



W1s 23/24 Season Stats review



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Notes

- All statistics have been taken from the following 13 games:
 - Cardiff (H), (A)
 - Cambridge (H), (A)
 - UCL (H), (A)
 - Bristol (H), (A)
 - Oxford (H)
 - UK Lions (H)
 - Loughborough (H)
 - Centaurs (A)
 - Durham (H)
- All other games have not been included due to unavailability of stats

Definitions

- DC Win% = Percentage of total draw controls won
- Shot% = Percentage of total shots that resulted in a goal
- SOT = Shots On Target
- Forced Turnovers = Turnovers caused by the opposition
- Unforced Turnovers = Turnovers caused by own error
- Clear% = Percentage of total clears that maintained possession
- Ride% = Percentage of ride attempts that resulted in the gain of possession
- Save% = Percentage of shots saved
- FP% = Percentage of Free Positions that directly resulted in a goal
- Att. = Attack/attacking
- Poss. = Possession/possessions
- Opp. = Opposition
- = Positive statistic
- = Negative statistic





Analysis Summary



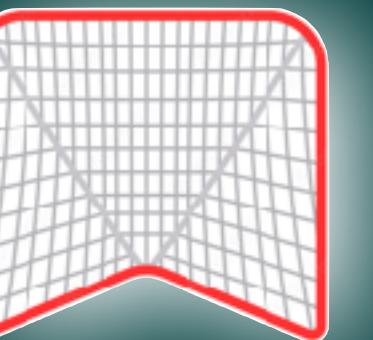
✓ Won vs. Lost ✗

In games lost:

- We have less possession
- Win less DCs
- Fewer attacking possessions
- Fewer ground balls won
- Lower save % and more fouls committed

Quarter Insights - In Possession

- Clear and increased dominance as the game progresses (Poss.% and DCWin%).
- More efficient and accurate with the ball than the opposition.
- Peak Shot% is in Q4 (54.9%), with our lowest in Q3 and Q1 (48.6%).
- The opposition generally has a greater Free Position conversion rate than us. This could be down to retaining the ball rather than shooting in FPs however

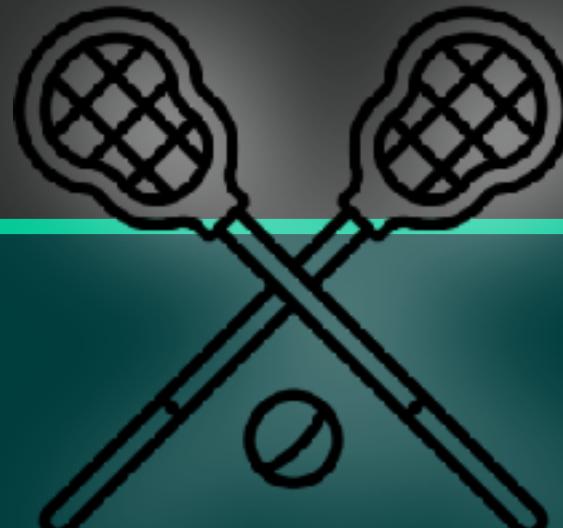


Shot Charts

- Season average goal conversion (Shot%) = 50.8%
- Left-centre of the goal shows lower shot% compared to season average
- Right-centre of the goal shows higher shot% compared to season average
- First and third quarters have lower shot% compared to season average

Quarter Insights - Out of Possession

- Q1= Most successful and aggressive in defence: highest Ride% (34.8%) and Save% (54.4%) of the game. Both decline as the game progresses, however.
- Q4= opposition's most efficient quarter with their peak in Shot% and our lowest in blocks/saves and Save%

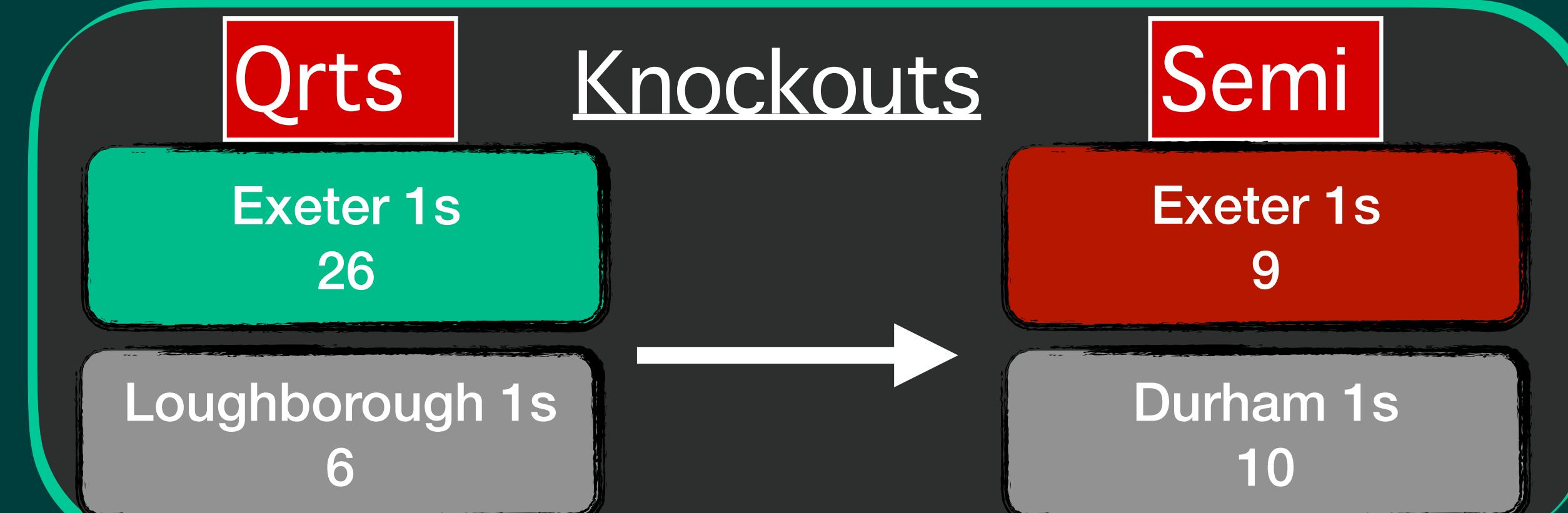




Season Overview

League Table

Team	Played	Points	Won	Lost	Drawn	Goals +	Goals -	Goals +/-
Exeter 1s	10	28	9	0	1	195	42	153
Oxford 1s	10	22	7	2	1	112	82	30
Bristol 1s	10	16	5	4	1	114	87	27
Cambridge 1s	10	16	5	4	1	108	95	13
Cardiff 1s	10	6	2	8	0	93	129	-36
UCL 1s	10	0	0	10	0	28	215	-187



Results

	20	4	
	10	10	
	22	4	
	0	26	
	5	17	
	7	10	
	16	6	
	7	10	
	26	2	
	15	7	
	27	0	
	14	9	
	21	6	
	9	10	



Averages and Totals

Game Averages

<u>Exeter</u>		<u>Opp</u>
18.3	Goals	5.3
59.9%	Posession	40.1%
64.8%	DC Win %	35.2%
11.5	Turnovers	17.7
28.4	SOT	10.2
51.6%	Shot%	37.7%
13.8	Clears	12.2
5.6	Rides	1.7
5.2	Blocks + Saves	10.5
9.2	Fouls	12.5

