



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 a small group training program for Intermediate and Advanced level Setters. You are invited to join a cohort of peers for a training experience that will directly address your personal growth goals in your volleyball career. Sessions will focus on specific skills in the setting position.

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. For the setters cohort, she will be joined by Dr. Brian 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 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 Fall cohorts will receive:

- 5 ninety minute skill specific training sessions (6th one is free or can be a makeup)
- Instruction delivered by the Millers
- One 4PV T-shirts
- Information sharing on mental toughness and mental health

PROGRAM DETAILS

4PV offers training using a cohort model approach. Cohorts of Intermediate and Advanced players will be formed to maximize technical focus and development. Cohort size will be approximately 10-12 athletes. Athletes will be grouped in the gym by experience and ability.

Dates and times: September 10, 21, October 15 and 22 and 29 from 6:00-7:30. We also have the November 12 date available as a makeup for anyone who must miss one of the 5 in the series or wants to add on the 6th session.

Location: St. John's Lutheran Church, 311 Cumberland Rd, 15237.

Price: \$175 for the series - no prorated pricing for this program.

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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