

Nebraska Takedown Camp

Friday

4:00-5:00pm	Check-in Abel Hall
5:15 pm	All Campers meet in Lounge for Camp Meeting
6:15 pm	Campers meet Counselors outside dorm/Walk over to Devaney Center
6:30 - 8:30 pm	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.
10:30 pm	Room Check
11:00 pm	LIGHTS OUT!!!!

Saturday

7:00 - 8:00 am	Breakfast
8:30 am	Meet in Lounge/Walk to Devaney Center
9:00 - 11:00 am	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
11:30 - 12:45 pm	Lunch
1:00 pm	Meet outside dorm/Walk to Devaney Center
1:30 - 3:30 pm	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
5:00 - 6:00 pm	Dinner
6:15 pm	Meet Counselors outside dorm/Walk to Devaney
6:30 - 8:30 pm	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
10:30 pm	Bed Check
11:00 pm	LIGHTS OUT!!!!

Sunday

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

9:00 - 11:00 am	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.
11:30 - 12:30 pm	Lunch
1:00 pm	Meet outside dorm /Walk to Devaney
1:00 - 3:30pm	Session VI: Takedown Tournament