Game Totals

<u>Exeter</u>		<u>Opp</u>
238	Goals	69
59.9%	Posession	40.1%
64.8%	DC Win %	35.2%
149	Turnovers	230
369	SOT	132
51.6%	Shot%	37.7%
179	Clears	159
73	Rides	22
68	Blocks + Saves	136
120	Fouls	162

Data included from 13 games vs.:

- Durham
- Centaurs
- Loughborough
- UCL (H)
- UK Lions
- Bristol (H)
- Cambridge (A)
- Oxford (H)
- Cardiff (A)
- Bristol (A)
- UCL (A)
- Cambridge (H)
- Cardiff (H)



Qtr Avgs vs. Qtr Totals

Averages

Exeter	Qtr 1	Opp
4.3	Goals	1.2
59%	Possession	41%
60.8%	DC Win%	39.2%
3.2	Turnovers	4.8
7.2	SOT	2.5
48.7%	Shot%	34.9%
3.5	Clears	3.3
1.8	Rides	0.4
1.3	Blocks + Saves	3
2.2	Fouls	3.1

Exeter	Qtr 2	Opp
5.5	Goals	1.5
59.1%	Possession	40.9%
62.7%	DC Win%	37.7%
3	Turnovers	4.5
8.2	SOT	3
54.1%	Shot%	37%
3.5	Clears	3.2
1.5	Rides	0.5
1.7	Blocks + Saves	2.8
2.2	Fouls	2.7

Totals

Exeter	Qtr 1	Opp
56	Goals	15
59%	Possession	41%
60.8%	DC Win%	39.2%
41	Turnovers	63
93	SOT	33
48.7	Shot%	34.9%
46	Clears	43
23	Rides	5
19	Blocks + Saves	39
29	Fouls	40

Exeter	Qtr 2	Opp
72	Goals	20
59%	Possession	41%
62.7%	DC Win%	37.3%
39	Turnovers	58
106	SOT	29
54.1%	Shot%	37%
46	Clears	41
20	Rides	7
21	Blocks + Saves	36
28	Fouls	35

Exeter	Qtr 3	Opp
4.2	Goals	1.2
59%	Possession	41%
62.2%	DC Win%	37.8%
2.1	Turnovers	4.2
6.8	SOT	2.5
48.6%	Shot%	32%
3.5	Clears	2.7
1.2	Rides	0.3
1.4	Blocks + Saves	2.7
2.4	Fouls	2.7

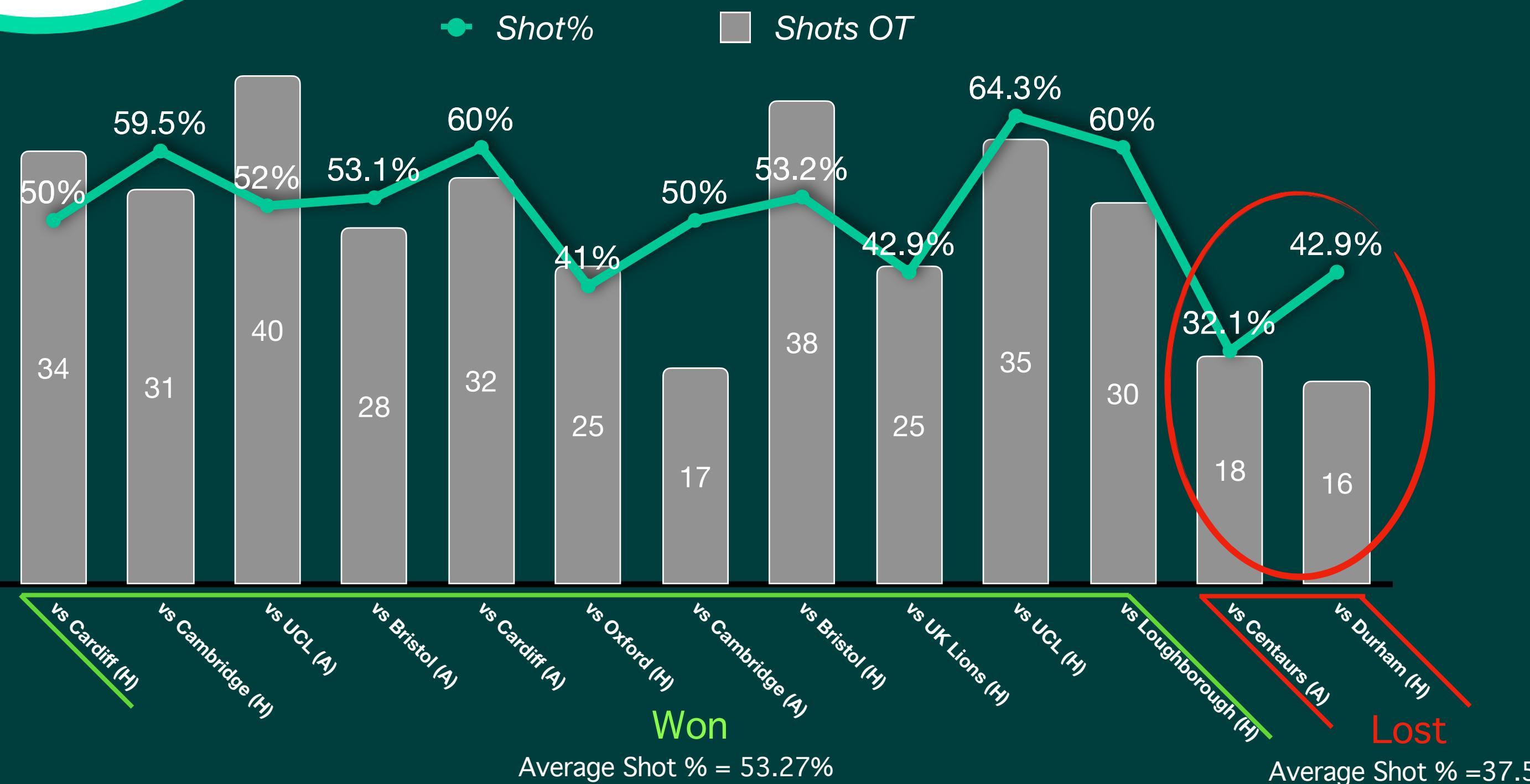
Exeter	Qtr 4	Opp
4.3	Goals	1.3
62.7%	Possession	37.3%
73.8%	DC Win%	27.2%
3.1	Turnovers	4.2
6.3	SOT	2
54.9%	Shot%	48.6%
3.2	Clears	3
1.1	Rides	0.5
0.7	Blocks + Saves	2
2.5	Fouls	4

Exeter	Qtr 3	Opp
54	Goals	16
58.9%	Possession	41.1%
62.2%	DC Win%	37.8%
27	Turnovers	54
88	SOT	33
48.6%	Shot%	32%
46	Clears	35
15	Rides	4
19	Blocks + Saves	35
31	Fouls	35

Exeter	Qtr4	Opp
56	Goals	17
62.7%	Possession	37.3%
73.8%	DC Win%	26.2%
40	Turnovers	54
82	SOT	26
54.8%	Shot%	48.6%
41	Clears	39
14	Rides	6
9	Blocks + Saves	26
31	Fouls	52



