

Practice Volume			
Position	Metric	N	Mean
Guard	Average Intensity (L and R)	71	11.55 ± 1.88
Guard	Impact Load Total (L+R)	71	76115.25 ± 25779.71
Forward	Average Intensity (L and R)	27	11.55 ± 1.88
Forward	Impact Load Total (L+R)	28	76115.25 ± 25779.71