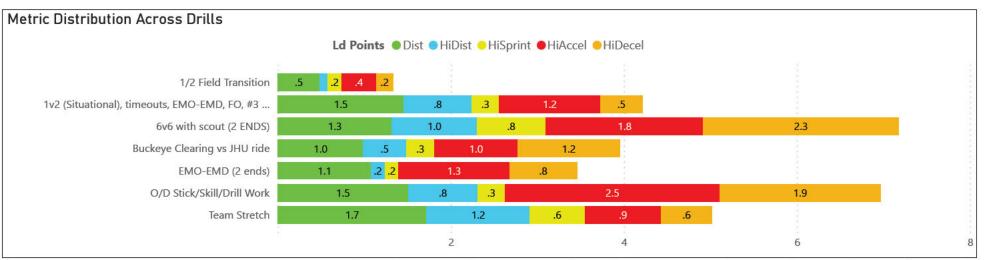


2/22/2024 📾





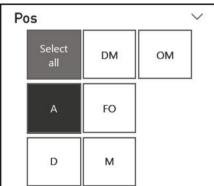
Event Name	Dur	%Game Ld	%Game Inten	Dist	Dist-Min	HiDist	HiSprint	HiAccel	HiDecel
☐ 1/2 Field Transition	6	2 %	30 %	300	49.97	5	0	3	0
<b>□</b> A	6	2 %	30 %	300	49.97	5	0	3	0
	6	1 %	17 %	273	45.50	0	0	2	0
	6	3 %	52 %	382	63.67	11	1	3	1
	6	2 %	43 %	356	59.33	12	0	4	1
	6	1 %	11 %	186	31.00	0	0	1	0
	6	1 %	26 %	302	50.33	2	0	4	0
☐ 1v2 (Situational), timeouts, EMO-EMD, FO, #3	18	5 %	31 %	899	49.93	42	0	8	1
⊟ A	18	5 %	31 %	899	49.93	42	0	8	1
	18	2 %	14 %	635	35.28	10	0	4	0
	18	5 %	30 %	1,132	62.89	73	0	6	0
	18	4 %	29 %	1,076	59.78	15	0	8	1
	18	10 %	56 %	767	42.61	79	2	12	4
	18	4 %	28 %	884	49.11	32	0	11	0
☐ 6v6 with scout (2 ENDS)	16	9 %	60 %	813	50.84	52	1	13	5
⊟ A	16	9 %	60 %	813	50.84	52	1	13	5
	16	13 %	89 %	963	60.19	117	2	19	6
	16	6 %	43 %	857	53.56	32	1	10	2
	16	11 %	75 %	913	57.06	68	2	10	7
	16	6 %	42 %	587	36.69	12	0	15	3
	16	7 %	50 %	747	46.69	33	0	10	5
☐ Buckeye Clearing vs JHU ride	10	5 %	54 %	608	60.84	27	0	7	2
⊟ A	10	5 %	54 %	608	60.84	27	0	7	2
	10	2 %	29 %	546	54.60	4	0	4	1
	10	1 %	13 %	553	55.30	0	0	0	0
	10	2 %	24 %	684	68.40	0	0	4	0
	10	15 %	165 %	645	64.50	130	2	22	9
	10	3 %	37 %	614	61.40	0	0	4	2
Total	93	39 %	46 %	5,278	56.51	241	3	63	15

