

**BOOMERS INDIVIDUAL TECHNIQUE DEVELOPMENT PROGRAM**  
**Containing Penetration**

**CONTAINING PENETRATION:**

**A major emphasis of the Boomer defense is to improve our ability to contain penetration.**

**International teams excel at the draw and kick game and we must improve our defensive fundamentals in order to minimize the number of "Blow Bys" and "Rotations" in our defense.**

**It is vital that we make perimeter players catch the ball one big step outside the three point range.**

*The success of our defense will be directly related to our ability to maintain our stances throughout a possession....AND to go from one stance and one position on the floor to our new stance and to the new position on the flight of the ball, with explosive quickness!*

**COMMON ELEMENTS OF DEFENSIVE STANCES**

**Heel Toe:** Refers to the alignment of the defender's feet. Heel Toe is a consistent pattern from every court angle and is required in every stance.

**Reach—Step—Drive -Step:** The importance of short slides of the feet versus elongated slides, is quite simple. *One can react most quickly when one's feet are in relatively constant contact with the floor.* Thus a crab-like shuffle is preferred to the galloping of a horse. It is essential to drive explosively off the rear foot as you step with the lead foot. The length of the step by the reach foot should be the same as that of the lead foot, and both feet should contact the floor almost simultaneously for maximum quickness.

**Posture:** To facilitate quick fluid slides, posture is of great importance. The back is relatively straight, the head is positioned between the knees and above the feet, and the feet are positioned wider than shoulder width apart. The wider the stance without restricting mobility, the better. *The lead foot should be pointed in the direction that one slides with knees bent, ear in chest in Denial stance, nose in chest in Ready and Point stances.*

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### READY STANCE

- **Nose in Chest:** Nose is on a level plane with offensive player's chest.
- **Heel Toe:** This remains a constant reminder to not open the angle of the feet so as to allow a penetrating drive. *The key to success is **getting off the mark with an explosive pushoff** which enables the defender to contain the offense rather than trailing the offense.*

The foot closest to the middle of the floor is the "high foot". The weight is on the insteps to facilitate an explosive pushoff in either direction. It is essential to maintain perfect balance...Keep the head in the mid point between and inside the knees.

- **Wide Stance:** The defender must present the widest WALL possible to the offensive player---without restricting the mobility of the ~~offensive~~ <sup>defensive</sup> player.
- **Split the Jab Foot:** Put your crotch between the offensive player's Jab Foot and the basket Keep it there. If the opponent jabs at the basket the defender retreat steps.or hops back six to eight inches maintaining his crotch on the jab foot. . By maintaining this position the first step of the offensive player must go to the corner and not to the basket
- **Weight Distribution:** Weight should be on the insteps to facilitate explosive pushoff and lateral movement in either direction.
- **Gap Distance:** The distance from the offensive player is dictated by the relative quickness of the two players. If they are equal in quickness or if the defender is slower than the offensive player, the defender should be arms length distance from the middle of the ball. The hand corresponding to the lead foot traces the ball. In other words it mirrors the position of the ball to pressure passes or shots. The hand corresponding to the low foot is in the passing lane to this direction with a bent elbow to facilitate quick movement. *The effectiveness of on the ball defense is largely predicated on tracing the ball!*
- **Ball in Triple Threat Position Above the Waist:** Keep the trace hand in line with the ball
- **Ball Above the Head (the offensive player is a passer):** Keep the trace hand in the middle of the ball.

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- **Ball Below the Waist (the offensive player is a driver):** Hop back six to eight inches and prepare to explode laterally in either direction. Keep the trace hand in the middle of the ball.
- **Jab Step:** Hop directly backwards keeping the jab foot split and ready to contest the shot with the trace hand ready to contest he shot.

**POINT STANCE**

- **Explosive First Step Quickness:** On the first dribble by the offensive player, the defender must drive laterally off the drive leg, and explode in the direction of the drive with his lead leg or “reach leg”. He must cover as much ground as possible with this step while maintaining Heel – Toe! *The defender MUST NOT contact the driver on this step.* We must avoid the tendency to put a hand or a forearm on the dribbler on his first step.
- **Strongside Drive (A drive at the defender’s low foot):** The defender drives off his high foot and steps in the direction of the drive with the lead foot. *It is vital to point the toe of the lead foot in the direction of the drive.* As the lead foot hits the floor, the drive foot hits the floor with the same length of step as was taken by the lead foot.
- **Swing Step (A drive at the defender’s high foot):** The defender drives off his low foot and “Swings” his high foot into the direction of the drive. At the same time he pulls in that direction with his lead arm and shoulder. He is careful to reconstruct the heel toe stance with his high foot now becoming his low foot with the toe pointed in the direction of the drive. Again the length of step taken by the lead foot is replicated with the drive foot.
- **Hand Position:**
  - **Lead Hand** is in the passing lane with a bent elbow. (extension of this arm and shoulder helps pull the body in the direction that we are going).
  - **Trail Hand** is positioned just slightly inside the knee of the ball handler to prevent the crossover dribble and to take the ball with a flick away from the body of the offensive player.
- **Body Position:** The trail shoulder of the defender aligns with the lead shoulder of the dribbler. This puts the head on the ball.
- **Change of Direction:** Whenever the dribbler puts the ball behind his body the defender must hop directly backwards about a foot in a “Retreat Step”. This is done to give space so as not to be beaten by a behind the back dribble or a spin

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dribble. It also gives space if the dribbler fakes the change of direction and comes back to the strongside. From the retreat step the defender “**swing steps**” to his new position on the dribbler.

#### STICK STANCE:

As the dribbler stops his dribble, his non dribbling hand comes to the ball. At the same instant the defender “**sticks**” the ball with two hands, creating as wide an area as possible by spreading his fingers and keeping about a three inch space between his thumbs. This creates a cupping effect.

He traces the ball with two hands while splitting the offensive player’s jab foot and keeping himself between his man and the hoop. (i.e. do not allow the offensive player to step through and pass or shoot). *It is imperative that the defender does not extend out of a good basketball stance; that is, the knees must remain bent so as to facilitate a quick jumping to the ball on any lateral pass.*

#### CLOSING OUT

A close out is a predicament which requires a defender to advance towards a free man with the basketball. On a “**long closeout**” where the defender has been in a pistols stance near the split line and the ball is skip passed to his man on the wing, the defender cheat steps with his foot closest to the defender and sprints half the distance from the starting point and the man with the basketball.

The second half of the route must be a “**sliding**” process in which the defender controls momentum. The skill of “**heel-toe**” is applied in the following manner. Short choppy steps are used to attain the “**ready stance**” on the man with the ball. The closeout defender must be able to contest a perimeter shot, point the basketball on any quick driving maneuver, or inhibit a penetrating pass attempt.

Upon arriving at the man with the ball the defender touches the chest of the offensive player with an extended arm and hops back six inches into a “**ready stance**”.

On a “**short closeout**” where the defender has been in a pistols stance straddling the lane, he should arrive at the man with the ball in three steps. *A cheat step plus one two into a ready stance.* He uses same technique as previously described - touch the chest with a straight arm and hop back six inches into a ready stance.