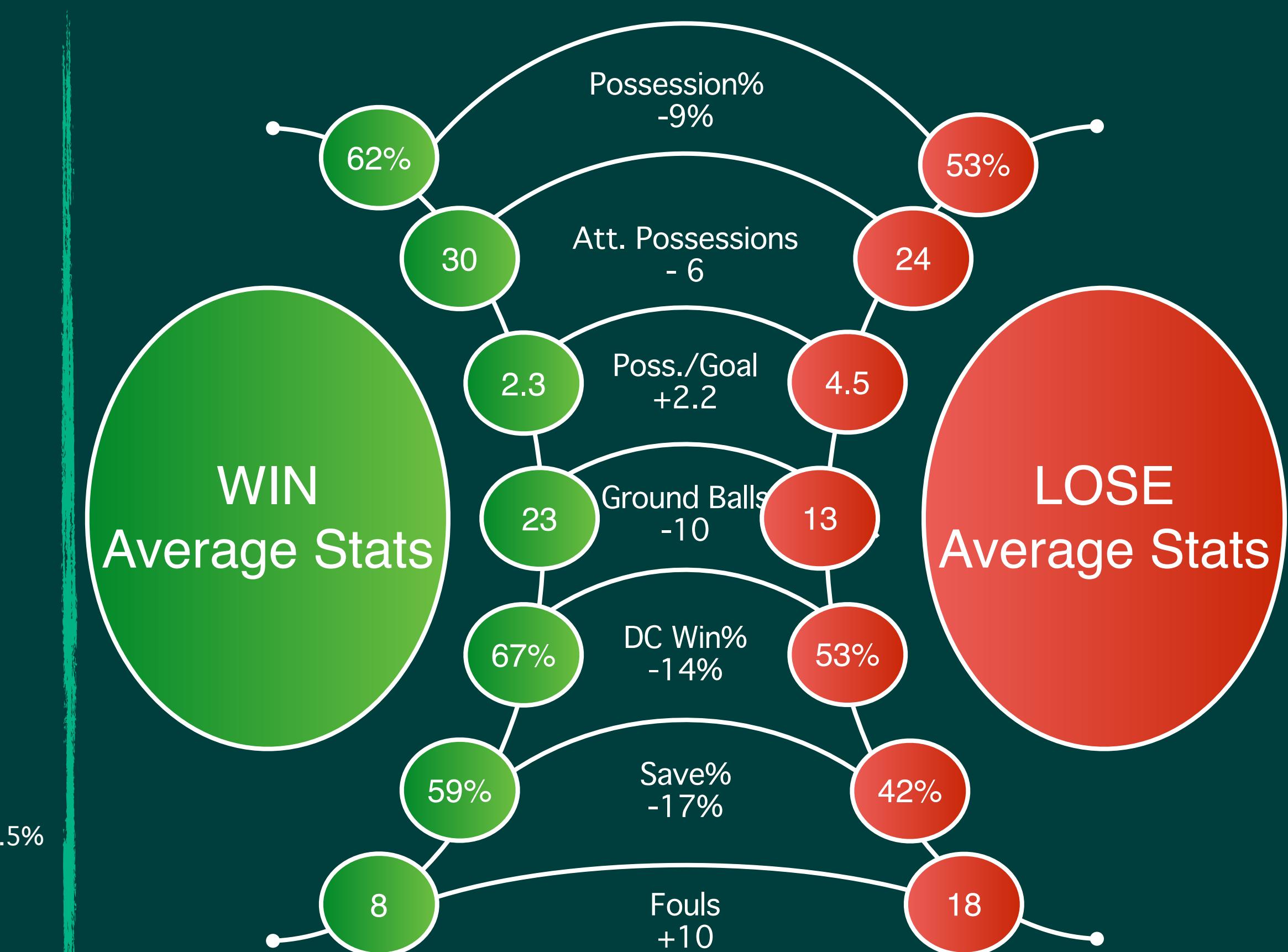
Games Won vs. Games Lost



Summary

In games lost vs games won, stats show:

- Less overall possession
- Lower DC win%
- Fewer attacking possessions
- Fewer ground balls won
- Lower save% and a greater number of fouls

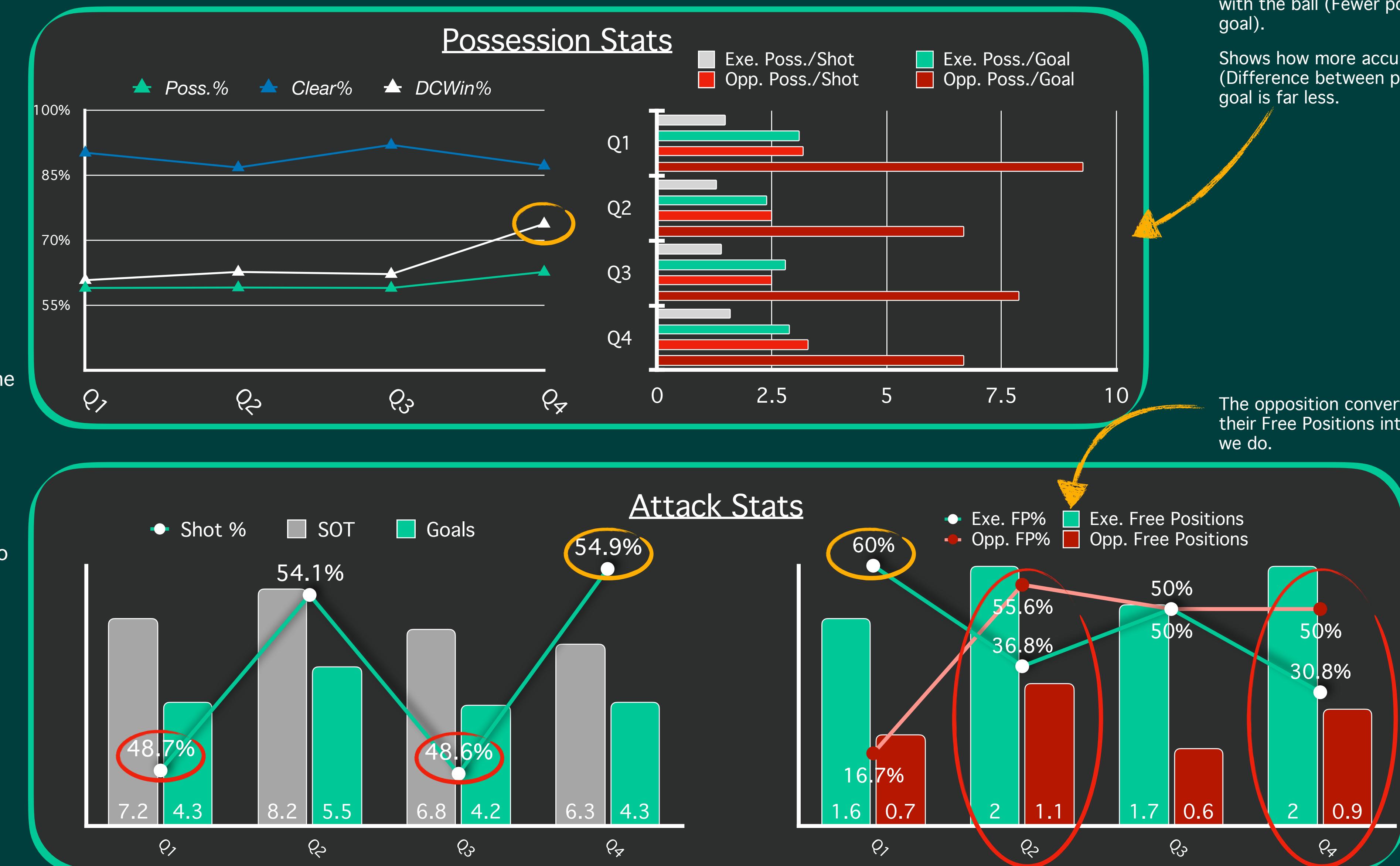




Quarter Avgs Insights - In Possession

Summary

- Clear and increased dominance as the game progresses (Poss.% and DCWin%).
- More efficient and accurate with the ball than the opposition.
- Peak Shot% is in Q4 (54.9%), with our lowest in Q3 and Q1 (48.6%).
- The opposition generally has a greater Free Position conversion rate than us. This could be down to retaining the ball rather than shooting in FPs however



Shows that we are far more efficient with the ball (Fewer possessions/goal).

