



# SAVAGE Training Camp Agenda

## Day 1

Time				
9:00-9:30	Introductions, Initial Presentation			
9:30-10:00	Hip Lock Warmup			
10:00-10:05	Group 1 Throwing Warmup	Group 2 Continue Warmup	Group 3 Continue Warmup	Group 4 Continue Warmup
10:05-10:10	Group 1 Video	Group 2 Throwing Warmup	Group 3 Continue Warmup	Group 4 Continue Warmup
10:10-10:15	Group 2 Video	Group 3 Throwing Warmup	Group 4 Continue Warmup	Group 1 Back to Arm Care
10:15-10:20	Group 3 Video	Group 4 Throwing Warmup	Group 1 Continue Arm Care	Group 2 Back to Arm Care
10:20-10:25	Group 4 Video	Group 1 Continue Warmup	Group 2 Continue Arm Care	Group 3 Back to Arm Care
10:30-11:00	Disconnections Presentation	Set up Drill Station	Set up BRAT Station	Set up Power Station
	Video Analysis	Throwing Drills, ConnectionBall, Reverse Throws	BRAT/Scap Enhancers, Red T-spine mobility, hip ER/IR,	Power Workout
11:00-12:00	Group 1	Group 2	Group 3	Group 4
12:00-1:20	LUNCH			
1:20-2:20	Group 4	Group 1	Group 2	Group 3
2:20-3:20	Group 3	Group 4	Group 1	Group 3
3:20-4:20	Group 2	Group 3	Group 4	Group 1
4:20-4:50	SAVAGE Talk	SAVAGE Talk	SAVAGE Talk	SAVAGE Talk
4:50-5:30	Movement Enhancers	Movement Enhancers	Movement Enhancers	Movement Enhancers
5:30-6:00	Recovery Talk	Clean and Prep	Clean and Prep	Clean and Prep



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## Day 2

Time					
9:00-9:40	Nutrition/Motor Learning Talk				
9:40-10:00	Hip Lock Warmup				
		Pitching Lab. Ball flight, off speed	Sock, Club, Sphere, Axio 360, ShoulerTube	SAVAGE Strength	Recovery
10:00-10:30	Parents Meeting	Group 1	Group 2	Group 3	Group 4
10:30-11:00	Parents Meeting	Group 4	Group 1	Group 2	Group 3
11:00-11:30	Parents Meeting	Group 3	Group 4	Group 1	Group 2
11:30-12:00	Parents Meeting	Group 2	Group 3	Group 4	Group 1
12:15-12:30	Snack Break				
12:30-12:50	Drill Review				
12:50-1:20	Radar Readings				
1:20-1:30	Explain Plans				
1:30-1:40	Durathro				
1:40-2:00	Close				