



Quality Volleyball Training and Education

If you are a middle school or high school volleyball player looking for quality training in the months ahead, 4 Pillars Volleyball is offering small group training in our [Intermediate and Advanced Cohorts](#).

You are invited to join a group of peers for a training experience that will directly address your personal growth goals in your volleyball career. There will be six sessions offered throughout the summer that will focus on specific skills - Group 1 will focus on blocking and attacking, Group 2 is specifically for setters, and Group 3 will address serving, passing and defense. Athletes can participate in one or more groups.

4 Pillars Volleyball ("4PV") is a volleyball training program led by one of the most successful and recognized volleyball coaches in Pennsylvania, Coach Heidi Miller. Please read about the staff on the 4PV website.

At 4PV, we believe that a high-quality training experience is best achieved when high quality coaching is combined with a set of athletes who share similarities in performance goals and performance levels. The 4PV model is based on a framework for achievement and growth in sport and preparation for life!

The Four Pillars of Athletic Excellence.

- Athleticism - strength, speed, quickness, size, etc.
- Technique - footwork, body position, technical skills of passing, setting, serving, or hitting
- Volleyball "IQ" - understanding of the game, strategy, vision (eyeQ)
- Intangibles - communication, attitude, body language, competitive fire, teamwork, etc.

4PV participants in these summer groups will receive:

- Six 90-minute skill specific training sessions with their cohort
- Instruction delivered by Coach Miller and selected staff
- One 4PV T-shirt
- Information sharing on mental toughness and mental health (this is new for this summer!)

PROGRAM DETAILS

4PV offers training using a cohort model approach. Cohorts of Intermediate and Advanced players will be formed in three skill groups to maximize technical focus and development.

Group 1 (Blocking and Attacking)

Dates: Mondays, June 10, 17, 24, July 22, 29, Aug 5

Time: 6:00-7:30 PM

Group 2 (Setters) and Group 3 (Serving, Passing and Defense)

Dates: Wednesdays, June 12, 19, 26, July 24, 31, Aug 7

Times: Group 2 - 4:00-5:30 PM Group 3 - 5:30-7:00 PM

Location: 295 Myoma Rd, Mars, PA, 16046

Fee: \$200 for 6 sessions (we recognize summers are busy, so we are charging for 5, enjoy a freebie if you can make all 6!)

About the training cohort: Cohort size will be 12-14 athletes. Athletes will be grouped in the gym by experience and ability.

4PV is not associated with any high school or club program. This is a unique training opportunity designed to allow players from various schools and clubs to improve together. An underlying mission of the program is to raise the level of volleyball in Western PA by maximizing the potential of the athletes in the area.

Please visit the website to learn more
www.4pillarsvolleyball.com

Please email with questions
4pillarsvolleyball@gmail.com



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