



## 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 for Intermediate and Advanced level 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. Sessions will focus on specific skills in your 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. 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 Summer cohorts will receive:

- 4 seventy-five-minute skill specific training sessions with their cohort
- Instruction delivered by Coach Miller and selected staff
- One 4PV T-shirts
- 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. Players may choose to participate in multiple cohorts.

All training will take place at St. John's Lutheran Church, 311 Cumberland Rd, 15237. Cohort size will be approximately 10-12 athletes. Athletes will be grouped in the gym by experience and ability. \$120 per Series

#### Blocking and Attacking

Series 1 - June 10, 12, 17, and 19, 4:00-5:15pm

Series 2 - July 28, 30, August 4, and 6, 3:00-4:15pm

#### Passing and Defense

Series 1 - June 9, 11, 16, and 18, 4:30-5:45pm

Series 2 - July 29, 31, August 5, and 7, 3:00-4:15pm

#### Setting

Series 1 Intermediate and Advanced - June 10, 11, 17, and 18, 6:00-7:30pm

Series 2 Intermediate and Advanced - July 29, 31, August 5, and 7, 4:30-6:00pm

**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](http://www.4pillarsvolleyball.com)

Please email with questions

[4pillarsvolleyball@gmail.com](mailto:4pillarsvolleyball@gmail.com)



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