



Top 5 Avg Dist

Goal Dist



7,445



5,500

Top 5 Avg Hi-Dist

Goal Hi-Dist

461



550

Group	Dur	Dist	Weekly Dist
▲			
Defense	121	5,064	7,077
D	120	5,055	7,145
<div></div>	71	4,471	7,516
<div></div>	140	6,935	9,559
<div></div>	140	4,644	6,562
<div></div>	135	5,041	7,676
<div></div>	140	5,860	8,250
<div></div>	59	2,625	4,563
<div></div>	140	5,854	8,020
<div></div>	132	5,012	5,012
DM	124	5,078	6,969
<div></div>	59	2,401	4,576
<div></div>	140	5,309	7,679
<div></div>	140	5,562	7,841
<div></div>	140	6,786	9,414
<div></div>	140	5,333	5,333
FO	140	4,121	6,473
FO	140	4,121	6,473
<div></div>	140	4,121	6,473
Offense	140	5,772	8,382
A	140	5,957	8,572
<div></div>	140	4,262	7,430
<div></div>	139	7,538	10,613
<div></div>	140	5,350	9,015
<div></div>	140	9,019	9,019
<div></div>	140	5,342	7,710
<div></div>	140	5,688	8,363
<div></div>	140	5,767	8,326
<div></div>	140	4,687	8,101
M	140	5,403	8,003
<div></div>	140	4,459	7,410
<div></div>	140	4,352	7,589
<div></div>	140	6,948	11,159
<div></div>	140	5,854	5,854
Total	131	5,355	7,656

Group	HiDist	Weekly HiDist
▲		
Defense	305	334
D	279	308
<div></div>	117	134
<div></div>	331	368
<div></div>	318	329
<div></div>	498	596
<div></div>	164	177
<div></div>	195	234
<div></div>	294	312
<div></div>	313	313
DM	347	377
<div></div>	224	261
<div></div>	316	337
<div></div>	556	564
<div></div>	298	382
<div></div>	340	340
FO	275	342
FO	275	342
<div></div>	275	342
Offense	325	366
A	332	365
<div></div>	422	493
<div></div>	290	304
<div></div>	385	471
<div></div>	382	382
<div></div>	272	289
<div></div>	246	252
<div></div>	330	350
<div></div>	328	379
M	310	367
<div></div>	59	122
<div></div>	393	478
<div></div>	350	431
<div></div>	437	437
Total	313	349



Pos

All



Group	Hi Accel	HiAccel Dist	Hi Decel	HiDecel Dist
▲				
Defense	56	460	14	62
D	56	456	14	61
<div></div>	39	260	5	17
<div></div>	108	874	24	97
<div></div>	35	371	6	31
<div></div>	70	605	24	123
<div></div>	47	326	11	40
<div></div>	32	307	8	34
<div></div>	73	515	21	77
<div></div>	45	388	13	70
DM	56	466	14	64
<div></div>	16	147	8	29
<div></div>	37	357	9	45
<div></div>	83	700	19	87
<div></div>	74	554	20	90
<div></div>	69	574	14	69
FO	18	238	8	44
FO	18	238	8	44
<div></div>	18	238	8	44
Offense	57	472	17	86
A	59	498	19	96
<div></div>	44	426	18	101
<div></div>	61	442	14	86
<div></div>	73	650	24	122
<div></div>	63	512	28	143
<div></div>	53	446	17	73
<div></div>	58	469	21	83
<div></div>	59	495	12	71
<div></div>	64	546	20	92
M	51	419	12	66
<div></div>	33	225	1	3
<div></div>	53	467	19	90
<div></div>	55	452	12	75
Total	55	457	15	73

Group	Hi Sprint	HiSprint Dist	Max Speed	>90% Sprint
▲				
Defense	5	142	17.50	1
D	4	108	17.51	1
<div></div>	0	0	13.80	0
<div></div>	5	104	18.90	2
<div></div>	4	127	22.20	0
<div></div>	11	269	18.90	3
<div></div>	2	58	15.50	0
<div></div>	1	22	17.30	1
<div></div>	5	120	16.40	3
<div></div>	6	166	17.10	2
DM	7	197	17.48	1
<div></div>	4	142	16.30	0
<div></div>	5	155	17.70	1
<div></div>	15	389	19.10	4
<div></div>	7	158	18.00	2
<div></div>	5	142	16.30	0
FO	5	153	16.40	1
FO	5	153	16.40	1
<div></div>	5	153	16.40	1
Offense	7	167	17.37	1
A	7	164	17.28	2
<div></div>	14	345	17.30	0
<div></div>	7	142	17.30	1
<div></div>	9	173	18.30	5
<div></div>	8	189	18.00	3
<div></div>	5	130	17.30	1
<div></div>	2	45	14.50	0
<div></div>	7	158	19.00	2
<div></div>	7	132	16.50	0
M	7	173	17.55	1
<div></div>	0	0	14.40	0
<div></div>	9	228	17.90	1
<div></div>	9	236	17.50	0
<div></div>	11	227	20.40	1
Total	6	154	17.40	1



