



## Quality Volleyball Training and Education

If you have a budding athlete who 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 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!

4PV is offering a Spring cohort of VolleyTots for 3rd-5th grade players with sessions being held in the North Hills. In the summer months we will offer two different groups for VolleyTots so that early elementary school aged athletes can give this a try! Sessions will be held at St. John’s Lutheran Church of Highland. The program will run once a week for 6 weeks from mid-April through the end of May. If you have a child, boy or girl, in 3rd through 6th grade, we encourage you to sign up quickly as the program is being capped at 15 players.

4 Pillars Volleyball (“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.

**We understand the need to adapt this framework to meet the developmental level of a young person who is just learning the game and is working on building strength and coordination in a little body!**

### **4PV participants in these VolleyTot groups will receive:**

- Seven 75-minute sessions
- Instruction delivered by Coach Heidi and selected staff
- A 4PV T-shirt
- A volleyball to take home
- Weekly challenge games to try at home with family and friends!
- Mini tournament on the final day

### **PROGRAM DETAILS**

Dates: **4/16, 4/30, 5/7, 5/14, 5/21, 5/28**

Location: **St. John’s Lutheran Church**  
311 Cumberland Rd, Pittsburgh, PA 15237

Times: **4:30-5:45pm**

Fee: **\$200**



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

Please use this  
[Google Form](#)  
to sign up!

