

4 PILLARS VOLLEYBALL

Quality Volleyball Training and Education

If you are looking for an opportunity to play and train in the months ahead, 4 Pillars Volleyball is offering **All-Skills Sessions** this fall for athletes in grades 8 to 10.

You are invited to join a group of peers on Sundays for a structured training experience that will provide opportunities to get a high number of touches and live play with quality instruction.

4 Pillars Volleyball ("4PV") is a volleyball 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 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 this All-Skills group will receive:

- Training sessions that build from skill development to game application and live play
- Instruction delivered by Coach Miller and selected staff
- A 4PV T-shirt

PROGRAM DETAILS

4PV offers training that focuses on a strong technical foundation for intermediate players as well as helps build each player's voice, confidence, and understanding of the game. At a critical stage in a younger player's development, 4PV can help build good habits, body position, and intangibles. This particular program will follow a similar format from week to week and encourage all athletes to work on all skills (partner/small group work, serve and pass, triples/Short and Long Court, and live play).

Dates: September 28, October 19, 26, November 2

Time: 4:30-6:00pm

Location: 311 Cumberland Rd, Pittsburgh, PA, 15237 (St. John's Lutheran Church)

Fee: \$140 (we will not be offering prorated fees for this program)

About the training group: We will cap this program at 16 athletes. Athletes will be grouped in the gym by experience and ability in an appropriate manner.

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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