

Description: Intro to Bean Bag Catch



Drill 1

Have athlete:

- Stand with feet shoulder width apart (have lines on the floor to mark where their feet should go)
- Holding a bean bag in their hand
- Step foot forward (mark the floor so they know which foot to step)
- Transfer weight into the front foot
- Throw the bean bag as the weight transfers into the front leg

Supplies / Aids:

Video

Equipment Needed:

- Bean Bags

Notes: