



## Quality Volleyball Training and Education

If you are a volleyball player, male or female, any age, any skill level, looking for individualized training, 4 Pillars Volleyball is offering summer **Lessons (private and semi-private)**.

Lessons may be conducted with a single player who is looking for focused feedback and instruction. It is often more cost effective and beneficial to hold a lesson with 2-4 athletes training together in a semi-private session. This group can be formed by the athletes and parents requesting a lesson, or our 4 Pillars Staff can assist in putting together an appropriate small group.

### 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 a lesson will receive:

- A one hour training session that has been designed to specifically address the needs and position of the athlete
- Instruction delivered by Coach Miller and/or selected staff
- If desired, a "homework" piece to continue training after the lesson

### PROGRAM DETAILS

A quality lesson should challenge an athlete, address technical details that are often overlooked in a team setting, and provide a high number of repetitions with corrective feedback to maximize growth in a short amount of time. A lesson from a 4PV coach is a valuable and positive experience!

*To see available time slots, please click on this [Google calendar spreadsheet](#). Identify a Lesson time that has not already been filled. Send an email to [4pillarsvolleyball@gmail.com](mailto:4pillarsvolleyball@gmail.com) and request your date and time and be sure to identify the athlete(s), position, age, and anything specific you are looking to address in the lesson. Your time will be confirmed and will be added by our staff to the calendar.*

*Location:* 311 Cumberland Rd, Pittsburgh, PA, 15237

*Fee:* court fee of \$45 plus \$50 for one athlete per hour or \$ per athlete for two or more players.

To book a lesson, please email Coach Heidi Miller with a request for a specific time. Arrangements will be made once it is determined that the requested time is available. Times must be secured and paid for 1 week in advance. Last minute bookings can only be accommodated if staff and gym time is available.

**4PV is not associated with any high school or club program.** This is a unique training opportunity designed to allow players from various high 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)

