



Quality Volleyball Training and Education

If you have a budding athlete that you would like to get started in the game of volleyball, 4 Pillars **VolleyJuniors** is the perfect place!

VolleyJuniors will incorporate dynamic movements that focus on coordination and strength as well as fun games and an introduction to basic volleyball skills. The program will provide this at a level appropriate for elementary school aged kids. Training will include a variety of tools: balloons and tennis balls for hand-eye coordination and throwing mechanics, floor footprints for teaching footwork patterns, and beach balls and VolleyLite balls for volleyball instruction. There will be challenging and fun games introduced that encourage competitiveness in young athletes and gives you options for games to try at home!

4 Pillars Volleyball ("4PV") is offering this fall program for anyone grades 2 through 6, although 2nd and 3rd graders will be best prepared if they have had prior experience at a 4PV camp. Please see specific dates and times below. Sessions will be held at a small gym in St. John's Lutheran Church, which is located near Northland Library and McCandless Crossing. The program is being capped at 16 players.

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 her and the staff on the 4PV website.

At 4PV, we believe that a quality experience is best achieved when high quality, energetic coaches are combined with a set of young athletes who want to compete and have fun learning and growing!

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 the game
- Volleyball "IQ" - understanding of the game, strategy, vision (eyeQ)
- Intangibles - communication, attitude, body language, competitive fire, teamwork, etc.

4PV participants in this VolleyJunior groups will receive:

- Five 90-minute sessions
- Instruction delivered by Coach Heidi and selected staff
- A 4PV T-shirt
- Games to try at home with family and friends!
- Live play on the final day

PROGRAM DETAILS

Dates and Times: **Mondays, 5:00-6:30pm, October 6 thru November 3**

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

Fee: **\$150**

Please use this [Google Form](#) to register

Please visit the website to learn more
www.4pillarsvolleyball.com

