STRACE  
Macos does not have strace command instead it has DTRACE (dtruss) command but it requires admin privileges.

Some of the commands I found out are

1. iosnoop – This command is used for disk I/O reading and writing.
2. hfsslower.d The hfsslower.d script measures I/O before it is processed by the HFS+ file system. iosnoop measures I/O after the file system and only if it reaches disk.

The book from which I took reference is <https://www.brendangregg.com/DTrace/DTrace_Chapter_5_File_Systems.pdf>

<https://www.brendangregg.com/DTrace/DTrace_Chapter_9_Applications.pdf>

I got the logs of docker from macbook from path  
/Users/tejasvaity/Library/Containers/com.docker.docker/Data/log/vm