

# Nebraska Takedown Camp

## Friday

<b>4:00-5:00pm</b>	<b>Check-in Abel Hall</b>
<b>5:15 pm</b>	<b>All Campers meet in Lounge for Camp Meeting</b>
<b>6:15 pm</b>	<b>Campers meet Counselors outside dorm/Walk over to Devaney Center</b>
<b>6:30 - 8:30 pm</b>	<b>Session I: Stance/Level Change/Penetration/Understanding Position and 5 lines of defense/Doubles/High Crotch/Round the finish/importance of using your hips/how to drill properly.</b>
<b>10:30 pm</b>	<b>Room Check</b>
<b>11:00 pm</b>	<b>LIGHTS OUT!!!!</b>

## Saturday

<b>7:00 - 8:00 am</b>	<b>Breakfast</b>
<b>8:30 am</b>	<b>Meet in Lounge/Walk to Devaney Center</b>
<b>9:00 - 11:00 am</b>	<b>Session II: Warm-up/Drills-Review Fireman's/Near arm Far leg/High singles/Low singles/Drag's/Duck Under/Posting and Chopping are to finishes/Back side on singles/How to Hand Fight</b>
<b>11:30 - 12:45 pm</b>	<b>Lunch</b>
<b>1:00 pm</b>	<b>Meet outside dorm/Walk to Devaney Center</b>
<b>1:30 - 3:30 pm</b>	<b>Session III: Warm-up/Drill and Review/Defense - 5 lines of defense/Counter offense/Score out front/Fr. Hd. Lock/Down Block/Snap and Score</b>
<b>5:00 - 6:00 pm</b>	<b>Dinner</b>
<b>6:15 pm</b>	<b>Meet Counselors outside dorm/Walk to Devaney</b>
<b>6:30 - 8:30 pm</b>	<b>Session IV: Warm-up/Drill to review under hooks/Under hook to knee tap/Under hook to high single/Under hook to ankle pick/Under hook to throw by/Under hook to front head Lock/Two on one-pass by to double or high crotch/beating collar tie/Using collar tie to score</b>
<b>10:30 pm</b>	<b>Bed Check</b>
<b>11:00 pm</b>	<b>LIGHTS OUT!!!!</b>

## Sunday

<b>7:00 - 8:00 am</b>	<b>Breakfast</b>
<b>8:30 am</b>	<b>Meet Counselors outside dorm/Walk to Devaney</b>

<b>9:00 - 11:00 am</b>	<b>Session V: Warm-up/Drill and Review/Handfight drill and hold position/moving your opponent for a score-head/arm/control hands/focus on strong finish/easy in-hard out drill/finish from tough positions-crackdown-single with leg on outside-single on mat getting backside and by finishing when opp. Grabs his ankle.</b>
<b>11:30 - 12:30 pm</b>	<b>Lunch</b>
<b>1:00 pm</b>	<b>Meet outside dorm /Walk to Devaney</b>
<b>1:00 - 3:30pm</b>	<b>Session VI: Takedown Tournament</b>