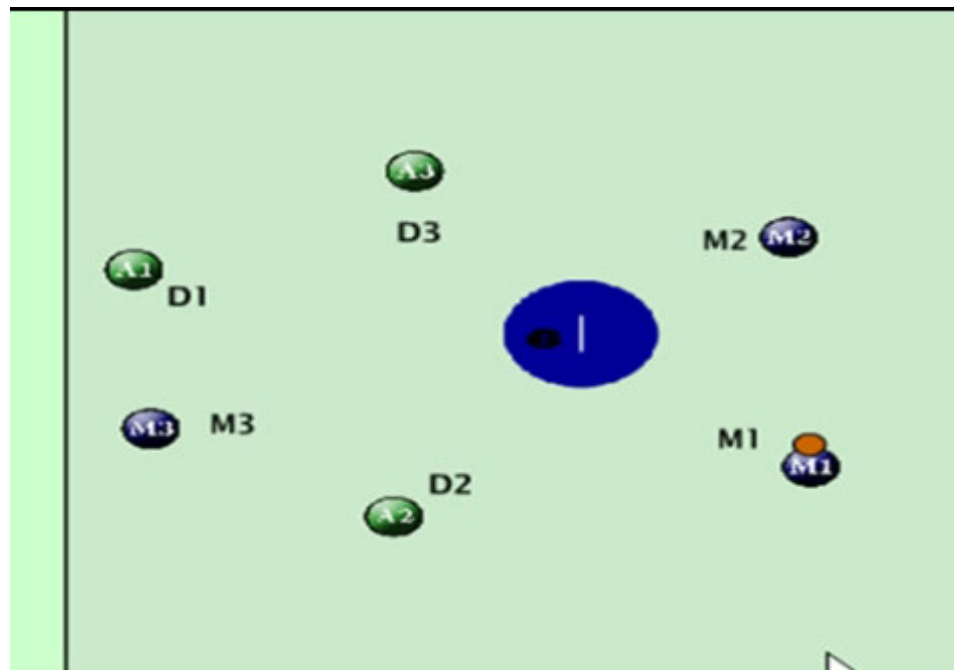


Figure 1

→ Pass

→ Player Movement

# Using a Double Invert vs Adjacent Slide\_2

**Option 2:** When M3's defender slides to A2, M3 steps into slot for pass and shot. *Figure 2*

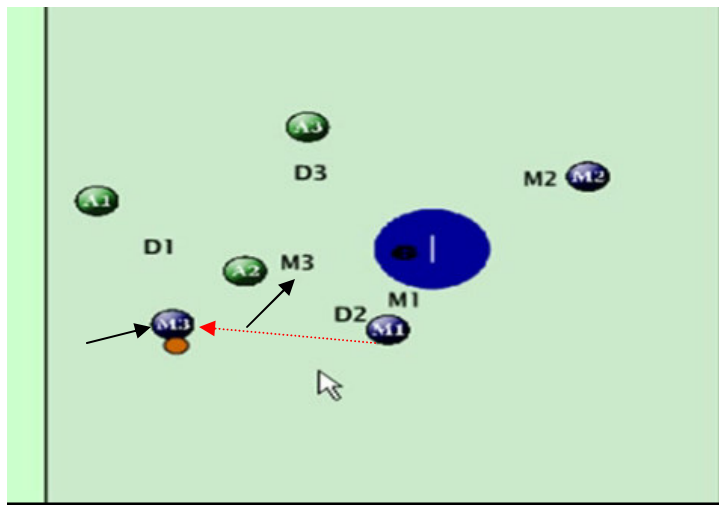


Figure 2

**Option 3:** D1 slides to cover M3 leaving A1 open and forcing D3 to slide and A3 open. Move ball faster than defense can rotate. *Figure 3*

