**Tentative Schedule**

**Nebraska Takedown Camp**

**June 21 – 23, 2024**

**Friday**

4:00-5:00pm Check in at Abel/Sandoz Lobby

6:00pm Meet in Lounge/Walk to Devaney Center

6:15pm All Camper Meeting in bleachers at Devaney Center with Nebraska Coach

6:30-8:30pm Session 1: 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/Hand Fight

10:30pm Room Check

**11:00pm Lights Out!**

**Saturday**

6:30-7:30am Breakfast

8:15am Meet in Lounge/Walk to Devaney Center

8:30-10:30am Session 2: Warm-up/Drill and Review/Defense – 5 lines of Defense/Counter Offense/Score out Front/Fr. Hd Lock/Down Block/Snap and Score

11:00-12:00 Lunch

1:15pm Meet in Lounge/Walk to Devaney Center

1:30-3:30pm Session 3: 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 opponent grabs his ankle

5:00-6:00pm Dinner

6:15pm Meet in Lounge/Walk to Devaney Center

6:30-8:30pm Session 4: Warm up/Far Ankle/Scramble/Chest Wrap/Crotch Lift finishes/Snap to pull down – counter – off. Front HD. Series/Counter-Off. From Hacks Leg Defense.

10:30pm Room Check

**11:00pm Lights Out!**

**Sunday**

6:30-7:30am Breakfast

8:15am Meet in Lounge/Walk to Devaney Center

8:30-10:00am Takedown tournament

**10:00-10:30am Check out of Dorms**