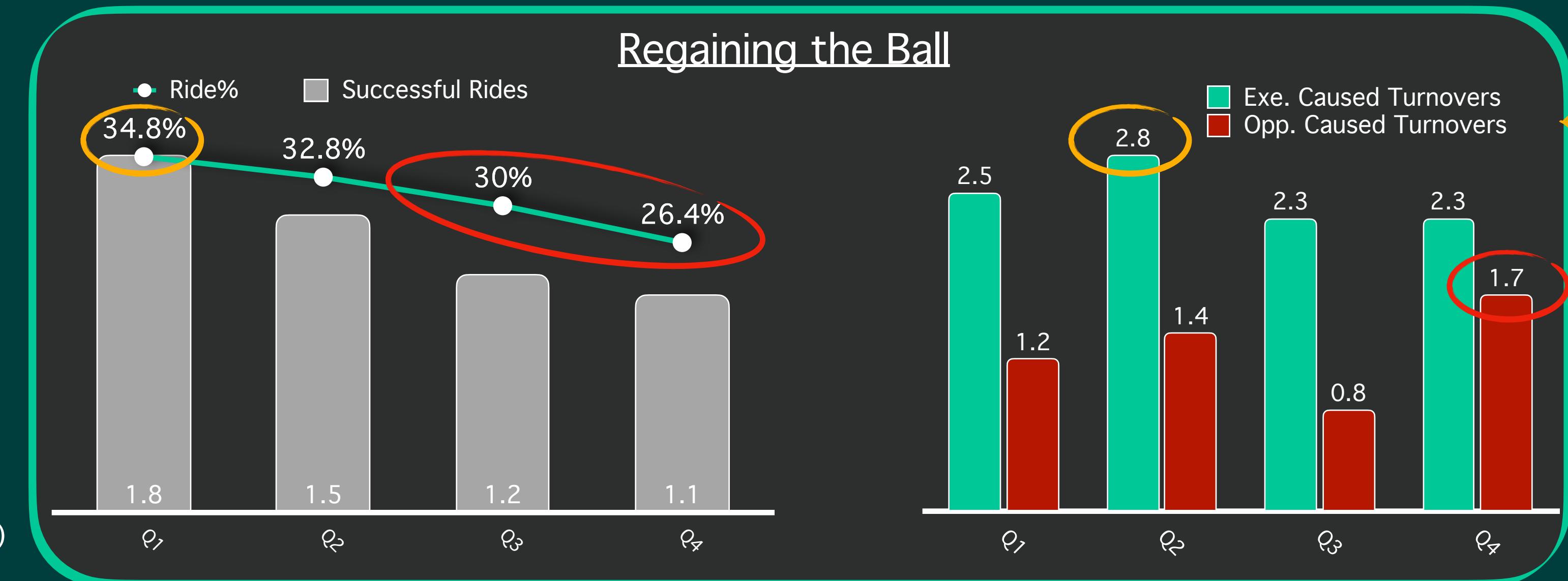
Shows how more accurate we are (Difference between poss per shot/goal is far less).

The opposition convert more of their Free Positions into Goals than we do.



Quarter Avgs Insights - Out of Possession

Regaining the Ball



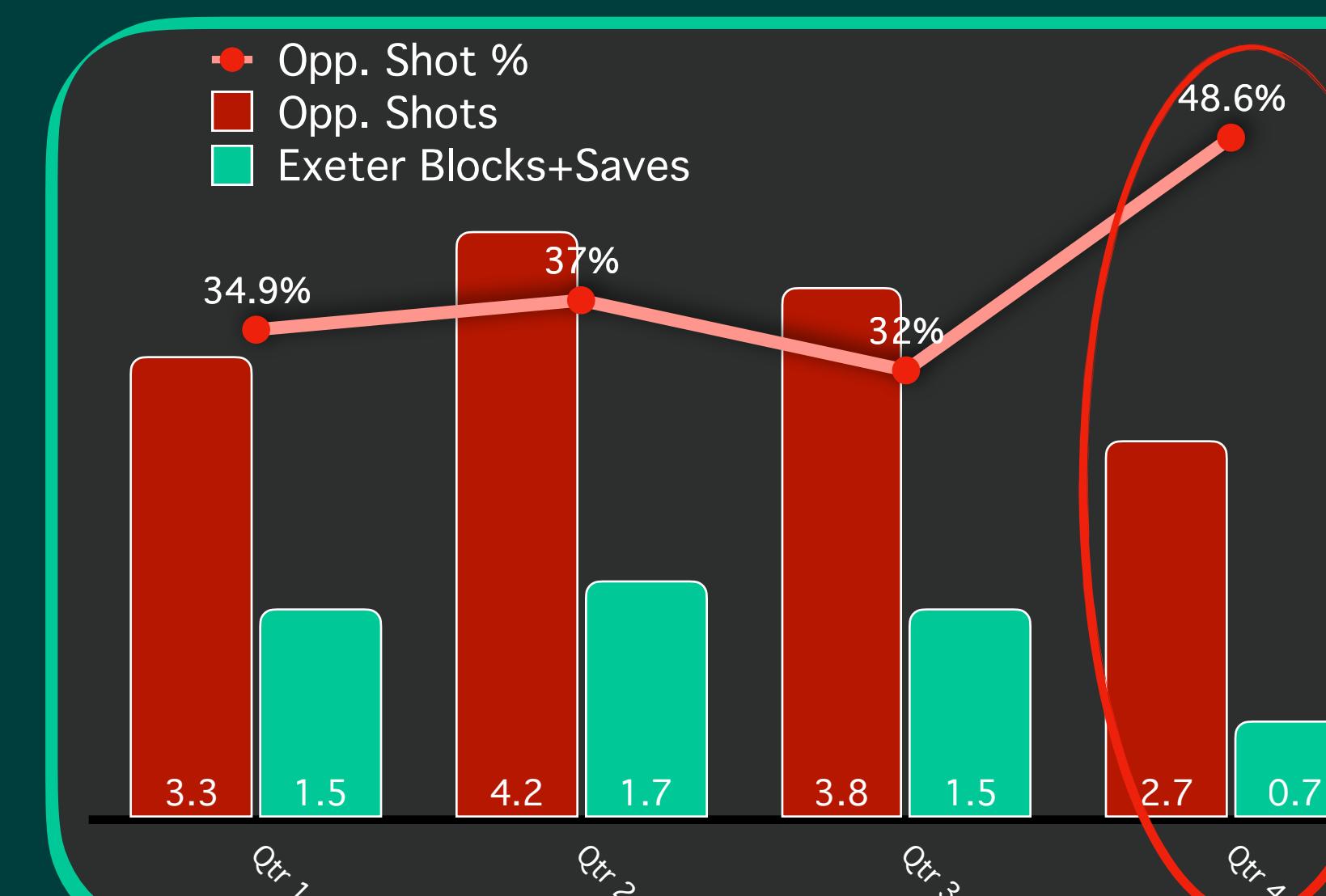
We consistently cause more turnovers than the opposition.

