

**The 6th Annual
Youth Basketball
Coaches Academy**

Slower Paced Clinic focuses on Philosophy, Offensive and Defensive Skills, Terminology. Fundamental Skills: "tried and true" proper teaching techniques that can be instantly administered to benefit your players. Learn to organize practice plans and prepare with confidence!

6 hours of instruction, 3 classes, 2 hours each.

Session 1: September 23, 7-9 PM

@ St. Mary's Elementary School in Walnut Creek

First Class Presents:

Philosophy of Coaching, Why we coach, Making a Difference. On court demonstrations show how to teach the fundamentals: Passing, Dribbling, Defense, Rebounding, Shooting, Ballhandling. Practice drills and practice plans to maximize time while reinforcing fundamentals.

Session 2: September 25, 7-9 PM

@ St. Mary's Elementary School in Walnut Creek

Second Class Presents:

Offensive Skill Development: Attack Drills, Building a Fast Break, Basic Offensive Strategies, Developing Man to Man and Zone Offenses. Out of Bounds Plays.

Session 3: September 27, 1:15-3:15 PM

@ St. Mary's Elementary School in Walnut Creek

Third Class Presents:

Defensive Skill Development: Building man to man defense, Building your Zone Defense, Building Trapping Defenses.

Cost: The pre-registration cost for all 3 Training Sessions (6 hours) is \$50.00. Pre-registration ends 4 days before start of clinic. After that time, registration is \$60.00.

Each participant will receive a comprehensive packet of drills and an embroidered coach's lanyard.

Location: Sessions will be conducted at St. Mary's Elementary School Gym in Walnut Creek 1158 Bont Lane, Walnut Creek, CA 94596

**The 13th Annual
Ultimate Youth Basketball
Coaches Clinic**

All-day clinic focuses on advanced coaching techniques. Segments build from 1 on 1 play to 5 on 5 play while stressing offensive movement and the appropriate defensive counters. Six and a half hours of instruction and interaction with on court demonstrations.

Clinic Topics - October 25th

- 8:15-8:30 **Registration**
- 8:30-9:00 **10 Steps to improve Your Coaching**
How to Teach, Inspire and Connect with a "New Generation."
- 9:05-10:05 **Building Offensive Fundamentals**
How to Teach Rebounding, Passing, Dribbling, Shooting
- 10:10-10:40 **Youth Offenses that Work**
Passing Game, Flex, 5 Out
- 10:45-11:20 **Zone Offenses and Defenses**
How to Build and Attack Zones
Find the weaknesses in the zone and exploit it
How to Use Zone Pressure to create turnovers and
How to Attack it to get easy layups.
- 11:25-12:00 **Transition Game**
Building your Fast Break from 1 on 1 to 5 on 5
Teaching Players to attack, attack, attack
- 12:00-1:00 **Lunch on Your Own**
- 1:00-1:50 **Building Defensive Fundamentals**
Teaching the 4 Defensive Stances to create turnovers
Putting them together to create your defensive scheme
- 1:55-2:35 **Attacking Presses: Half Court and Full Court**
Turn Defensive Pressure into layups
- 2:40-3:15 **My Favorite Drills**
Drills guaranteed to improve players and teams
- 3:20-4:00 **How to Develop a Solid Practice Plan**
Using your time effectively, efficiently: Putting it all together

Cost: Pre-registration cost for the 6.5 hour clinic is \$50.00. Pre-registration ends 4 days before start of clinic. After that time, registration is \$60.00. Each participant will receive a comprehensive packet of drills and an embroidered coach's lanyard.

Location: The all-day clinic will be conducted at Walnut Creek Intermediate, 2425 Walnut Blvd. Walnut Creek, CA

**Excel in Basketball
Coaches Clinic Registration**

By Mail: complete application and send check for \$50.00 made payable to Excel in Basketball

Online: www.excelinbasketball.com
Click Registration Tab, Then click Coaches Clinic, Complete registration form, hit Next for payment

Excel in Basketball
1370 Golden Leaf Way
Concord, CA. 94521



Please check the Session Desired:

- Youth Coaches Academy** (3 Two Hour Sessions)
September 23rd, 25th, and 27th
at St. Mary's Elementary School Gym in Walnut Creek \$50
- Ultimate Youth Basketball Clinic** (One 6.5 Hour Session)
October 25th at Walnut Creek Intermediate, Walnut Creek \$50

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____

E-Mail _____

Program You Coach In _____

Grade Level That You Coach _____

Please provide a legible email address as all receipts and information will be sent by email.

Each participant will receive a packet of instructional drills and a coaching lanyard.

For additional information contact

Brian Sullivan by phone at: 925 • 798 • 6502
or by email at: excelcamp@gmail.com

Remember, Registration at the door is \$60.00

Online Registration Now Available at: www.excelinbasketball.com

Click Registration Tab, Then click Coaches Clinic, Complete registration form, hit Next for payment

Two Learning Opportunities focusing on all Aspects of Coaching Basketball

Excel in Basketball
1370 Golden Leaf Way
Concord, CA 94521

Excel in Basketball

Presents

Youth Basketball Coaching Clinics

featuring

Coach Frank Allocco, Sr.

Head Coach De La Salle

Director: Excel Basketball Camps

McDonald's All-American Head Coach

The 6th Annual

Youth Basketball Coaches Academy

September 23rd, 25th, and 27th

6 Hours of Instruction

The 13th Annual

Ultimate Youth Basketball Coaches Clinic

Saturday, October 25th

6.5 Hours of Instruction

"The beauty and challenge of coaching is that it is ever-changing and requires work and effort to keep up with new techniques and methods to improve." Coach Allocco

A Note From The Clinician

Coach Frank Allocco, Sr.

McDonald's All-American Coach: 2014

Lead Clinician: Shanghai, Top 36 Players in China: 2014

National Catholic High School Coach of the Year: 2012

National High School Coach of the Year: 2000

North Coast Section Honors Coach: 2004

Head Coach, Michael Jordan All American Classic: 2006

California State Coach of the Year: 2010, 2011

Head Coach, Academic All American Game: 2010

"We ask players to totally commit to self improvement, shouldn't we be doing the same?"

Coach Allocco

My experience in coaching spans 37 years. For the past 34 years, I have conducted the "Excel in Basketball" camps in California and New Jersey. I coached Boys and Girls in Youth Programs in New Jersey and in California for 14 years and and for the past 20+ years have served as the Vice President of the East Diablo CYO. I have also coached at the high school level for the past 23 years at Northgate (6 years) and at De La Salle (17 years)

My experience and foundation as a youth coach enables me to provide you with the appropriate advice and skills that are relevant to this important age level.

The "**Ultimate Youth Basketball Coaches Clinic**" is a one day, 6.5 hour clinic that will help you develop your style and skills in coaching and teach the "little things." Develops YOUR talents while providing comprehensive coverage of all aspects of coaching.

The "**Youth Basketball Coaches Academy**" zeroes in on the fundamentals in a casual environment. Three 2 hour sessions provides you with the comprehensive tools needed as you begin another season in the ministry of coaching. Slower, relaxed pace sessions provide ample opportunities to answer all of your questions and concerns.

These learning opportunities will increase your coaching knowledge, confidence, and ability, thus providing a better learning environment for your students.

Visit our website at: www.excelinbasketball.com