

The 1st Annual Youth Basketball Coaches Academy

For Beginning Coaches; will focus on Philosophy, Offensive and Defensive Skills, Terminology. Fundamental Skills: "tried and true" proper teaching techniques that can be instantly administered to benefit your students. Will teach you how to organize a practice plan and help you prepare with confidence as you enter the ministry of coaching! 6 hours of instruction, 3 classes, 2 hours each.

Session 1: September 22, 7-9 PM

@ St. Mary's Elementary School in Walnut Creek

First Class of the Academy will focus on Philosophy of Coaching, Why we do what we do, Making a Difference. On court demonstrations of how to teach the fundamentals of basketball: Passing, Dribbling, Defense, Rebounding, Shooting, Ballhandling. Practice drills and practice plans to maximize time while reinforcing fundamentals.

Session 2: September 24, 7-9 PM

@ St. Mary's Elementary School in Walnut Creek

Second Class of the Academy will focus on Offensive Skill Development: Attack Drills, Building a Fast Break, Basic Offensive Strategies, Developing your Man to Man and Zone Offenses. Out of Bounds Plays.

Session 3: September 26, 1-3 PM

@ De La Salle High School in Concord

Third Class of the Academy will focus on Defensive Skill Development: Building your 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 1 and 2 are at St. Mary's Elementary School Gym in Walnut Creek and Session 3 is at De La Salle H.S. Gym at 1130 Winton Drive • Concord, CA

The 8th Annual Ultimate Youth Basketball Coaches Clinic

This all-day clinic will teach advanced basketball techniques. Each segment will build from one on one play to five on five play while stressing offensive movement and the appropriate defensive counters. Over six hours of instruction and interaction with on court demonstrations.

Clinic Schedule - October 24th

8:00-8:30	Registration
8:30-9:30	Coaching Philosophy and Fundamentals Will teach "station drills" to increase mastery of fundamental skills. Learn the most current techniques.
9:35-10:10	Perimeter Skills: 1 on 1 to 3 on 3 Building 1 on 1 Moves, 2 on 2 Play, Perimeter movement that makes sense. Building your offense
10:05-10:40	Post Skills: 1 on 1 to 3 on 3 Back to the basket moves, playing in pairs and three person post play. Incorporate into offense
10:45-11:30	Building Your Man to Man Team Defense From Stance on Ball, denial, helpside, post defense, to team defensive concepts.
11:30-12:30	Lunch on Your Own
12:30-1:15	Screening Game: Offense & Defense How to set and use screens on ball, off ball screens. Defending on ball screens, downscreens, backscreens.
1:15-2:00	Fast Break: Offense & Defense Building your break from 1 person attack drills to five on five structured break patterns.
2:00-2:45	The Pressing Game: Offense & Defense How to set up man to man and zone defensive pressure. How to attack defensive pressure.
2:45-3:30	Temple of Zones: Offense & Defense How to attack zones and how to teach zone defenses. Responsibilities and rotation.
3:30-4:00	Open Forum

Cost: The pre registration cost for the 6 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. 22, 24 at St. Mary's Elementary School Gym in Walnut Creek
Sept. 26 at De La Salle H.S. Gym in Concord \$50
- Ultimate Youth Basketball Clinic**
(1 Six Hour Session)
October 24 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 1st Annual Youth Basketball Coaches Academy

September 22, 24, 26

**6 Hours of Instruction
for Beginning Coaches**

The 8th Annual Ultimate Youth Basketball Coaches Clinic

Saturday, October 24th

**6 Hours of Instruction
for Experienced Coaches**

A Note From The Clinician

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. Since 1981, I have conducted the "Excel in Basketball" day camps in California and in New Jersey. **"Excel"** has become a tradition to the thousands of youngsters who have attended and is recognized as one of the finest day camps in the country.

At the team level, my experience in coaching spans 32 years. I have coached Boys and Girls in Police Athletic League, Recreation, and CYO Basketball Programs in New Jersey and in California for 14 years. I am currently the Vice President of the East Diablo CYO board where I have served area youth for over 20 years. I have also coached at the high school level for the past 18 years serving at Northgate H.S. (6 years) and I am currently the Head Boys Coach at De La Salle H.S. (12 years)

My experience and foundation as a youth coach enables me to relate to the level you are coaching while providing you with the appropriate advice and the skills that are relevant to this important age level. I am proud and privileged to be able to bring my passion and knowledge of the game to elementary and junior high school Basketball Coaches.

The **"Ultimate Youth Basketball Coaches Clinic"** is a one day, six hour clinic that will help coaches further develop their style and skills in coaching and teach the "little things" that will enhance their ability to provide their students with the most recent developments in basketball. Guaranteed to develop your coaching talents while providing comprehensive coverage of all aspects of coaching.

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

The **"Youth Basketball Coaches Academy"** will consist of 3 two hour sessions that will provide you with the comprehensive tools you will need as you embrace your new challenge and 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 every aspect of coaching. I am confident that you will increase your coaching knowledge, confidence, and ability thus providing a better learning environment for your students.