



Quality Volleyball Training and Education

If you have a young 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 games for your family to try at home!!

4 Pillars Volleyball ("4PV") is offering this fall program for anyone grades 3 through 6 (3rd and 4th 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 space can hold up to 16 athletes, although the exact number of participants will be determined by the amount of parent help we have.

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.

At this age, we prefer a ratio of no more than 4 athletes to one adult/coach. For this series of sessions we will need parent help. If you are signing up your child please let us know if you can attend sessions to help with tossing and feedback. You do not need volleyball experience to be able to help!

4PV participants in this VolleyJunior groups will receive:

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

PROGRAM DETAILS

Dates and Times: **Tuesdays, September 15, 22, October 6, 13, 20, 27, November 3**

6:00-7:30 on 9/15, 22, 10/20, 10/27 and 11/3

7:00-8:30 on 10/6 and 10/13

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

Fee: **\$200**

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

Please visit the website to learn more www.4pillarsvolleyball.com or call **412-215-2101** to speak with Coach Heidi

