

**The 8th 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, 2 classes, 3 hours each.**

**Session 1: September 28, 6-9 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. Offensive Skill Development: Attack Drills, Building a Fast Break

**Session 2: September 29, 6-9 PM**  
@ St. Mary's Elementary School in Walnut Creek

**Second Class Presents:**

Basic Offensive Strategies, Developing Man to Man and Zone Offenses. Out of Bounds Plays. Defensive Skill Development: Building man to man defense, Building your Zone Defense, Building Trapping Defenses.

**Cost:** The pre-registration cost for both Training Sessions (6 hours) is \$55.00. Pre-registration ends 4 days before start of clinic. After that time, registration is \$65.00. Each participant will receive a comprehensive packet of drills and an embroidered coach's lanyard.

**Location:** 2 part clinic will be conducted at:

St. Mary's Elementary School in Walnut Creek  
1158 Bont Lane, Walnut Creek, CA 94596

**The 15th Annual  
Ultimate Youth Basketball  
Coaches Clinic**

All-day clinic focuses on advanced coaching techniques. Segments touch on every aspect of coaching basketball and will help you approach your season armed with knowledge and confidence. Six and a half hours of instruction and interaction with on court demonstrations.

**Clinic Topics - October 8th**

- 8:15-8:30 **Registration**
- 8:30-9:00 **Philosophy of Coaching**  
Leadership, Developing a Culture
- 9:00-10:15 **Teaching The Fundamentals**  
Innovative Methods to teach  
Dribbling, Ballhandling, Rebounding, Shooting
- 10:20-11:00 **Teaching Kids How to Play**  
Game Situation: 1 on 1, 2 on 2, 3 on 3 Play, 4 on 4 Play
- 11:05-12:00 **Simulating Game Situations in Practice**  
End of Game Strategy, End of Game Plays, Inbound Plays
- 12:00-1:00 **Lunch on Your Own**
- 1:00-2:00 **Building Blocks: Man and Zone Offense**  
Offensive Concepts, Teaching Spacing, Movement  
Youth Offenses that Work
- 2:05-3:05 **Building Blocks: Man and Zone Defense**  
Learn how to teach the innovative packline defense to stop driving lanes, pressure the ball and deny the post
- 3:10-3:40 **Open Court Attack**  
Attacking Defenses to Get Easy Baskets
- 3:40-4:00 **Practice Plans: Get the most out of your team.**  
Limited time, but extensive plan to bring out their best.

**Cost:** Pre-registration cost for the 6.5 hour clinic is \$55.00. Pre-registration ends 4 days before start of clinic. After that time, registration is \$65.00. Each participant will receive a comprehensive packet of drills and an embroidered coach's lanyard.

**Location:** The all-day clinic will be conducted at Saint Mary's Elem. School, 2425 Walnut Blvd. Walnut Creek, CA



**Excel in Basketball  
Coaches Clinic Registration**

**By Mail:** complete application and send check for \$55.00 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** (2 Three Hour Sessions) \$55  
Sept. 28-29th at St. Mary's Elem School Gym in Walnut Creek
- Ultimate Youth Basketball Clinic** (One 6.5 Hour Session)  
October 8th at St. Mary's Elem School, Walnut Creek \$55

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: 925-768-8881  
or by email at: excelcamp@gmail.com

Remember, Registration at the door is \$65.00

**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.***

Founder: Excel Basketball Camps

Youth Coach: 14 Years:

High School Coach: 24 Years

College Coach/Administrator-2015-Current

*The 8th Annual*

### ***Youth Basketball Coaches Academy***

September 28th and 29th

**6 Hours of Instruction**

*The 15th Annual*

### ***Ultimate Youth Basketball Coaches Clinic***

Saturday, October 8th

**6.5 Hours of Instruction**

**All New Topics!**

***"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

***"You can't become a great teacher until you become a great student."*** Coach Allocco

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. I am proud to be the Founder of the Excel Basketball Camps that have taught skills and values to boys and girls for 36 years! I coached Boys and Girls in Youth Programs in New Jersey and in California for 14 years 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 24 years at Northgate (6 years) and at De La Salle (18 years) and last year served as the Associate Head Coach at the University of San Francisco.

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. Two 3 hour sessions provide 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](http://www.excelinbasketball.com)**