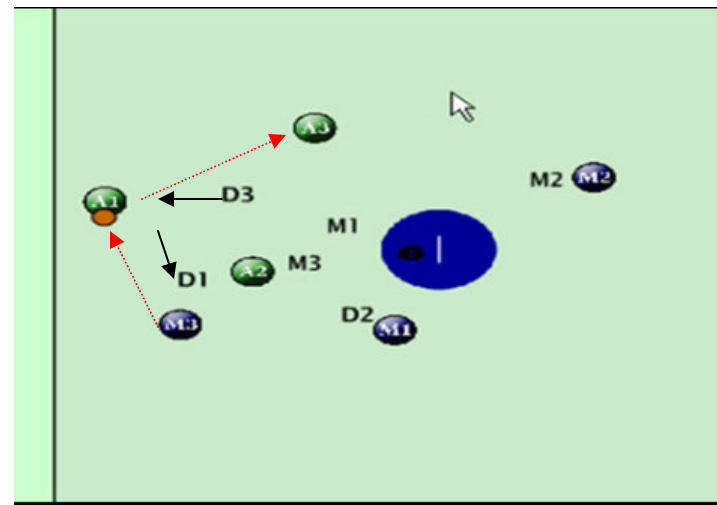




Figure 3

-  Pass
-  Player Movement

# Using a Double Invert vs Crease Slide\_1

The offense sets up with 2 middies behind the goal and a crease player...forcing the defense into crease slides. M1 will attack & draw a slide from D2. **Option 1:** A2 will go to crease for shot. *Figure 4*

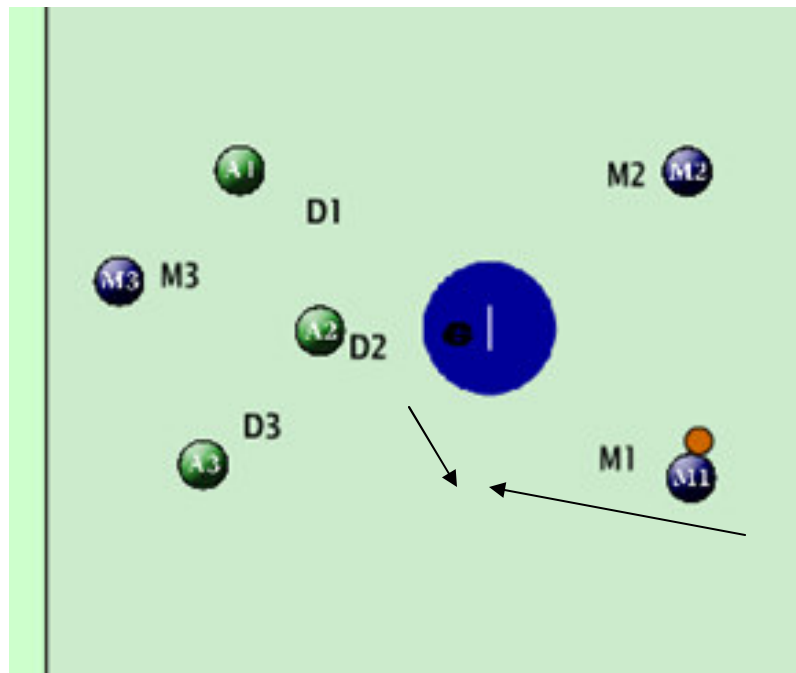
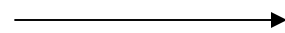