UNC Men's Lacrosse

Daily Drill Report

11/8/2023

Pos

Select all

DM

A

FO

D

M

Group

Defense

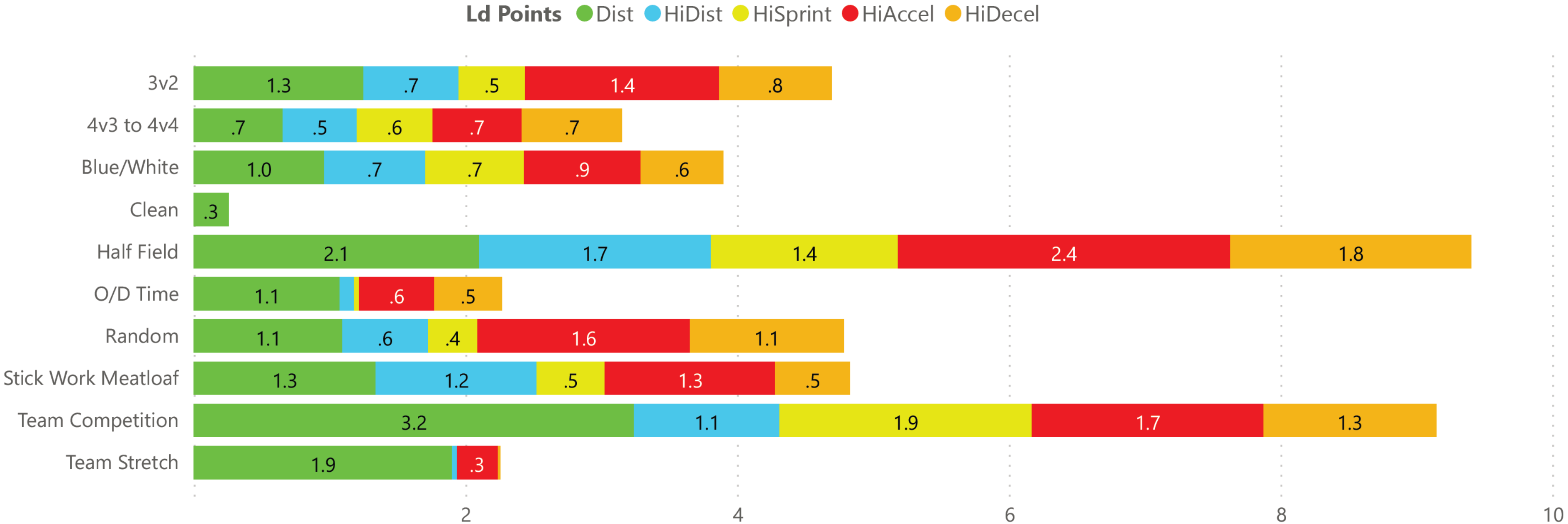
FO

Offense

Team (starter-non-starter)

All

Metric Distribution Across Drills



Event Name	Dur	%Game Ld	%Game Inten	Dist	Dist-Min	HiDist	HiSprint	HiAccel	HiDecel
3v2	11	5 %	41 %	515	46.84	35	1	8	2
4v3 to 4v4	7	3 %	42 %	277	39.50	27	1	4	2
Blue/White	9	4 %	38 %	385	42.80	36	1	5	1
Clean	4	0 %	7 %	102	25.53	0	0	0	0
Half Field	19	9 %	44 %	862	45.38	81	2	13	4
O/D Time	10	2 %	23 %	438	43.79	6	0	3	1
Random	11	4 %	40 %	445	41.02	31	0	8	2
Stick Work Meatloaf	8	4 %	51 %	537	67.07	56	1	6	1
Team Competition	46	9 %	18 %	1,314	28.31	55	2	8	3
Team Stretch	14	2 %	17 %	764	54.88	2	0	2	0
Total	136	41 %	30 %	5,578	40.97	327	7	57	16



UNC Men's Lacrosse

Daily-Weekly Report

Pos

Select all	DM
A	FO
D	M

Season

2023-Fall Season



Metric Select

Daily
Distance

Daily
Hi Dist

Daily
Hi Sprint

Daily
Hi Accel

Daily
Hi Decel

Game Load

Monday ▲	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
2023 Fall Season 09/11/23	3,963	4,100	2,559	3,314	4,235			14,604
2023-Fall Season-09/18/23	5,553	5,621	4,988	4,719	5,699			24,854
2023 Fall Season 09/25/23	4,655	8,745	6,806	4,124	7,043			28,719
2023-Fall Season-10/02/23	3,792	7,661	5,549	7,405	3,918	6,929		32,334
2023 Fall Season 10/09/23	3,304	6,631	6,370	7,335		4,136	10,649	34,907
2023-Fall Season-10/16/23	2,087	7,433	6,089	3,893	6,347			24,540
2023 Fall Season 10/23/23			6,129	4,701	5,063			15,452
2023-Fall Season-10/30/23	5,371	4,448			5,628			15,027
2023 Fall Season 11/06/23	3,539		7,445					9,953
2023-Fall Season-11/13/23								
2023 Fall Season 11/20/23								
2023-Fall Season-11/27/23								
2023 Fall Season 12/04/23								
2023-Fall Season-12/11/23								
2023 Fall Season 12/18/23								