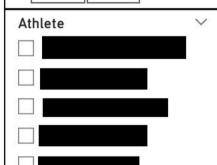


## **UNC Men's Lacrosse**

## **Drill Listing**

Season ×
2024-Spring Season ×







Date	Avg Dur	%Game Load	%Game Int	DistPe rMin	HiDist PerMin
⊟ 2/23/24					
☐ Team Stretch					
	15	5 %	35%	67.07	3.5
	15	4 %	31%	70.20	1.3
	15	10 %	71%	73.13	4.9
	15	7 %	52%	65.13	4.1
	15	7 %	50%	69.80	2.7
☐ Team Star/inside/pull outside	1 3/23				77,150
	3	2 %	74%	71.67	9.3
	3	1%	40%	79.00	0.7
	3	1 %	40%	78.33	4.0
	3	1 %	41%	70.00	2.0
	3	1 %	40%	70.67	1.3
☐ EMO-EMD (two ends)					
	10	3 %	36%	51.60	0.4
	10	3 %	30%	54.90	0.8
	10	7 %	81%	73.10	0.5
	10	0 %	2%	8.70	0.0
	10	2 %	26%	46.70	0.4
☐ 6v6 with scout (two ends)					
	9	4 %	49%	29.78	1.4
	9	2 %	20%	47.22	2.0
	9	4 %	40%	58.11	4.0
	9	6 %	81%	62.11	4.9
	9	5 %	53%	52.11	4.2
□ 5-Buckeye Clearing vs JHU Ride, 10-FO/Wing Play					
	15	2 %	15%	38.40	0.5
	15	6 %	45%	58.93	0.9
,	15	3 %	24%	56.67	0.9
	15	2 %	12%	17.80	1.7
	15	3 %	26%	46.53	0.0
☐ 1v2 (Situational), timeouts, EMO-EMD, FO/#3 on wings					
	11	1 %	14%	27.82	1.5
	11	3 %	30%	66.82	1.2
	11	2 %	26%	58.64	0.2
	11	3 %	35%	46.18	3.1

