



2018 Girl's Game Teachable Moment #3

Trail Positioning Awareness

As you transition downfield into the Trail position, do you breathe a sigh of relief because you are "off duty"? Not a chance! Is the ball transitioning on your side of the field? Is either team likely to go offsides? Are you looking for defenders in the 8 meter arc?

Getting your Priorities in Order:

Although as the trail official you are mainly focused off the ball, any fouls you are responsible for (shooting space on your side of the arc), and where these are on the "safety spectrum" changes.

When the ball transitions on your side you want to focus on: Shooting Space- This is high priority due to the safety factor, then you can check for offsides, 3 seconds, illegal picks or off ball detaining.

When the ball is transitioning on the far side your focus changes to Offsides, 3 seconds, off ball picks or detaining.

Remember as Trail you need to know where the ball is yet concentrate on what is happening off ball. Remain focused and engaged and ready to adjust what fouls you are looking for as the ball changes positions on the field.



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