

The 7th 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 23, 6-9 PM
@ Springhill Elementary School in Lafayette

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 24, 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 \$50.00. Pre-registration ends 4 days before start of clinic. After that time, registration is \$60.00.

Each participant will receive a comprehensive packet of drills and an embroidered coach's lanyard.

Locations: 2 part clinic will be conducted at:

September 23 @ Springhill Elementary School in Lafayette
3301 Springhill Road, Lafayette, CA 94549

September 24 @ St. Mary's Elementary School in Walnut Creek
1158 Bont Lane, Walnut Creek, CA 94596

The 14h 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 17th

All New
Topics!

- 8:15-8:30 **Registration**
- 8:30-9:00 **How to be the Best Coach You Can Be**
Proven techniques to help you grow in your role
- 9:05-10:05 **Teaching Kids How to Play**
How to Teach Rebounding, Passing, Dribbling, Shooting
- 10:10-10:40 **Youth Offenses that Work**
Passing Game, Flex, 5 Out
- 10:45-11:20 **Zone Offenses and Defenses**
How to Build and Attack Zones
Find the weaknesses in the zone and exploit it
How to Use Zone Pressure to create turnovers and
How to Attack it to get easy layups.
- 11:25-12:00 **Advantage/Disadvantage Drills**
Teach players how to read situations and play
- 12:00-1:00 **Lunch on Your Own**
- 1:00-1:50 **Building the Packline Defense**
Learn how to teach the innovative packline defense to stop driving lanes, pressure the ball and deny the post
- 1:55-2:35 **Transition and Presses**
Attacking Defenses and Creating Turnovers
- 2:40-3:15 **P.O.I.S.E**
Practicing On Intense Situations Everyday
- 3:20-4:00 **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 \$50.00. Pre-registration ends 4 days before start of clinic. After that time, registration 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

By Mail: complete application and send check for \$50.00 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) \$50
Sept. 23rd at Springhill Elem in Lafayette
Sept. 24th at St. Mary's Elem School Gym in Walnut Creek
- Ultimate Youth Basketball Clinic** (One 6.5 Hour Session)
October 17th 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: 925-768-8881
or by email at: excelcamp@gmail.com

Remember, Registration at the door is \$60.00

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.

Associate Head Coach-University of San Francisco

Founder: Excel Basketball Camps
McDonald's All-American Head Coach

The 7th Annual

Youth Basketball Coaches Academy

September 23rd and 24th

6 Hours of Instruction

The 14h Annual

Ultimate Youth Basketball Coaches Clinic

Saturday, October 17th

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 35 years! 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 24 years at Northgate (6 years) and at De La Salle (18 years) and now am 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