



Cornhole Tips to Improve Your Game

Grip

Grip the bag with four fingers under the bag and the thumb on the top in the center. Some players like to hook their index finger around the corner of the bag to help create spin.



Stance & Footwork

A good starting stance is with both feet together. Your knees should be slightly bent and your body should have a slight lean over your throwing arm to allow your arm to swing straight without hitting your leg. Start by stepping forward towards the foul line with the foot opposite of your throwing arm.





Arm-Swing & Release

As you step forward, your arm should swing backward. As your weight transfers to your forward foot, your arm will swing past your hip. Release the bag above your waistline and allow your arm and hand to finish at head level. Your wrist should rotate only slightly. As the bag leaves your hand, your index and middle fingers should maintain contact with the bag a little longer, generating the spin.



Arc

The flight of the bag should be an arc with a peak height between 7ft-10ft. If it's any higher, you'll lose accuracy and you'll risk bouncing the bag off the board. If it's any lower, you'll risk sliding off the end of the board. Your focus should remain on your target and not on the flight of the bag.