UNC Men's Lacrosse

Team Daily-Weekly Report

Year-Week

2023 46 Fall Season09

Pos

Select all	DM
A	FO
D	M

Season		Metric Select						
2023-Fall Season		Daily Distance	Daily Hi-Dist	Daily Hi Sprint	Daily Hi Accel	Daily Hi Decel	Game Load	
Pos	Mon 11/06/23	Tue 11/07/23	Wed 11/08/23	Thu 11/09/23	Fri 11/10/23	Sat 11/11/23	Sun 11/12/23	Total
A								
	3,168		4,262					7,430
	3,075		7,538					10,613
	3,665		5,350					9,015
			9,019					9,019
	2,368		5,342					7,710
	2,675		5,688					8,363
	2,559		5,767					8,326
	3,414		4,687					8,101
D								
	3,045		4,471					7,516
	2,624		6,935					9,559
	1,918		4,644					6,562
	2,635		5,041					7,676
	2,390		5,860					8,250
	1,938		2,625					4,563
	2,166		5,854					8,020
			5,012					5,012
DM								
	2,175		2,401					4,576
	2,370		5,309					7,679
	2,279		5,562					7,841
	2,628		6,786					9,414
			5,333					5,333
FO								
	2,352		4,121					6,473
M								
	2,951		4,459					7,410
	3,237		4,352					7,589
	4,211		6,948					11,159
			5,854					5,854



UNC Men's Lacrosse

Daily-Weekly Report

Pos

Select all

DM

A

FO

D

M

Positional Game Benchmarks

Pos	Dist	Hi-Dist	Hi-Sprint	Hi-Accel	Hi-Decel
A	8,545	899	20	128	42
D	7,187	936	20	114	46
DM	5,553	853	20	89	33
FO	4,524	736	20	54	20
M	5,565	557	15	42	21

Season

2023-Fall Season

Metric Select

Daily Distance

Daily Hi Dist

Daily Hi Sprint

Daily Hi Accel

Daily Hi Decel

Game Load

Monday	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
2023 Fall Season 09/11/23	70 %	57 %	72 %	28 %	59 %			240 %
2023-Fall Season-09/18/23	93 %	86 %	74 %	90 %	97 %			397 %
2023 Fall Season 09/25/23	60 %	150 %	101 %	57 %	98 %			444 %
2023-Fall Season-10/02/23	48 %	134 %	84 %	107 %	65 %	113 %		524 %
2023 Fall Season 10/09/23	37 %	102 %	79 %	112 %		51 %	143 %	484 %
2023-Fall Season-10/16/23	57 %	118 %	87 %	43 %	88 %			357 %
2023 Fall Season 10/23/23			85 %	91 %	80 %			240 %
2023-Fall Season-10/30/23	78 %	56 %			83 %			212 %
2023 Fall Season 11/06/23	38 %		83 %					110 %
2023-Fall Season-11/13/23								
2023 Fall Season 11/20/23								
2023-Fall Season-11/27/23								
2023 Fall Season 12/04/23								
2023-Fall Season-12/11/23								
2023 Fall Season 12/18/23								



UNC Men's Lacrosse

Team Daily-Weekly Report

Year-Week

2023 46 Fall Season09

Pos

Select all

DM

A

FO

D

M

Positional Game Benchmarks

Pos	Dist	Hi Dist	Hi print	Hi Accel	Hi Decel
A	8,545	899	20	128	42
D	7,187	936	20	114	46
DM	5,553	853	20	89	33
FO	4,524	736	20	54	20
M	5,565	557	15	42	21

Season		Metric Select						
2023-Fall Season		Daily Distance	Daily Hi-Dist	Daily Hi Sprint	Daily Hi Accel	Daily Hi Decel	Game Load	
Pos	Mon 11/06/23	Tue 11/07/23	Wed 11/08/23	Thu 11/09/23	Fri 11/10/23	Sat 11/11/23	Sun 11/12/23	Total
A								
	22 %		49 %					71 %
	13 %		47 %					60 %
	27 %		53 %					80 %
			61 %					61 %
	7 %		40 %					47 %
	13 %		40 %					53 %
	13 %		43 %					56 %
	20 %		45 %					65 %
D								
	12 %		24 %					36 %
	11 %		61 %					72 %
	7 %		32 %					40 %
	17 %		58 %					76 %
	9 %		35 %					44 %
	9 %		22 %					31 %
	9 %		50 %					59 %
			40 %					40 %
DM								
	12 %		26 %					38 %
	14 %		45 %					59 %
	11 %		78 %					89 %
	19 %		67 %					86 %
			56 %					56 %
FO								
	19 %		45 %					65 %
M								
	34 %		35 %					69 %
	48 %		85 %					133 %
	57 %		87 %					145 %
			98 %					98 %