

Cornhole Skills and Drills

Individual Drills

#1. (Individual-Stationary) 5 Essential Components

- A. Tuck** (tuck beanbag across chest)
- B. Grip** (grip beanbag with dominant hand palm up with thumb on top and other 4 fingers underneath beanbag)
- C. Stance** (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)
- D. Foot Work** (1 step forward-toss)
- E. Motor Skills Cues**

1. Throwing Cues (step by step progression with beanbag but not throwing beanbag)

- A. Stance** (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)
- B. Grip** (grip beanbag with dominant hand palm up with thumb on top and other 4 fingers underneath beanbag)
- C. Backswing** (swing your dominant hand extended from in front of your body at chest level down along your dominate hip and straight back to parallel to the floor behind you)
- D. Step** (step with opposite foot of throwing hand towards target)
- E. Frontswing** (swing your dominant hand extended from behind you parallel to the floor along your dominate hip while transferring your weight from your back foot to your front foot releasing the beanbag with your finger pads at chest level in front of body towards target with appropriate force...extend arm and snap wrist)
- F. Freeze Frame** (after releasing the beanbag and following through, hold arm out pointing straight at target)

#2. (Individual-Stationary) Toss and catch (underhand tosses)

Partner Drills

***Explain**

F-Force (light, medium, heavy)

A-Angle (45 degrees, 90 degrees, parallel, perpendicular)

T-Trajectory (flight path of the beanbag)

#3. (Partner-Stationary) Throwing and catching cues (underhand tosses)...2 times each partner

(Tossing) Stance-Grip-Backswing-Step-Frontswing-Freeze Frame

#4. (Partner-Stationary) Throwing and catching (underhand tosses)

#5. (Partner-Increase Distance) Challenge tossing and catching (underhand tosses)

1 partner takes 1 step back after both partners catch a toss

#6. (Partner-Stationary) Short distance toss on board (use 1 board)

#7. (Partner-Stationary) Medium distance toss on board (use 1 board)

#8. (Partner-Stationary) Long distance toss on board (use 1 board)