



## Quality Volleyball Training and Education

If you are a setter looking for quality training in the month of June, 4 Pillars Volleyball is offering position specific group training. You are invited to join a group of peers for an experience that will directly address your personal growth goals in your volleyball career.

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 June groups will receive:**

- 6 ninety minute skill specific training sessions with their cohort
- Instruction delivered by Coach Miller (Brian)
- One 4PV T-shirts - new styles for 2026
- Video footage of sessions to be used for personal growth analysis
- Weekly motivational messages, links, and tips for on and off court growth

### **PROGRAM DETAILS**

4PV offers training using a cohort model approach. Cohorts of Intermediate and Advanced players will be formed within the session to maximize technical focus and development.

Dates: June 2, 9, 14, 16, 21, 23, 28, 30

Athletes will have the opportunity to attend 6 of these dates

Times: 2:00-3:30 Sun, 4:30-6:00 Tues

Location: St. John's Lutheran Church

Fee: \$350 for six 90 minute sessions

### **About the training cohort:**

Volleyball is a team sport. When surrounded by players of similar ability with a similar hunger to improve, a "competitive furnace" is built! Players learn from and with each other. Players motivate each other. Players compete with each other (in a positive way). This type of training structure elevates the combination of intrinsic growth and healthy extrinsic motivation.

Cohort size will be 10-12 student-athletes. Members of these cohorts should have prior experience on school and club teams or have trained with 4PV in the past.

**4PV is not associated with any high school or club program.** This is a unique training opportunity designed to allow some of the top players in this region to compete and 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](http://www.4pillarsvolleyball.com)



Please email with questions  
[4pillarsvolleyball@gmail.com](mailto:4pillarsvolleyball@gmail.com)

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