BUT, our Ride efforts drop steadily throughout the game.

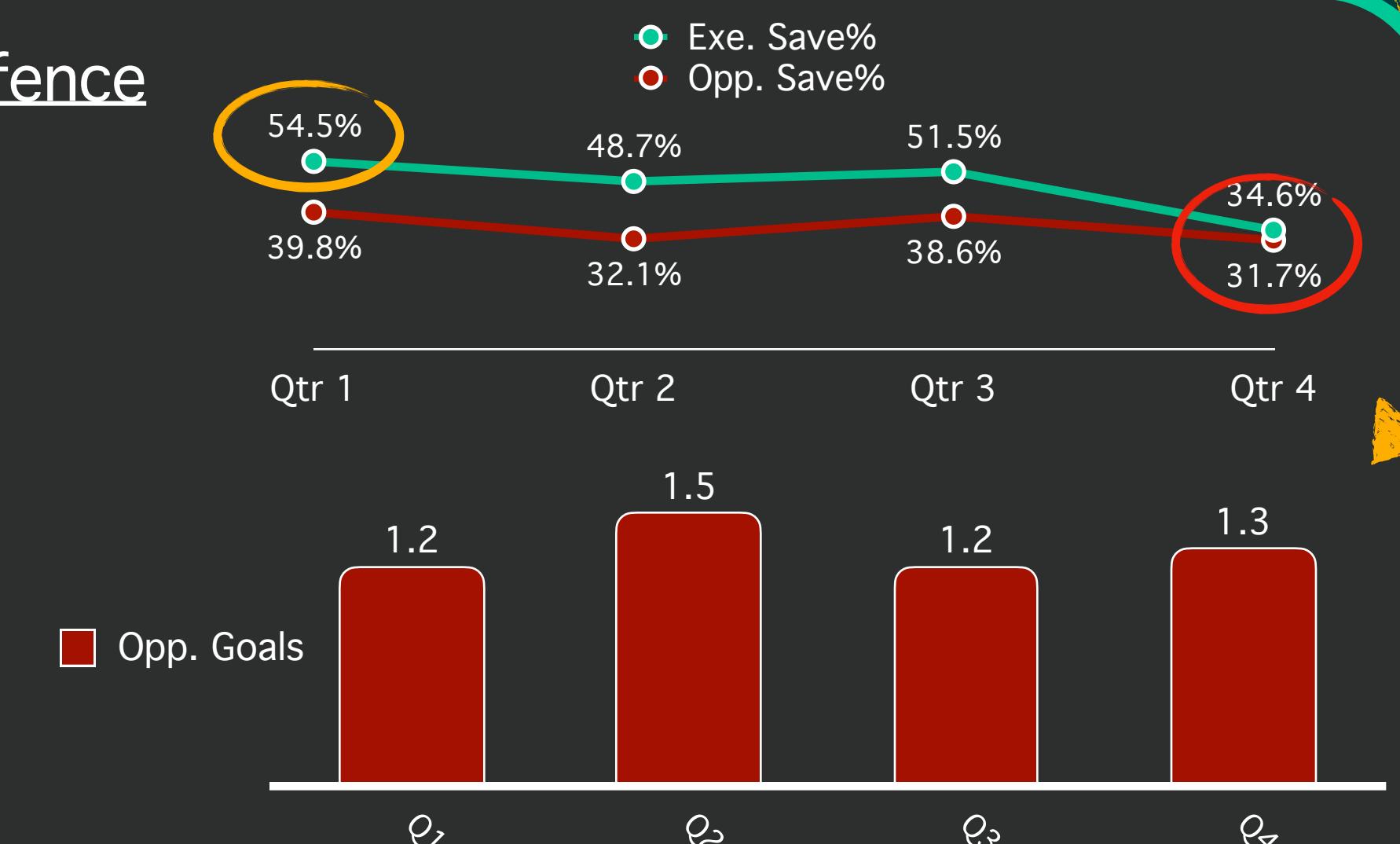
Summary

- Q1 = Most successful and aggressive in defence: highest Ride% (34.8%) and Save% (54.4%) of the game. Both decline as the game progresses, however.
- Q4 = opposition's most efficient quarter with their peak in Shot% and our lowest in blocks/saves and Save%

Fan Defence



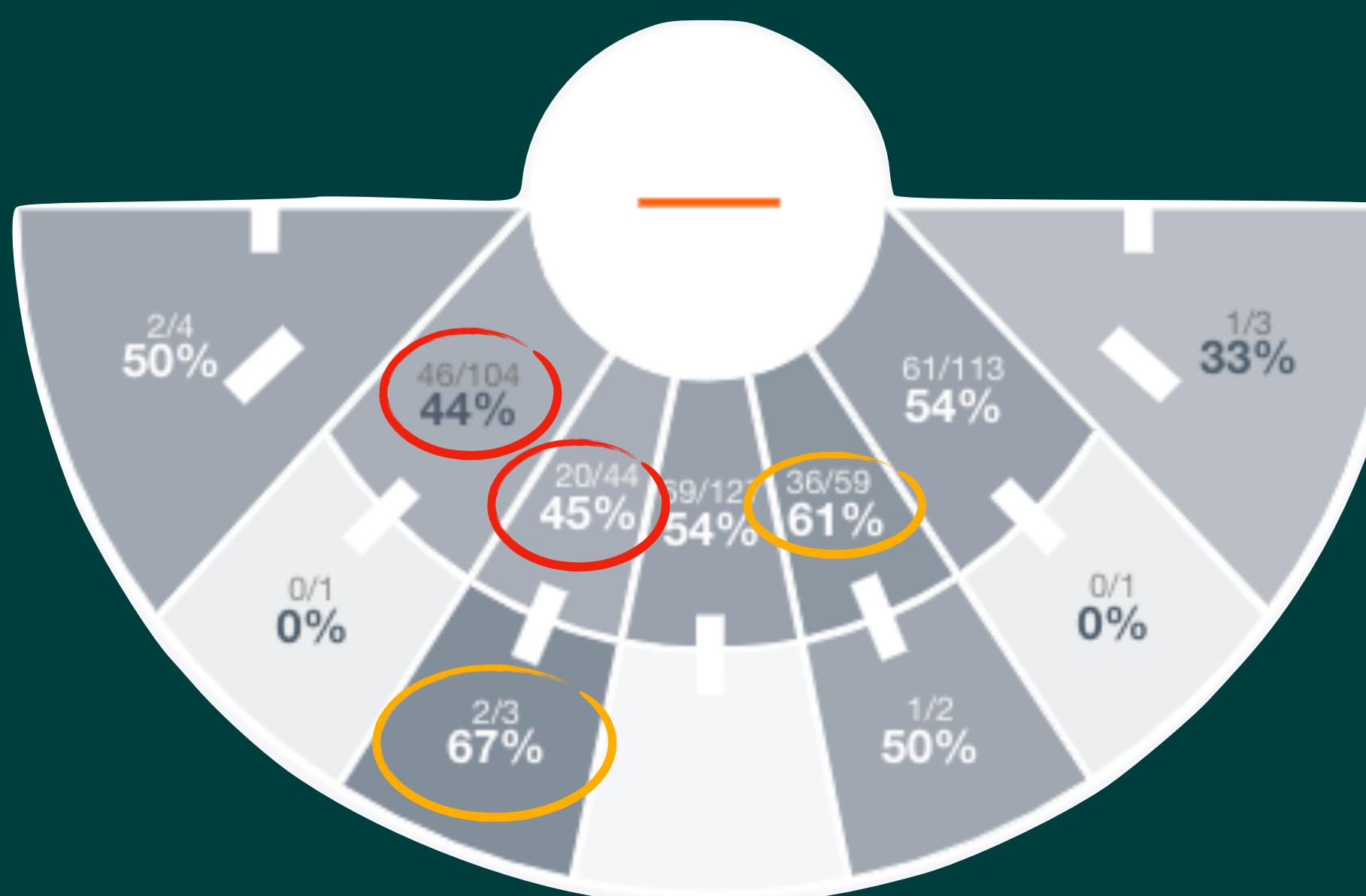
Q4 = Opposition's most successful in terms of Shot%, and also our lowest in terms of Save%.



