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Pressure Basketball- Ralph Miller

Coach Miller's system of game execution is based on pressure tactics and continuous offensive and defensive pressure that eliminates rest opportunities and time for thought for opponents throughout a contest.

Rules and executions key upon the simple theory of instant conversion, or transition, on all offensive and defensive ball exchanges. This means pushing the ball up court on all offensive possessions and implementing the "automatic pick-up rule" -immediately guarding the person who was guarding you - on defensive conversion.

Pressure basketball is based on high percentage rules, which eliminate gambling and allow teams to beat themselves. Poor shot selection, fatigue and the constant pressure will promote this outcome.

By limiting the decisions that a player has to make, a team that is not physically quick will react more rapidly to situations afforded by the competition.

Naismith never made any mention of the dribble in his original rules.

Passing has become the chief weapon of attack as it was years ago.

Three laws of learning have always dominated coaching methods. They are: (1) learn by doing, (2) repetition, (3) the whole and part theory of instruction.

The measuring stick for success, unfortunately, is the coach's won - loss record. The primary objective of the coach is to teach young people how to win or how not to lose games.

