

## About the Clinician

### Coach Frank Allocco, Sr.

#### Head Coach De La Salle H.S.

9 Years - 1998 - Current  
Record 246-31 (89%)

#### League Champions

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006

#### North Coast Section Champions

1999, 2000, 2001, 2002, 2004, 2006

#### Northern California Regional Champs

2000, 2004, 2006

#### California State Champions - 2000, 2006

#### Head Coach Northgate H.S.

6 Years - 1991 - 1997  
Record 167-28 (86%)

#### League Champions

1993, 1995, 1996

#### North Coast Section Champions 1995

#### Northern California Regional Champs

1995, 1996

#### California State Champions - 1995

#### Career Highlights

- 2000 National High School Coach of the Year
- 2004 CIF North Coast Section Honor Coach
  - 1996 Greater Bay Area Coach of the Year
  - 1995, 2006 East Bay Coach of the Year
- Only Coach in History of California to Win a State Championship at 2 different schools
- Won Nor Cal Championships in Division I, II, III
  - 88% Winning Percentage is one of All Time Leaders in State History
- Has Won over 21 Games every year he has coached
  - Coached CYO Girls and Boys Basketball at St. Agnes in Concord for 15 Years
- International Clinician - Featured speaker in Clinics in Beijing, China, UC-Berkeley, Loyola Marymount, St. Mary's College, Oakland Diocese CYO 5 Star Basketball Camp, University of the Pacific, LMYA, WCYAA, East Diablo CYO

## The 5th Annual Ultimate Youth Basketball Coaches Clinic

### Clinic Schedule - October 7

8:00-8:30	Registration
8:30-9:30	Building Your Offense from A to Z
9:30-9:35	Break
9:35-10:35	Building Your Defense from A to Z
10:35-10:45	Break
10:45-11:45	Coaching Philosophy and Fundamentals
11:45-1:00	Lunch on Your Own
1:00-1:50	Zones-Attacking and Developing
1:50-1:55	Break
1:55-2:35	Continuity Offenses
2:35-2:40	Break
2:40-3:30	Building a Practice Plan/Favorite Drills
3:30-3:35	Break
3:35-4:05	Attacking Pressure/Fast Break
4:05-4:30	Open Forum (You Choose Topics)

### Cost

The pre registration cost for the 7 hour clinic is \$50.00.  
Please make checks payable to: **Excel in Basketball.** Registration at the door is \$60.00

### Location

Conducted Saturday, October 7th at:  
Saint Mary's Parish Gymnasium  
2039 Mt. Diablo Boulevard • Walnut Creek, CA 94596

**For additional information contact  
Brian Sullivan at: 925 • 798 • 6502**

## Ultimate Youth Basketball Coaches Clinic Registration

To Register for the  
Ultimate Youth Basketball Coaches Clinic,  
please complete this application, enclose a  
check for **\$50.00** made payable to  
**"Excel in Basketball"** and mail to:

**Excel in Basketball  
The Ultimate Youth Coaches Clinic  
1370 Golden Leaf Way  
Concord, CA. 94521**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_ **Zip** \_\_\_\_\_

**Home Phone** \_\_\_\_\_

**E-Mail** \_\_\_\_\_

**Program You Coach In** \_\_\_\_\_

**Grade Level That You Coach** \_\_\_\_\_

Please help us to keep the cost of  
this clinic low by allowing us to send  
receipts via e-mail.

Please check if receipt by e-mail is  
unacceptable

Remember, Registration at the door is \$60.00

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

**The 5th Annual  
Ultimate  
Youth Basketball  
Coaches Clinic**

The  
Most Comprehensive Training  
For Youth  
Basketball Coaches



**2006**



featuring

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

Head Coach De La Salle H.S.

2000 National High School  
Coach of the Year

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**Saturday, October 7th,  
at St. Mary's Parish Gym  
Walnut Creek, CA  
8:00-4:30**

**About the Clinic**

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. This clinic will touch on every aspect of coaching. It will increase your knowledge and present the "little things" that will take your team to the "next level."

This Clinic will help **beginning** coaches develop their style and skills in coaching and provide **advanced** coaches with the "little things" that will enhance their ability to further develop their coaching talents. Will discuss Coaching Philosophy and motivational techniques that work.

If you have been here before, return and let us update you with the innovations we have learned to help student-athletes succeed.

*Topics Covered include:*

**Building Your Offense from A to Z:** Will teach all aspects of Motion Offensive movement, from 1-1 to 5-5 play. Perimeter-Perimeter movement, Post-Perimeter Movement and Post to Post Movement. *Motion is the foundation of all offensive movement.*

**Building Your Defense from A to Z:** Will teach all aspects of defense including stance on ball, denial, helpside defense, post defense, team defense. *Learn how to build your team defense.*

**Philosophy and Fundamentals:** Will teach the "little things" that make great players and teams. Skills stressed will include Dribbling, Passing, Shooting, Rebounding. *Learn how to teach fundamentals.*

**Zones: Attacking and Developing:** Will stress zone defensive assignments in 3-2, 1-3-1, and 2-3 zones and how to attack zones. *Be prepared to make offensive and defensive adjustments throughout the game.*

**Continuity Offenses:** Will teach structured offensive movement, patterns of offensive play including the "Passing Game" and "Flex Offenses." *Have a pattern to rely on to control the ball in times of stress.*

**Building A Practice Plan/Practice Drills:** How to maximize your practice time and space. Drills that teach proper technique and fundamentals. Practice outlines that cover all skills necessary to succeed. *Have a short and long term plan for player and team development.*

**Attacking Pressure:** How to attack and use defensive pressure to improve your offense. *Pressure defense leads to easy layups with proper spacing and movement.*

**Open Forum:** You choose the topics, we will do the teaching. *Stay until all of your questions are answered.*