Figure 4



Pass



Player Movement

# Using a Double Invert vs Crease

## Slide\_2

**Option 2:** When D1 slides to cover A2 A1 steps into slot for skip pass and shot. *Figure 5*

**Option 3:** Move A2 off crease to X and reverse ball to A2. Now A2 is matched up vs a middie, M1. *Figure 6*

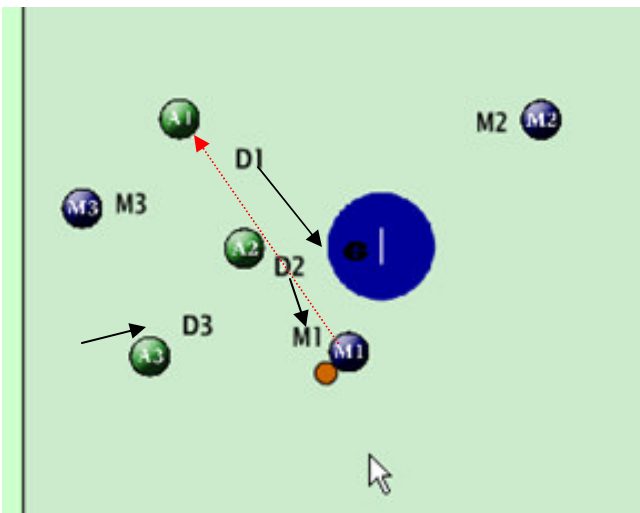


Figure 5

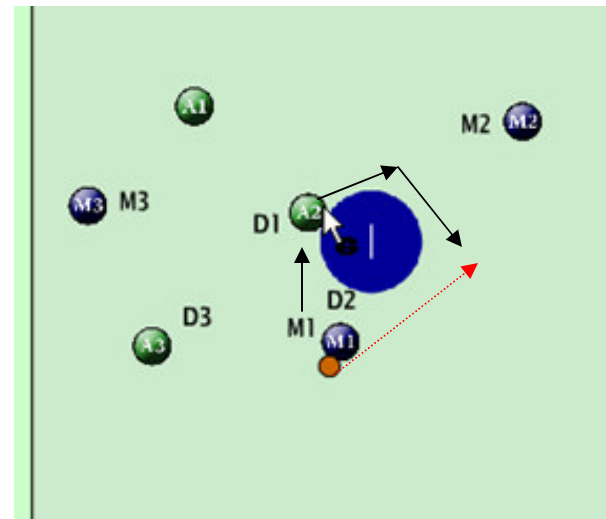


Figure 6

→ Pass

→ Player Movement

# Using a Double Invert vs Crease Slide\_3

As A2 attacks the goal against a defensive middle, offensive middle M1 goes to X to force the defense into an adjacent slide. See pages 2&3. *Figure 7*

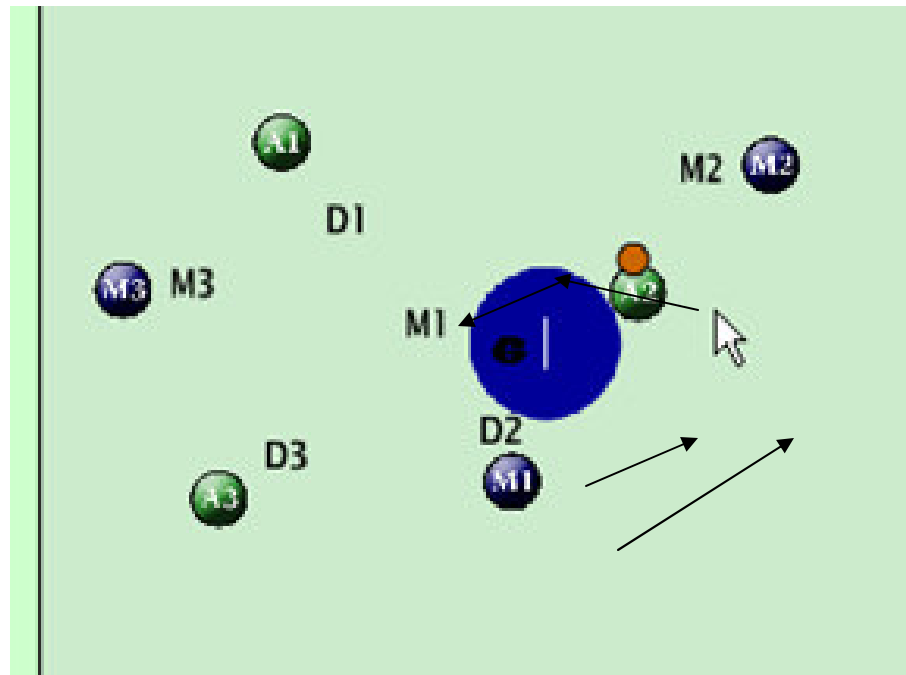
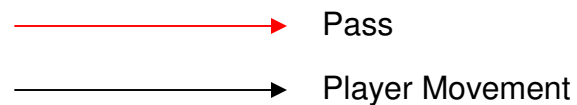