### **Drill Load Distribution**

Ld Dist ● %Dist ● %HiDist ● %HiSprint ● %HiAccel ● %HiDecel

1/2 Field Transition	369		12%		0%	15%
1st Quarter	18%	24%	199		9%	21%
1v1	23%	16%	15%	22%	_	25%
1v1 full field	24%	18%	13%	20%		24%
1v2 (Situational) timeouts, EM	33%	i. 1	4%	22%		24%
1v2 (situational) timeouts, EM	27%	15%	8%	27%		23%
1v2 (Situational), timeouts, E	35%	6	19%	8%	28%	12%
1v2 (Situational), timeouts, E	4	3%	169	6 22	2%	19%
1v2 Full Field	20%	20%	18%	21	%	21%
1v2 Full Field, Fairfield look	21%	17%	18%	219	%	22%
20-80 Drill	25%	15%	12%	23%		25%
2nd Quarter	22%	23%	16	% 19	%	21%
2v2 and 4v4	42	2%	12	189	%	23%
2v2 into 4v4 (one end)	10%	36%	1	9% 1	2%	23%
3/4 field Transition	26%	14%	13%	14%	5	32%
3/4 field transition/sub/6v6	26%	19%	119	6 21%	6	23%
3rd Quarter	19%	23%	23	8%	17%	19%
4th Quarter	21%	19%	15%	21%		24%
5-Buckeye Clearing vs JHU Ri	40	%	8%	3	5%	11%
5-Buckeye Clearing vs JHU Ri 5v5 pick play	40 33%		8% 30%	9%	_	
100° 100° 100° 100° 100° 100° 100° 100°		i i			_	11% 0% 8% 28%
5v5 pick play	33%	i,	30%	9%	_	0% 8%
5v5 pick play 6v6 (1v1) one end	33% 19%	13% 13	30% 8% 12%	9% 26%	2	0% 8% 28%
5v5 pick play 6v6 (1v1) one end 6v6 (one end) 6v6 1 End	33% 19% 20%	13% 13 17%	30% 8% 12%	9% 26% 26%	2	0% 8% 28% 25%
5v5 pick play 6v6 (1v1) one end 6v6 (one end)	33% 19% 20% 30%	13% 13 17% 15	30% 8% 12%	26% 26% 26% 22%	2	28% 25% 30%
5v5 pick play 6v6 (1v1) one end 6v6 (one end) 6v6 1 End 6v6 against scout/2 ends	33% 19% 20% 30% 25%	13% 13 17% 15 12%	30% 3% 12%	9% 26% 26% 22% 33% 18%	2	28% 25% 30% 25%
5v5 pick play 6v6 (1v1) one end 6v6 (one end) 6v6 1 End 6v6 against scout/2 ends 6v6 one end	33% 19% 20% 30% 25% 17%	13% 13 17% 15 12% 20%	30% 3% 12% % 17% 19%	9% 26% 26% 22% 33% 18%	6 2 <sup>1</sup>	28% 25% 30% 25% 28%
5v5 pick play 6v6 (1v1) one end 6v6 (one end) 6v6 1 End 6v6 against scout/2 ends 6v6 one end 6v6 one end to clear	33% 19% 20% 30% 25% 17% 20%	13% 13 17% 15 12% 20% 20%	30% 3% 12% % 17% 19%	9% 26% 26% 22% 33% 18%	6 2 <sup>1</sup>	0% 8% 28% 25% 30% 25% 28% 22%
5v5 pick play 6v6 (1v1) one end 6v6 (one end) 6v6 1 End 6v6 against scout/2 ends 6v6 one end 6v6 one end to clear 6v6 Scout	33% 19% 20% 30% 25% 17% 20% 31%	13% 13 17% 15 12% 20% 20%	30% 3% 12% % 17% 19%	26% 26% 22% 33% 18% 19	6 2 <sup>1</sup>	28% 25% 30% 25% 28% 22%
5v5 pick play 6v6 (1v1) one end 6v6 (one end) 6v6 1 End 6v6 against scout/2 ends 6v6 one end 6v6 one end to clear 6v6 Scout	33% 19% 20% 30% 25% 17% 20% 31% 26% 21%	13% 13 17% 15 12% 20% 20% 13 12% 15%	30% 3% 12% % 17% 19% % 7%	9% 26% 26% 22% 33% 18% 5 19 25% 30%	6 2 <sup>1</sup>	28% 25% 30% 25% 28% 22% 30% 24%
5v5 pick play 6v6 (1v1) one end 6v6 (one end) 6v6 1 End 6v6 against scout/2 ends 6v6 one end 6v6 one end to clear 6v6 Scout 6v6 Two ends/Scout	33% 19% 20% 30% 25% 17% 20% 31% 26% 21% 31%	13% 13 17% 15 12% 20% 20% 13 12% 15% 13	30% 3% 12% % 17% 19% % 7%	9% 26% 26% 22% 33% 18% 5 19 25% 30% 21% 27%	6 2 <sup>1</sup>	28% 25% 30% 25% 28% 22% 30% 24%
5v5 pick play 6v6 (1v1) one end 6v6 (one end) 6v6 1 End 6v6 against scout/2 ends 6v6 one end 6v6 one end to clear 6v6 Scout 6v6 Two ends/Scout 6v6 vs scout 6v6 vs scout (2 ends)	33% 19% 20% 30% 25% 17% 20% 31% 26% 21%	13% 13 17% 15 12% 20% 20% 13 12% 15% 13% 19% 19% 19% 19% 19%	30% 3% 12% 17% 19% 7% 15% %	26% 26% 22% 33% 18% 5 19 25% 30% 21%	6 2 <sup>1</sup>	28% 25% 30% 25% 28% 22% 30% 24% 29%
