



## Weekend SAVAGE Training Camp Agenda



### Day 1

Time	Starting and ending times are hard. All other times are subject to change.
9:00-10:00	Introductions, Initial Presentation
10:00-10:40	Warmup, Shoot Initial Videos
10:40-11:30	SAVAGE Strength Talk
11:30-12:40	Rotation 1: Video Analysis, Physical Assessment, Corrective Exercises and Throwing Drills
12:40-2:00	LUNCH
2:00-3:10	Rotation 2: Video Analysis, Physical Assessment, Corrective Exercises and Throwing Drills
3:00-4:20	Rotation 3: Video Analysis, Physical Assessment, Corrective Exercises and Throwing Drills
4:20-5:00	Hinge it, Lock It, Close It: Pelvic control training
5:00-5:40	Group Power Workout
5:40-6:00	Command, Recovery Talk

### Day 2

Time	
9:00-10:00	Nutrition/Motor Learning Talk
10:00-11:45	SAVAGE Strengthening, Secondary Pitches, Weighted balls/Training Sock (3 rotations)
11:45-12:00	Snack Break
12:00-12:30	Drill Review
12:30-1:00	Radar Readings
1:00-1:30	Recovery Rotation
1:30-1:40	Individualized Plans Explained
1:40-1:50	SAVAGE Satellite Information
1:50-2:00	Close