

## The 5th 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 24, 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 26, 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 28, 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. Registration at the door 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 12th 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 19th

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|-------------|--|
| 8:15-8:30   | <b>Registration</b>  |
| 8:30-9:30   | <b>It all Starts with Fundamentals: Developing the Youth Basketball Player</b><br>Key aspects of Rebounding, Passing, Dribbling, Shooting<br>Develop your players fundamentals and win!                          |
| 9:35-10:20  | <b>Team Offense: Building a Successful Offense</b><br>From Motion to Continuities: the whole package<br>Putting concepts together to create an offense that works  |
| 10:25-11:10 | <b>Zone Offenses and Defenses</b><br>How to Build and Attack Zones<br>Find the weaknesses in the zone and exploit it<br>How to Use Zone Pressure to create turnovers and<br>How to Attack it to get easy layups. |
| 11:15-12:00 | <b>Transition Game</b><br>Building your Fast Break from 1 on 1 to 5 on 5<br>Teaching Players to attack, attack, attack   |
| 12:00-1:00  | <b>Lunch on Your Own</b>   |
| 1:00-1:50   | <b>Team Defense: Building a Winning Defense</b><br>Teaching the 4 Defensive Stances to create turnovers<br>Putting them together to create your defensive scheme<br>My Best Defensive Drills: Buildups           |
| 1:55-2:35   | <b>Disadvantage Drills to Build Your Team</b><br>Develop players and your team through "adverse" situations  |
| 2:40-3:15   | <b>Attacking Presses: Half Court and Full Court</b><br>Turn Defensive Pressure into layups   |
| 3:20-4:00   | <b>Efficient, Winning Basketball Practices</b><br>Using your time effectively, efficiently: Putting it all together  |

**Cost:** Pre-registration cost for the 6.5 hour clinic is \$50.00. Registration at the door 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

To Register for one of our Youth Basketball Coaches Clinics, please complete this application, enclose a check for **\$50.00** made payable to:

**"Excel in Basketball"** and mail to:

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

### **Please check the Session Desired:**

- |                          |   |      |
|--------------------------|---|------|
| <input type="checkbox"/> | <b>Youth Basketball Coaches Academy</b><br>(3 Two Hour Sessions)<br>September 24th, 26th, and 28th<br>at St. Mary's Elementary School Gym in Walnut Creek | \$50 |
| <input type="checkbox"/> | <b>Ultimate Youth Basketball Clinic</b><br>(1 Six and a Half Hour Session)<br>October 19th 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

**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 H.S.  
Director: Excel Basketball Camps

### ***The 5th Annual Youth Basketball Coaches Academy***

September 24th, 26th, and 28th  
**6 Hours of Instruction**

### ***The 12th Annual Ultimate Youth Basketball Coaches Clinic***

Saturday, October 19th  
**6.5 Hours of Instruction**

## **A Note From The Clinician**

### **Coach Frank Allocco, Sr.**

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

***"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***

My experience in coaching spans 36 years. For the past 33 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 22 years at Northgate (6 years) and at De La Salle (16 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 will provide you with the comprehensive tools you will need as you begin another season in the ministry of coaching. Sessions will be at a relaxed pace providing ample opportunities to answer all of your questions and concerns.

I am confident that 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)**