**NEBRASKA WRESTLING**

**INTENSIVE CAMP (June 20-July 1, 2021)**

**Schedule**

**Monday, June 20**

4:00-5:00pm Check in at Harper Conference Dining Room

5:15pm Counselors meet with campers at Smith Lounge to walk over to Deveney Center

5:30pm Counselors go over expectations, rules, goals, and behavior for camp in wrestling room

6:00-8:00pm Session I: (Wrestling Room)

Learn to drill properly, technique on feet, stance/motion, position

Hand fighting to shots/chain setups to shots

Heavy hands – drill hard!!!

10:30pm Room Check

11:00pm Lights out

**Tuesday, June 21**

6:30am Session 2:

Running Shoes (conditioning/push-ups)

7:00-7:30am Breakfast

9:15am Meet to walk over to Bob Devaney Sports Center

9:45-10:45am Session 3: (Wrestling Room)

Multiple leg attacks-Hi C/Double/Single/Focus on finishing clean/key lock

11:00am Lunch/Rest

12:30pm Walk to Bob Devaney Sports Center

1:00-3:00 Session 4

Matches with Team Camp

5:00pm Dinner

5:30pm Walk over to Bob Devaney Sports Center

6:00-8:00pm Session 5

Matches with Team Camp

10:30pm Room Check

11:00pm Lights out

**Wednesday, June 22**

6:30am Session 6

Run (30 min intervals/stance-position drill)

7:00-7:30am Breakfast

9:15am Walk to Bob Devaney Sports Center

9:45-10:45 Session 7 (Wrestling Room)

Leg defense from FT, drilling counter-off, short off Drilling set-up routine/counter-off./recovery from shot

11:00- 11:45 am Lunch

12:30pm Walk to Bob Devaney Sports Center

1:00-3:00pm Session 8

Matches with Team Camp

5:00- 5:30pm Dinner

5:30pm Walk to Bob Devaney Sports Center

6:00pm-8:00pm Session 9

Matches with Team Camp

10:30pm Room Check

11:00pm Lights out

**Thursday, June 23**

6:30am Session 10

Run/push ups (track)

7:00-7:30am Breakfast

9:15am Walk to Bob Devaney Sports Center

9:45-10:45am Session 11

Bottom/Getting out of legs/beating tight waist, spiral/stand ups, granby’s/switches

11:00am Lunch/Rest

12:30pm Walk to Bob Devaney Sports Center

1:00-3:00pm Session 12

Matches with Team Camp

5:00- 5:30pm Dinner

5:30pm Walk to Bob Devaney Sports Center

6:00 pm-8:00pm Session 13

Matches with Team Camp

10:30pm Room Check

11:00pm Lights out

**Friday, June 24**

6:30-7:30am Breakfast

8:00am Walk to Bob Devaney Sports Center

8:30-10:30am Session 14

Matches with Team Camp

11:00am Lunch/Rest

3:15pm Walk to Bob Devaney Sports Center Wrestling Room

3:30pm Session 15

Lift/Strength Training

5:00pm Dinner

NIGHT OFF

10:30pm Room Check

11:00pm Lights Out

**Saturday, June 25**

6:30am Session 16

Run/Push ups (Intramural Fields)

7:00-7:30am Breakfast

9:30am Walk to Bob Devaney Sports Center

10:00-11:30am Session 17

Top-first moves/hip pressure/weight on hands

11:30am-12:00pm Lunch

12:30pm Walk to Bob Devaney Sports Center

1:00-3:00pm Session 18

Top Review first moves breakdowns/chop/spiral/ankle tight-waist

5:00pm Dinner

6:00pm Walk to Bob Devaney Sports Center

Session 19

6:30-8:30pm Top-Review Breakdowns/Tilts/Turns

10:30pm Room Check

11:00pm Lights Out

**Sunday, June 26**

6:30-7:30am Breakfast

9:00-10:30am Session 20

Run/Lift

11:00 Lunch

12:30pm Walk to Bob Devaney Sports Center

1:00-2:30pm Session 21

Takedown Tournament

5:00pm Dinner

5:30pm Walk to Bob Devaney Sports Center

6:00-8:00pm Session 22

Drill/ Live Wrestling

10:30pm Room Check

11:00pm Lights out

**Monday, June 27**

6:30-7:30am Breakfast

9:30am Walk to Bob Devaney Sports Center

10:00-11:30am Session 23

Technique-Ties/Throws/Upper Body/Clearing Out

11:30am-12:00pm Lunch

12:30pm Walk to Bob Devaney Sports Center

1:00-3:00pm Session 24

Review-Spar in ties/Clearing ties/throws/situational live goes in upper body ties

5:00pm Dinner

6:15pm Walk to Bob Devaney Sports Center

6:45-8:30pm Session 25

Technique Session with Team Camp

10:30pm Room Check

11:00pm Lights Out

**Tuesday, June 28**

6:00am Session 26

Run (Track)

6:30-7:30am Breakfast

8:00am Walk to Bob Devaney Sports Center

8:30-10:30am Session 27

Technique Session with Team Camp

10:30-11:00am Jon Pfeifer – Strength & Conditioning Talk

11:00am Lunch

12:30pm Walk to Bob Devaney Sports Center

1:00-3:00pm Session 28

Matches with Team Camp

5:00pm Dinner

5:30pm Walk to Bob Devaney Sports Center

6:00-8:00pm Session 29

Matches with Team Camp

10:30pm Room Check

11:00pm Lights Out

**Wednesday, June 29**

6:00am Session 30

Conditioning

6:30-7:30am Breakfast

8:00am Walk to Bob Devaney Sports Center

8:30-10:15am Session 31

Technique Session with Team Camp

10:15-11:00am Robbie Trent – FCA

11:00am Lunch

12:30pm Walk to Bob Devaney Sports Center

1:00-3:00pm Session 32

Matches with Team Camp

5:00pm Dinner

5:30pm Walk to Bob Devaney Sports Center

6:00-8:00pm Session 33

Matches with Team Camp

10:30pm Room Check

11:00pm Lights Out

**Thursday, June 30**

6:30-7:30am Breakfast

8:00am Walk to Bob Devaney Sports Center

8:30-10:30am Session 34

Technique Session with Team Camp

10:30-11:00 am Guest Speaker

11:00am Lunch

12:30pm Walk to Bob Devaney Sports Center

1:00-3:00pm Session 35

Matches with Team Camp

5:00pm Dinner

5:30pm Walk to Bob Devaney Sports Center

6:00-8:00pm Session 36

Matches with team camp

10:30pm Room Check

11:00pm Lights Out

**Friday, July 1**

6:00-7:30am Session 37

Victory Run

7:30-8:00am Breakfast

8:00am Walk to Bob Devaney Sports Center

8:30am-10:00am Session 38

Matches with Team Camp

10:00-11:00am Checkout of dorms

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