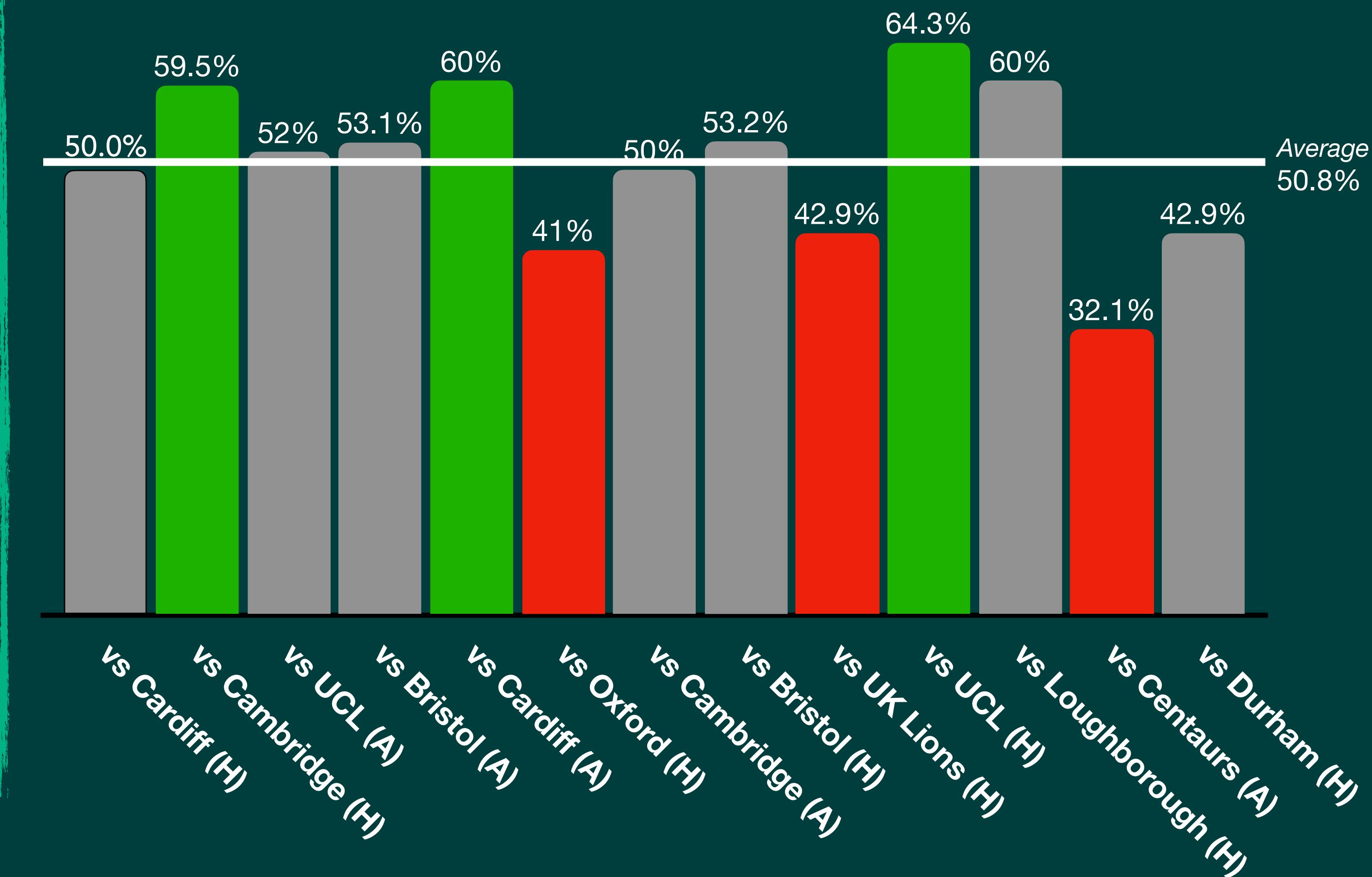


Shot Chart

Overall Goal Conversion Map



Season Goal Conversion



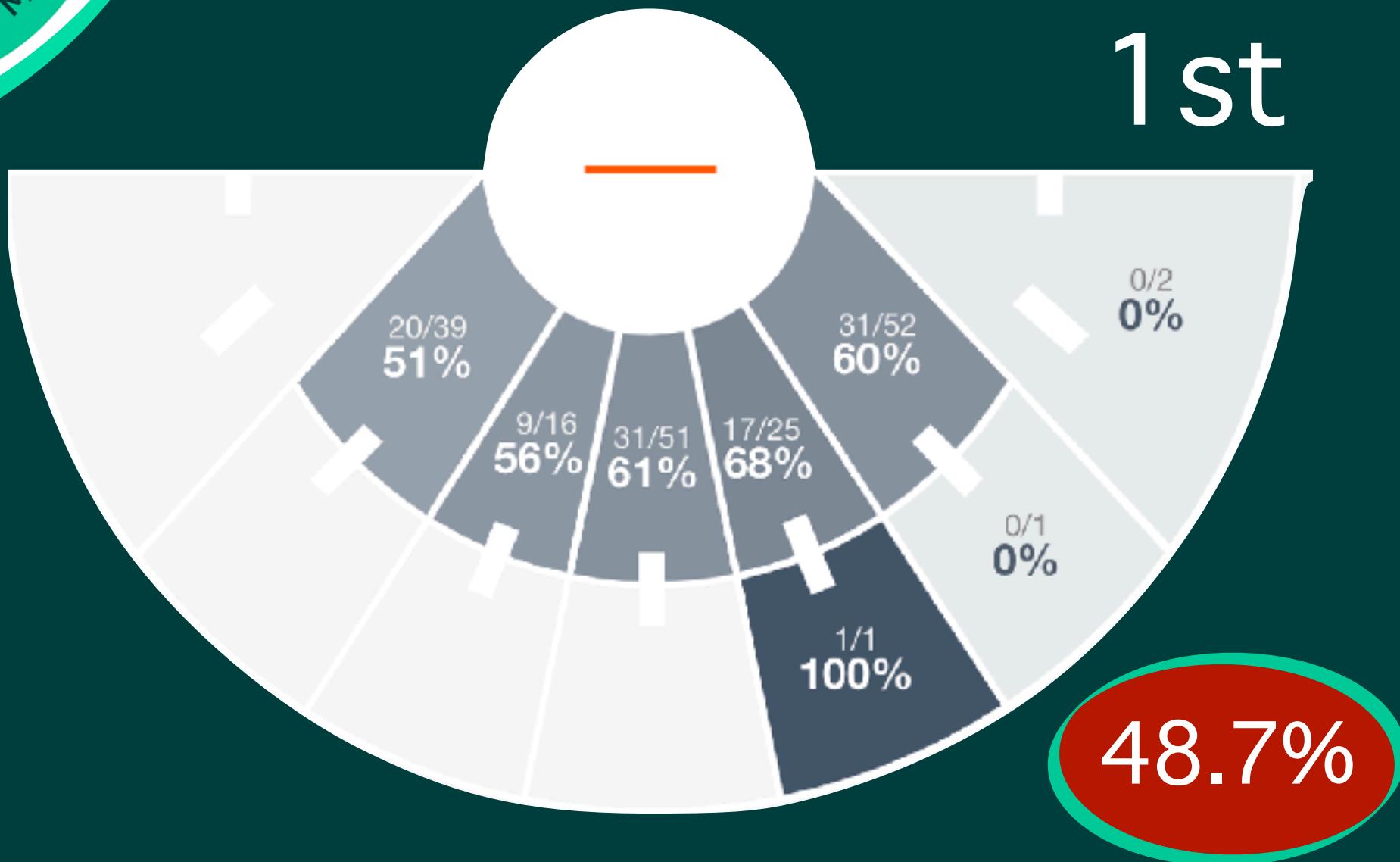


Shot Charts - Quarters

51.6%

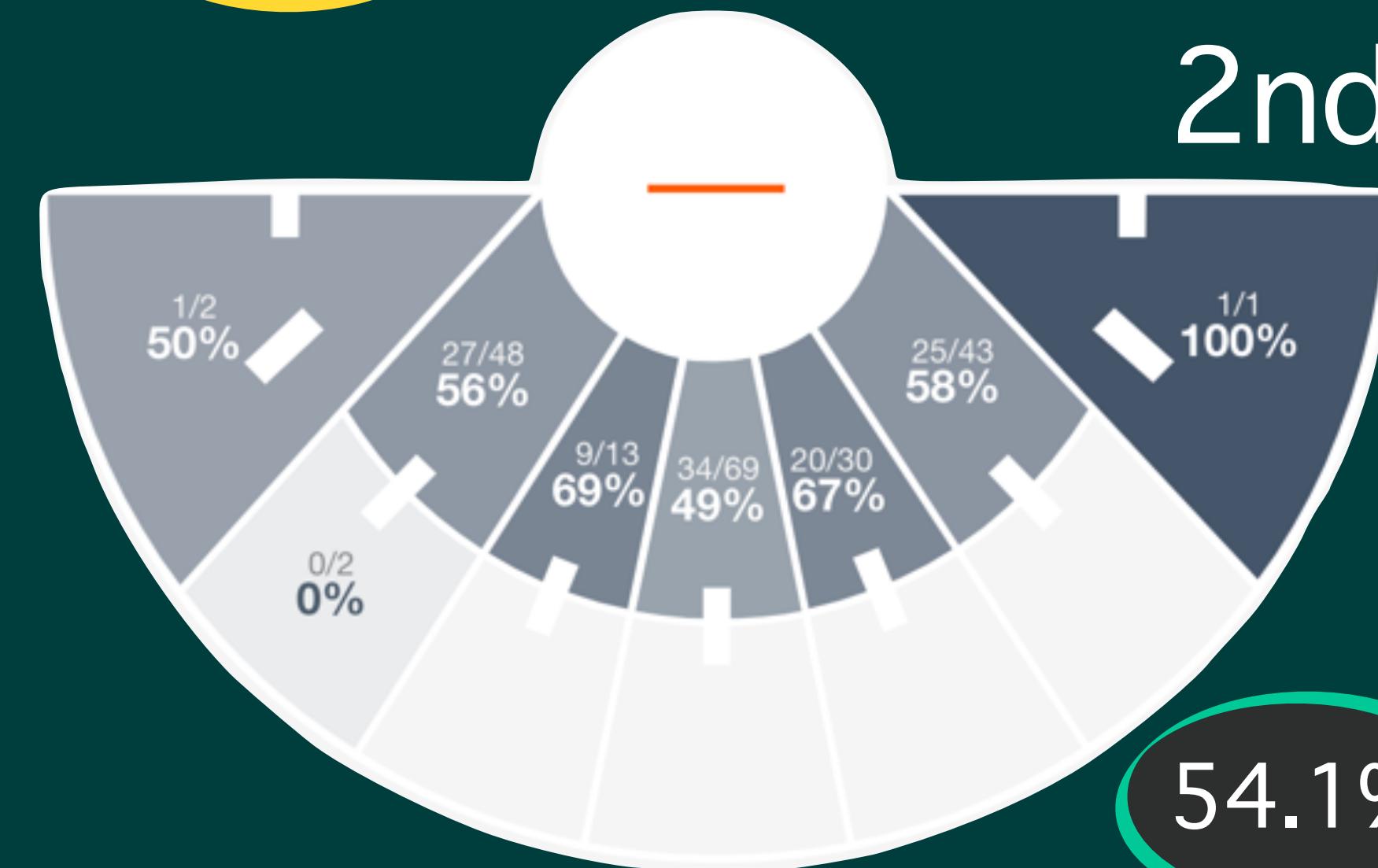
= Average Shot% by Quarter

1st



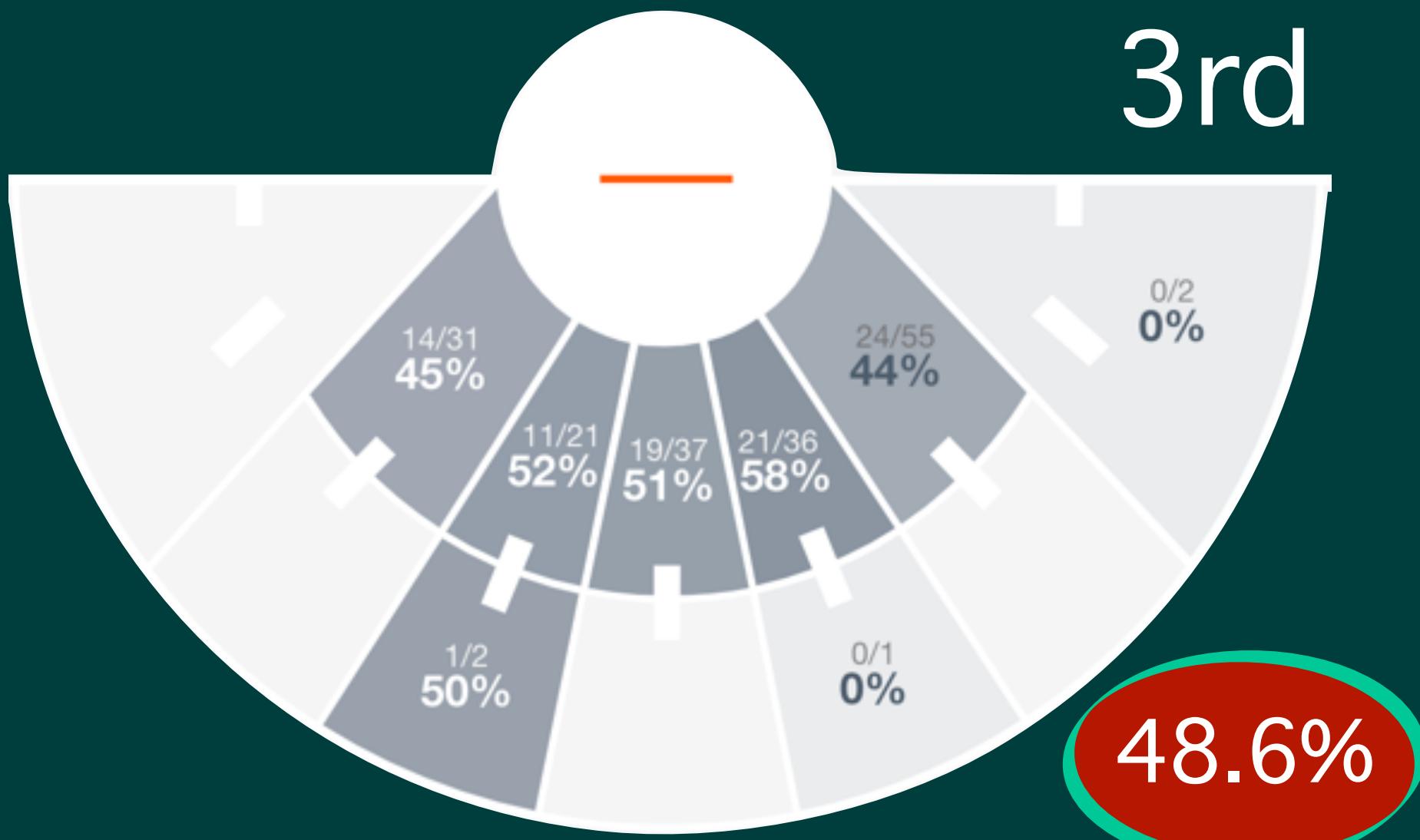
48.7%

2nd



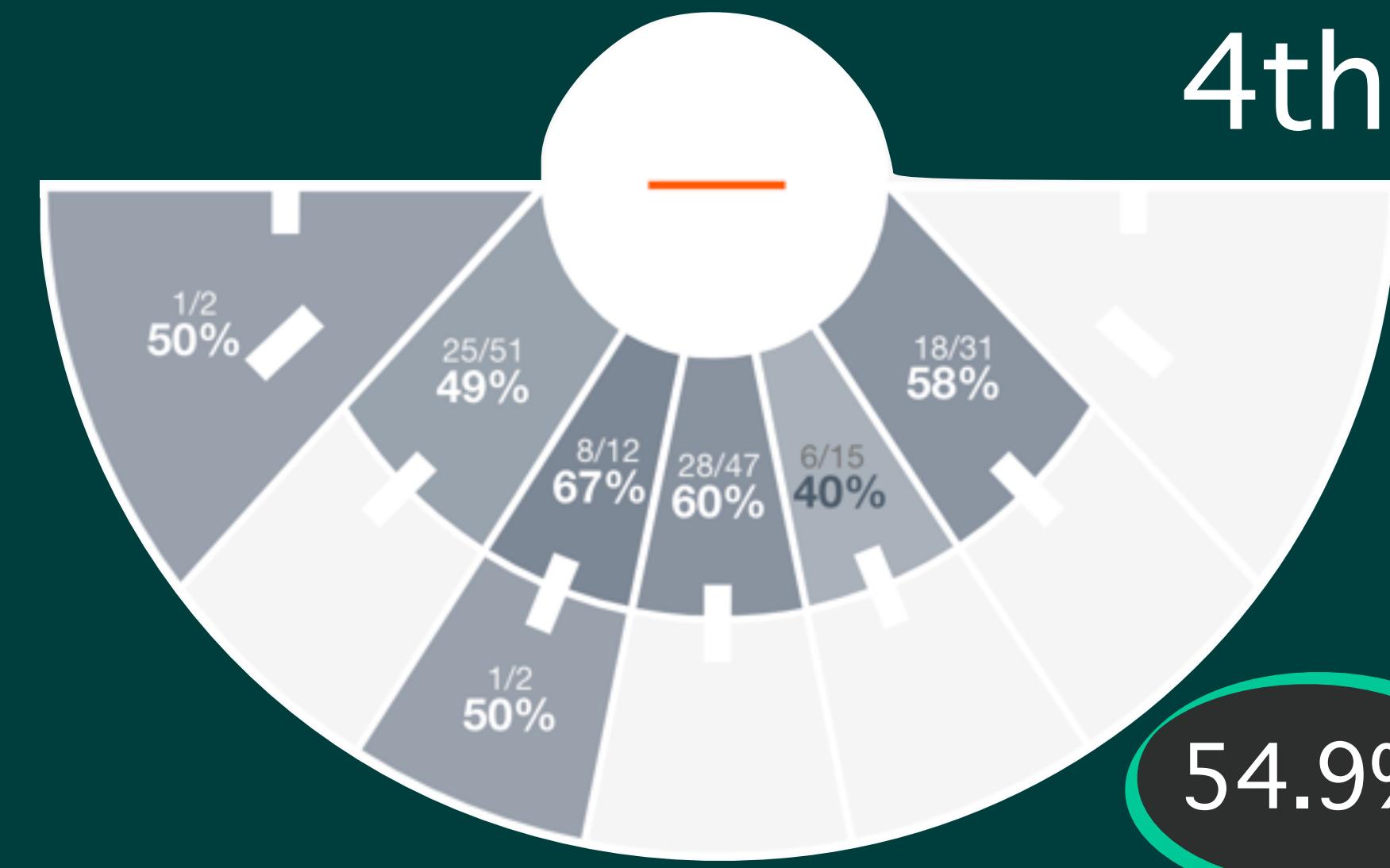
54.1%

3rd



48.6%

4th



54.9%



Top Performers





Top Performers - Goals

Alice Ripper - 49



Emily Oram - 49



Zoe Lovibond - 29





Top Performers - Assists

Emily Oram - 22



Ellie David - 16



Sophie Taggart - 15



(Really sorry I couldn't find a photo of you Sophie, this was the best I could do!)



Top Performers - Points (G+A)

Emily Oram - 72



Alice Ripper - 62



Sophie Taggart - 42





Top Performers - Shot% (>15 Shots)

Sienna Richardson - 66.7%



Zoe Lovibond - 64.4%



Poppy Wessely - 63%





Top Performers - Ground Balls

Alice Ripper - 35



Honor Ashby - 31



Hettie Walker - 20





Top Performers - DC Possession Gains

Alice Ripper - 58



Poppy Wessely - 41



Zoe Lovibond - 40





Top Performers - Caused Turnovers

Alice Ripper - 17



Poppy Wessely - 13



Lois Crilly - 13



Honor Ashby - 10

