

**The 3rd Annual
Youth Basketball
Coaches Academy**

For Beginning Coaches; 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 20, 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 22, 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 24, 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 the 3 Training Sessions is \$50.00. Make checks payable to: **Excel in Basketball.** 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 10th 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. Seven hours of instruction and interaction with on court demonstrations.

Clinic Topics - October 22nd

- 8:00-8:30 **Registration**
- 8:30-9:45 **It all Starts with Fundamentals:
Developing the Youth Basketball Player**
Key aspects of Rebounding, Passing, Dribbling, Shooting "Must do" Drills to develop winning fundamentals
- 9:55-11:10 **Team Offense: Building a Successful Offense**
From Motion to Continuities: the whole package
Teaching players how to play
- 11:20-12:00 **The Pressing Game: Offense & Defense**
Man to Man Presses, Zone Presses
How to attack Defensive Pressure
Turning Pressure into baskets on both ends of the floor
- 12:00-1:00 **Lunch on Your Own**
- 1:00-2:15 **Team Defense: Building a Winning Defense**
Teaching the 4 Defensive Stances
Putting them together to create your defensive scheme
My Best Defensive Drills
- 2:20-2:50 **Running to Win: Building your Break**
Teaching kids how to fast break from 1 on 1 to 5 on 5 play
- 3:00-3:40 **Zone Offenses and Defenses**
How to attack Zones
Find the weaknesses in the zone and exploit it
Building your Zone Defense
- 3:50-4:30 **Efficient, Winning Basketball Practices**
Using your time effectively, efficiently: putting it all together
My favorite offensive and defensive drills

Cost: The pre registration cost for the 7 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: De La Salle H.S. Gym, 1130 Winton Dr. in Concord.

**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:

- Youth Basketball Coaches Academy**
(3 Two Hour Sessions)
Sept. 20, 22, 24
at St. Mary's Elementary School Gym in Walnut Creek \$50
- Ultimate Youth Basketball Clinic**
(1 Seven Hour Session)
October 22 at De La Salle H.S. Gym in Concord \$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 3rd Annual Youth Basketball Coaches Academy

September 20, 22, 24

6 Hours of Instruction for Beginning Coaches

The 10th Annual Ultimate Youth Basketball Coaches Clinic

Saturday, October 22nd

7 Hours of Instruction for Experienced Coaches

A Note From The Clinician

Coach Frank Allocco, Sr.

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 34 years. For the past 31 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 20 years at Northgate (6 years) and at De La Salle (14 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. I am proud to to share my passion and knowledge of the game with you.

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

For those just breaking in to the coaching ranks, I am proud to offer another learning experience for **beginning** coaches.

The "**Youth Basketball Coaches Academy**" consists of 3 two hour sessions that will provide you with the comprehensive tools you will need as you enter the ministry of coaching. Sessions will be at a relaxed pace providing ample opportunities to answer all of your questions and concerns.

I believe that I have developed two great learning opportunities that will touch on essential aspects of coaching. I am confident that you will increase your coaching knowledge, confidence, and ability thus providing a better learning environment for your students.

Visit our website at: www.excelinbasketball.com