Figure 7



# Using a Single Invert vs Adjacent Slide\_1

The offense sets up with 1 behind the goal and no crease player...forcing the defense into adjacent slides. M2 will attack & draw a slide from D1. **Option 1:** A1 will go to crease for shot. Note that A3 is going to below GLE. *Figure 8*

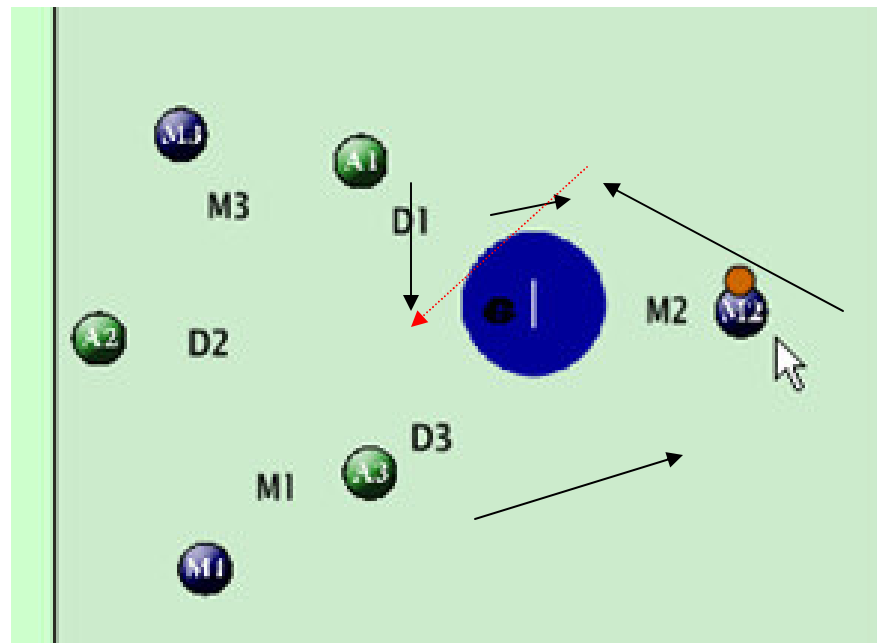


Figure 8

→ Pass

→ Player Movement

# Using a Single Invert vs Adjacent Slide\_2

**Option 2:** M2 reverses the ball to A3 who is behind the goal. A3 attacks and draws the slide from either D3 or M1. Pass to either A1 or M1 for shot.

Figure 9

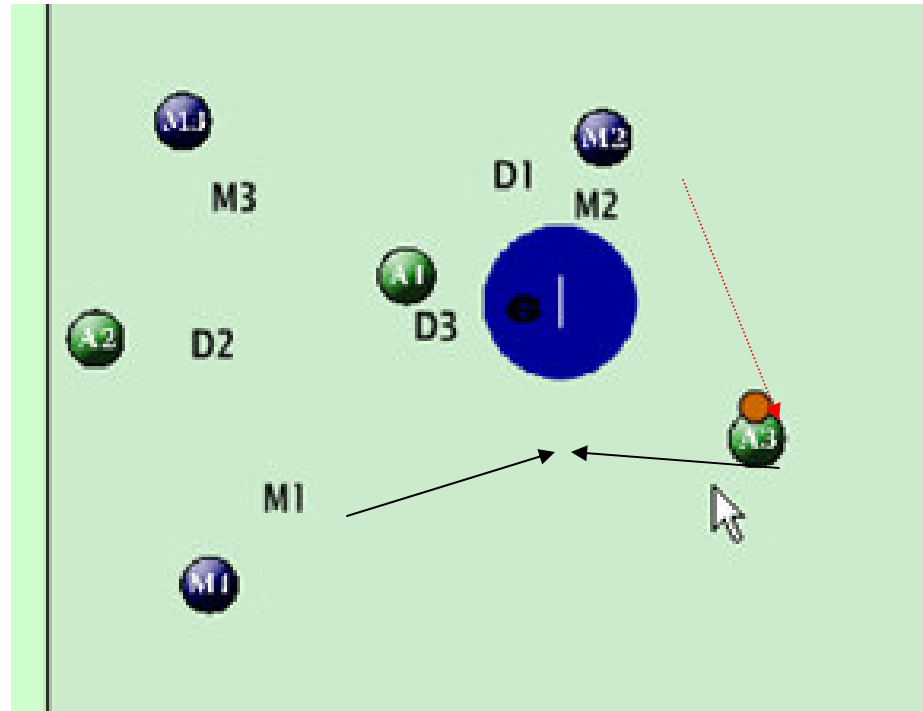
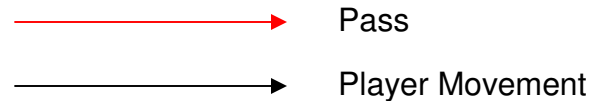


