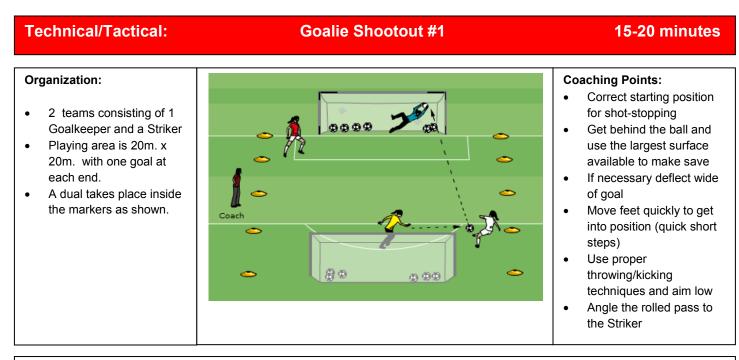
Active for Life: GAG Activity



Description:

1. Each striker must try to score past the opposing Goalkeeper. The game starts with a Goalkeeper rolling the ball to their Striker, who must shoot in two touches or less. If a goal is scored or the shot is saved the opposing Goalkeeper rolls the ball to her Striker who shoots in the opposite direction, and the process is repeated. Rebounds which cross the mid-point can be hit again by the same Striker.

Conditions:

- Rebounds must be retrieved before they cross the mid-point or the side lines otherwise it results in a loss of turn.
- After saving the Goalkeeper can roll the ball for the Striker or try to score by throwing the ball.
- After saving the Goalkeeper can roll the ball for the Striker, or try to score by throwing the ball, or roll it forward and try to shoot herself.

Note: This is a demanding exercise for the players working so please allow recovery time between Competitions.



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