5v5 pick play 6v6 (1v1) one end 6v6 (one end) 6v6 1 End 6v6 against scout/2 ends 6v6 one end 6v6 one end to clear 6v6 Scout 6v6 Two ends/Scout 6v6 vs scout 6v6 vs scout 6v6 vs scout. Two ends. 6v6 vs scout/two ends	33% 19% 20% 30% 25% 17% 20% 31% 26% 21% 31% 27% 22%	13% 13 17% 15 12% 20% 20% 13 12% 15% 134 9% 138 1	30% 3% 12% 17% 19% % 15% 15% 11%	9% 26% 26% 22% 33% 18% 5 19 25% 30% 21% 27% 30% 29%	6 2 <sup>1</sup>	28% 25% 30% 25% 22% 30% 24% 29% 23% 22%
5v5 pick play 6v6 (1v1) one end 6v6 (one end) 6v6 1 End 6v6 against scout/2 ends 6v6 one end 6v6 one end to clear 6v6 Scout 6v6 Two ends/Scout 6v6 vs scout 6v6 vs scout 6v6 vs scout. Two ends. 6v6 vs scout/two ends 6v6 wih scout (two ends)	33% 19% 20% 30% 25% 17% 20% 31% 26% 21% 31% 27% 22% 20%	13% 13 17% 15 12% 20% 20% 13 12% 15% 13% 131 14% 14% 15%	30% 3% 12% 17% 19% 7% 15% 12% 11%	26% 26% 22% 33% 18% 5 19 25% 30% 21% 27% 30% 29%	%	28% 25% 30% 25% 28% 22% 30% 24% 29% 23% 22% 25% 23%
5v5 pick play 6v6 (1v1) one end 6v6 (one end) 6v6 1 End 6v6 against scout/2 ends 6v6 one end 6v6 one end to clear 6v6 Scout 6v6 Two ends/Scout 6v6 vs scout 6v6 vs scout 6v6 vs scout (2 ends) 6v6 vs scout. Two ends. 6v6 vs scout/two ends 6v6 wih scout (two ends)	33% 19% 20% 30% 25% 17% 20% 31% 26% 21% 27% 22% 20% 28%	13% 13 17% 15 12% 20% 20% 13 12% 15% 134 14% 14% 169	30% 3% 3% 3% 3% 3% 3% 3% 3% 3% 3% 3% 3% 3%	9% 26% 26% 22% 33% 18% 5 19 25% 30% 21% 27% 30% 29% 29%	%	28% 25% 30% 25% 28% 22% 30% 24% 29% 23% 22% 25% 23% 14%
5v5 pick play 6v6 (1v1) one end 6v6 (one end) 6v6 1 End 6v6 against scout/2 ends 6v6 one end 6v6 one end to clear 6v6 Scout 6v6 Two ends/Scout 6v6 vs scout 6v6 vs scout 6v6 vs scout (2 ends) 6v6 vs scout. Two ends. 6v6 vs scout/two ends 6v6 with scout 6v6 with scout	33% 19% 20% 30% 25% 17% 20% 31% 26% 21% 31% 27% 22% 22% 28% 18%	13% 13 17% 15 12% 20% 20% 13 12% 15% 134 14% 16% 114% 116%	30% 3% 12% 17% 19% 7% 15% 14% 14% 14% 6 13%	26% 26% 22% 33% 18% 5 19 25% 30% 27% 30% 29% 29% 29%	%	28% 25% 30% 25% 28% 22% 30% 24% 29% 23% 22% 25% 23% 14% 31%
5v5 pick play 6v6 (1v1) one end 6v6 (one end) 6v6 1 End 6v6 against scout/2 ends 6v6 one end 6v6 one end to clear 6v6 Scout 6v6 Two ends/Scout 6v6 vs scout 6v6 vs scout 6v6 vs scout (2 ends) 6v6 vs scout. Two ends. 6v6 vs scout/two ends 6v6 wih scout (two ends)	33% 19% 20% 30% 25% 17% 20% 31% 26% 21% 27% 22% 20% 28%	13% 13 17% 15 12% 20% 20% 13 12% 15% 134 14% 14% 169	30% 3% 3% 3% 3% 3% 3% 3% 3% 3% 3% 3% 3% 3%	9% 26% 26% 22% 33% 18% 5 19 25% 21% 27% 30% 29% 29% 5 2	%	28% 25% 30% 25% 28% 22% 30% 24% 29% 23% 22% 25% 23% 14%

0%

50%

100%



### **UNC Men's Lacrosse**

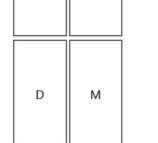
## **Practice Planning**

Season ×
2023 Fall Season ×

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Select all	DM	ОМ	

FO



# 

### **Drill Duration**

^ □ 9/28/23

15

Drill Name	Drill duration	Drill Dist	Drill Hi-Dist	Drill HiSprint	Drill HiAccel	Drill HiDecel
8 Lines/full field	15	2,562	614	2	14	4
Full Field Transition	15	830	155	3	13	4
Scrimmage (5x5 Tempo)	15	1,136	307	2	13	4
Total	15	4,529	1,077	11	51	15



#### Drill Load Distribution