Figure 9





# Using a Single Invert vs Crease Slide\_1

M1 attacks the goal drawing a slide from D2. **Option 1:** Pass to A2 for shot. *Figure 10*

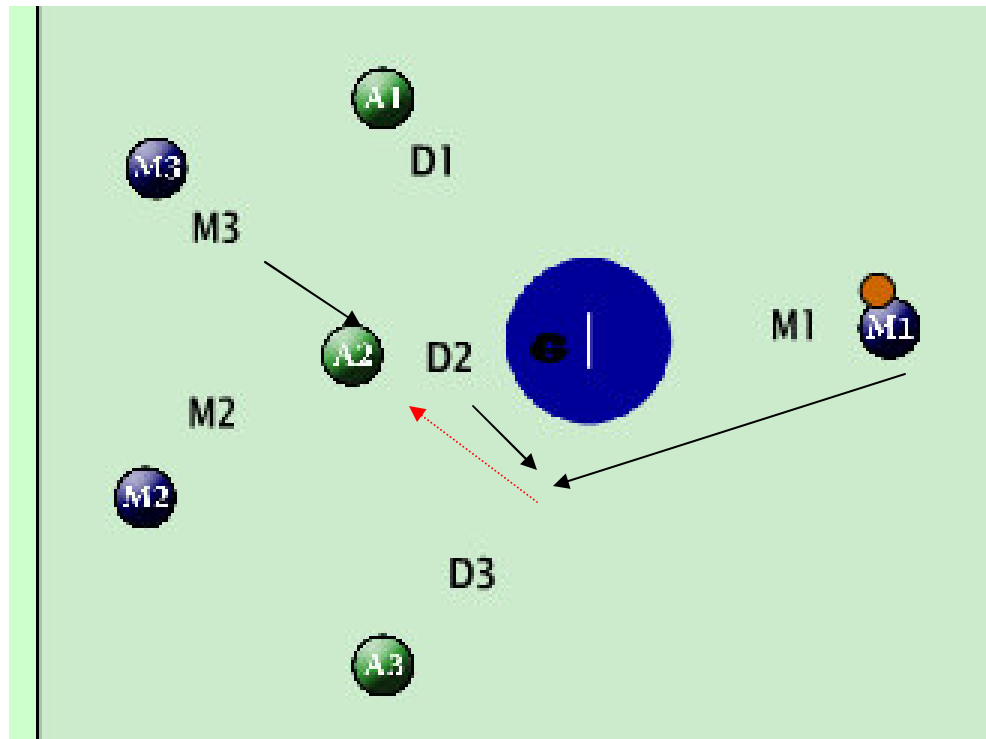


Figure 10

- Pass
- Player Movement

# Using a Single Invert vs Crease Slide\_2

**Option 2:** When Defensive middle M3 slides to cover A2 M1 skip passes to M3 and shot. *Figure 11*

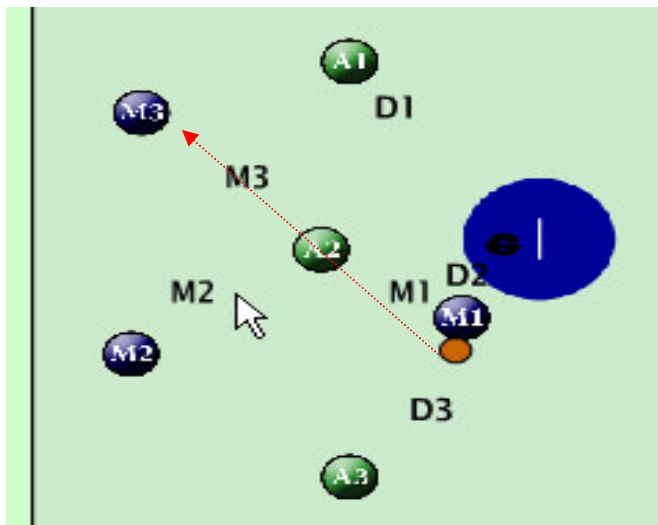


Figure 11

