



Special Olympics Newfoundland & Labrador

Cornhole Practice Guidelines

Unified Cornhole is the newest addition to Unified Sports with Special Olympics NL, introduced during the 204-2025 school year!

Practice 1 - Introduction

Activity	Description
Introduction & Warm-up	<p>Warmup for practice can look different for each team as can include</p> <ul style="list-style-type: none">• Walking or jogging around the gym/field for 5 minutes• Stretching, focusing on arms and legs movement (touching toes, arm circles, arm hugs, wrist rotations, etc.) <p>Introduce the sport of Cornhole, asking who has heard or not heard of it before, and who has played it before.</p>
Activities	<p>Activity 1: Equipment Exploration- Allow athletes to handle the bean bags and boards while reviewing safety and equipment.</p>

	<p>Activity 2: Bean Bag Toss Practice underhand throws toward hula hoops or floor markers from a short distance.</p> <p>Activity 3: Team Challenge Work in small groups to see if everyone can lay on the board.</p>
Cooldown & Conclusion	Walk, stretch, and review what was learned during practice.

Practice 2 - Movements: Body Positions for Throwing

Activity	Description
Introduction & Warm-up	<p>Warmup for practice can look different for each team as can include</p> <ul style="list-style-type: none"> • Walking or jogging around the gym/feld for 5 minutes • Stretching, focusing on arms and legs movement(touching toes, arm circles, arm hugs, wrist rotations, etc.)
Review of Last Practice	Review the basic rules, equipment, and underhand throwing technique.
Activities	<p>Activity 1: Ready Position: Practice proper stance with feet shoulder-width apart, knees slightly bent, and eyes on the target.</p> <p>Activity 2: Step & Throw Drill: Practice stepping with the opposite foot while completing an underhand throw.</p> <p>Activity 3: Follow-Through Challenge: Focus on a smooth arm swing and following through toward the target after each throw.</p>
Cooldown & Conclusion	Walk, stretch, and review what was learned during practice.

Practice 3 - Throwing Distance

Activity	Description
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Introduction & Warm-up	<p>Warmup for practice can look different for each team as can include</p> <ul style="list-style-type: none"> • Walking or jogging around the gym/field for 5 minutes • Stretching, focusing on arms and legs movement(touching toes, arm circles, arm hugs, wrist rotations, etc.)
Review of Last Practice	Review proper stance, stepping, and follow-through.
Activities	<p>Activity 1: Distance Ladder: Begin throwing from a short distance and gradually move farther away after each round while maintaining proper technique.</p> <p>Activity 2: Step Back Partner Challenge Take one step back after each successful throw to your partner</p> <p>Activity 3: Distance Match: Throw from several marked distances and compare how distance affects accuracy and throwing power</p>
Cooldown & Conclusion	Walk, stretch, and discuss how changing the throwing distance affects accuracy and control.

Practice 4 - Throwing with Aim

Activity	Description
Introduction & Warm-up	<p>Warmup for practice can look different for each team as can include</p> <ul style="list-style-type: none"> • Walking or jogging around the gym/field for 5 minutes • Stretching, focusing on arms and legs movement(touching toes, arm circles, arm hugs, wrist rotations, etc.)
Review of Last Practice	Review throwing distance, stance, and follow-through.
Activities	Activity 1: Target Practice Drill: Place

	<p>targets on different areas of the board. Athletes aim for each target to improve accuracy and control.</p> <p>Activity 2: Point Zone Challenge: Assign different point values to sections of the board. Athletes aim for the highest scoring targets while practicing accuracy.</p> <p>Activity 4: Partner Accuracy Challenge: Partners take turns throwing and encourage each other while trying to hit the same target on the board.</p>
Cooldown & Conclusion	Walk, stretch, and discuss how aiming at specific targets can improve overall accuracy.

Practice 5 - Putting It All Together

Activity	Description
Introduction & Warm-up	<p>Warmup for practice can look different for each team as can include</p> <ul style="list-style-type: none"> • Walking or jogging around the gym/field for 5 minutes • Stretching, focusing on arms and legs movement(touching toes, arm circles, arm hugs, wrist rotations, etc.)
Review of Last Practice	Review throwing technique, distance, and aiming.
Activities	<p>Activity 1: Scoring Basics: Review how points are scored, including bags on the board, bags in the hole, and cancelling points after each round. Demonstrate a few scoring examples.</p> <p>Activity 2: 21-Point Challenge: Athletes use eight bean bags to try and score 21 points by landing bags on the board or in the hole.</p> <p>Activity 3: Partner Game: Play short games in pairs while focusing on proper technique, accuracy, and sportsmanship.</p>

Cooldown & Conclusion	Walk, stretch, and review what was learned during practice.
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Practice 6 - Game Day Scenarios

Activity	Description
Introduction & Warm-up	Warmup for practice can look different for each team as can include <ul style="list-style-type: none"> • Walking or jogging around the gym/field for 5 minutes • Stretching, focusing on arms and legs movement(touching toes, arm circles, arm hugs, wrist rotations, etc.)
Review of Last Practice	Review all throwing techniques, aiming.
Activities	<p>Activity 1: Rules Review: Review gameplay, turn-taking, scoring, and sportsmanship before beginning games.</p> <p>Activity 2: Practice Games: Play short games while following official Cornhole rules and keeping score.</p> <p>Activity 3: Mini Tournament: Compete in friendly games, rotating partners and opponents throughout the activity.</p> <p>Activity 4: Team Celebration Challenge: Finish with a fun team challenge, such as seeing how many bags the group can land on the board or in the hole together.</p>
Cooldown & Conclusion	Walk, stretch, celebrate everyone's progress, and recognize athletes for their effort and sportsmanship throughout the program.

Principles of Effective Training Sessions

Keep all athletes active - Athletes need to be an active listener

Create clear, concise goals - Learning improves when athletes know what is expected of them

Give clear, concise instructions - Use multiple tools in giving instructions such as demonstrate to increase accuracy of instructions

Give positive feedback - Emphasize and reward things the athlete is doing well

Provide variety - vary exercises and drills to keep athletes engages

Encourage enjoyment

Allow for individual differences - Different athletes, different learning rates, different capacities

- Components of an effective practice
 - <https://www.sonh.org/wp-content/uploads/2022/09/Cornhole-Coaching-Guide.pdf>
 -
- Practice Guideline
 - Practice 1 - Introduction
 - Practice 2 - movements: body positions for throwing
 - Practice 3 - throwing distance
 - Practice 4 - throwing with aim: aiming for success
 - Practice 5 - putting it all together
 - Practice 6 - Game day scenarios
- Practice drills
 - <https://www.cornholebags.com/blogs/news/cornhole-bag-drills-to-improve-your-skills#:~:text=Start%20with%20a%20short%20distance,are%20needed%20for%20different%20throws.>