



## 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** and **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 early elementary school aged kids. Training will include a variety of tools: balloons and scarves for hand-eye coordination, hand-held sized balls to work on throwing mechanics, floor footprints for teaching footwork patterns, and beach balls and VolleyLite balls for volleyball instruction. There will be a challenging and fun game introduced each week that encourages competitiveness in your little athlete and gives you options for games to try at home!

Volleytots is designed for 1st-3rd grade players and VolleyJuniors is geared towards upper elementary players or middle schoolers who are new to the game. 4 Pillars Volleyball (“4PV”) is offering two 6-session series of this program. Sessions will be held once a week in January and February. After a short break, a second series will run in March and April. Players may participate in one or both of the series. Sessions will be held at a small gym in St. John’s 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 15 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/VolleyJuniors groups will receive:

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

## PROGRAM DETAILS

Dates: **Series 1 - 1/14, 1/21, 1/28, 2/4, 2/11, 2/18**  
**Series 2 - 3/4, 3/11, 3/18, 3/25, 4/1, 4/8, 4/15**

Times: **Tuesdays, 4:30-6:00pm**

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

Fee: **\$225 per series**



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

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