**Option 3:** Roll attackmen A2 off crease to behind the goal. Pass to A2. Now matched up against a middle, M1 *Figure 12*

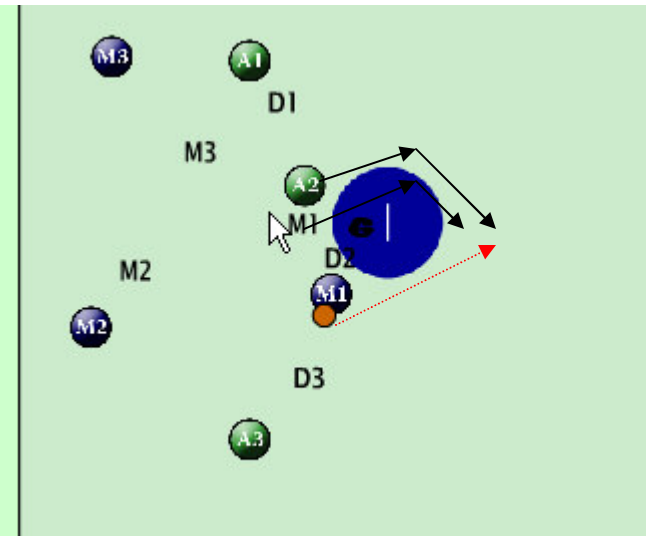
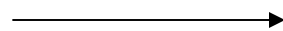


Figure 12



Pass



Player Movement

# Using a Single Invert vs Crease Slide\_3

**Option 3:** A2 attacks forcing defense to change to adjacent slide from D1 . *Figure 13*

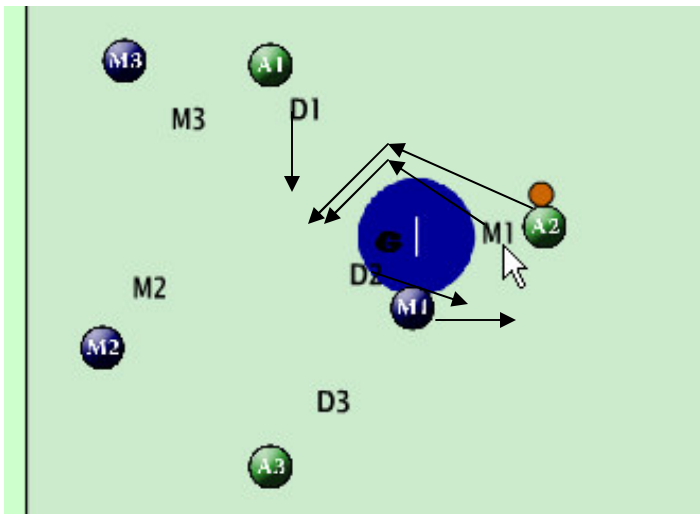


Figure 13

