

## The 10th 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 24, 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 26, 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

[Click here for online registration](#)

## The 17th 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 6th

- 8:15-8:30 **Registration**
- 8:30-9:00 **Philosophy of Coaching**  
"Change the world one player at a time"
- 9:00-10:30 **The Importance of Fundamentals**  
Grow your players through Drillwork:  
Dribbling, Ballhandling, Rebounding, Shooting, Passing
- 10:35-11:15 **How to Teach Offensive Skills**  
Game Situation: 1 on 1, 2 on 2, 3 on 3 Play, 4 on 4 Play
- 11:20-12:00 **Lessons Learned Coaching 3rd Grade**  
Best Methods to Develop Youth Players
- 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 **Preparing for the Pressure**  
End of Game preparation is how you win!
- 3:40-4:00 **The Art of Practice Planning**  
Develop your players through consistent, efficient drills

**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.

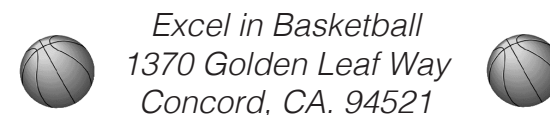
**Location:** St. Mary's Elementary School in Walnut Creek  
1158 Bont Lane, Walnut Creek, CA 94596

[Click here for online registration](#)

## 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](http://www.excelinbasketball.com)  
Select Camps Drop Down Menu and select Coaching Clinics Coaches Clinic, choose session desired.



*Please check the Session Desired:*

- Youth Coaches Academy** (2 Three Hour Sessions) \$55  
Sept. 24th and 26th at St. Mary's School Gym in Walnut Creek
- Ultimate Youth Basketball Clinic** (One 6.5 Hour Session)  
October 6th at St. Mary's School Gym in 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](mailto:excelcamp@gmail.com)

Remember, Registration at the door is \$65.00

**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: 15 Years:  
High School Coach: 24 Years  
College Coach/Administrator-2015-Current

*The 10th Annual*  
**Youth Basketball  
Coaches Academy**  
September 24th and 26th  
**6 Hours of Instruction**

*The 17th Annual*  
**Ultimate  
Youth Basketball  
Coaches Clinic**  
Saturday, October 6  
**6.5 Hours of Instruction**

**Advanced Coaches may attend our High  
School Coaches Clinic on October 13th.**

**"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 appropriate advice and skills that are relevant to this important age level. I am the Founder of the Excel Basketball Camps that have taught skills and values to boys and girls for 38 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), winning 3 State Championships, and in 2015-16 as the Associate Head Coach at the University of San Francisco. In 2017 I returned to the Youth Level where I coach 3rd grade!

#### The "Ultimate Youth Basketball Coaches Clinic"

One day, 6.5 hour clinic that will help you develop your style and skills while providing comprehensive coverage of all aspects of coaching.

The "Youth Basketball Coaches Academy" Two 3 hour sessions provide you with the comprehensive tools needed in a slower, relaxed pace that provides ample opportunities for questions.

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

**Advanced Coaches may attend our High School Coaches Clinic on October 13th.** Please contact us via email: excelcamp@gmail.com for the H.S. Clinic brochure.

**Visit our website at: [www.excelinbasketball.com](http://www.excelinbasketball.com)**