



## 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 **VolleyTots** is the perfect place!

**VolleyTots** 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 early 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 your little athlete and gives you options for games to try at home!

4 Pillars Volleyball ("4PV") is offering three different series of this program. These Summer Volleytots sessions are designed for 1st-4th grade players. Sessions will be held Monday-Thursday in June and July, 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.

If you have a child, boy or girl, in the early years of elementary school looking to try volleyball, we encourage you to sign up quickly as 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 these VolleyTots groups will receive:**

- Four 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: **Series 1 - June 16-June 19, 3:00-4:30pm**  
**Series 2 - July 6-July 10, 2:00-3:30pm**  
**Series 3 - July 28-July 31, 10:00-11:30am**



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

Fee: **\$150 per series**

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

Please visit the website to learn more  
[www.4pillarsvolleyball.com](http://www.4pillarsvolleyball.com)