



UNC MLAX

2/22/2024

Team (starter-non-starter)

All

Pos

Select all

A

D

DM

FO

M

OM

Metric Distribution Across Drills

Ld Points Dist HiDist HiSprint HiAccel HiDecel



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
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

Pos

Select
all

DM

OM

A

FO

D

M

Athlete

☐ Dominic Pietramala

☐ James Matan

☐ Logan McGovern

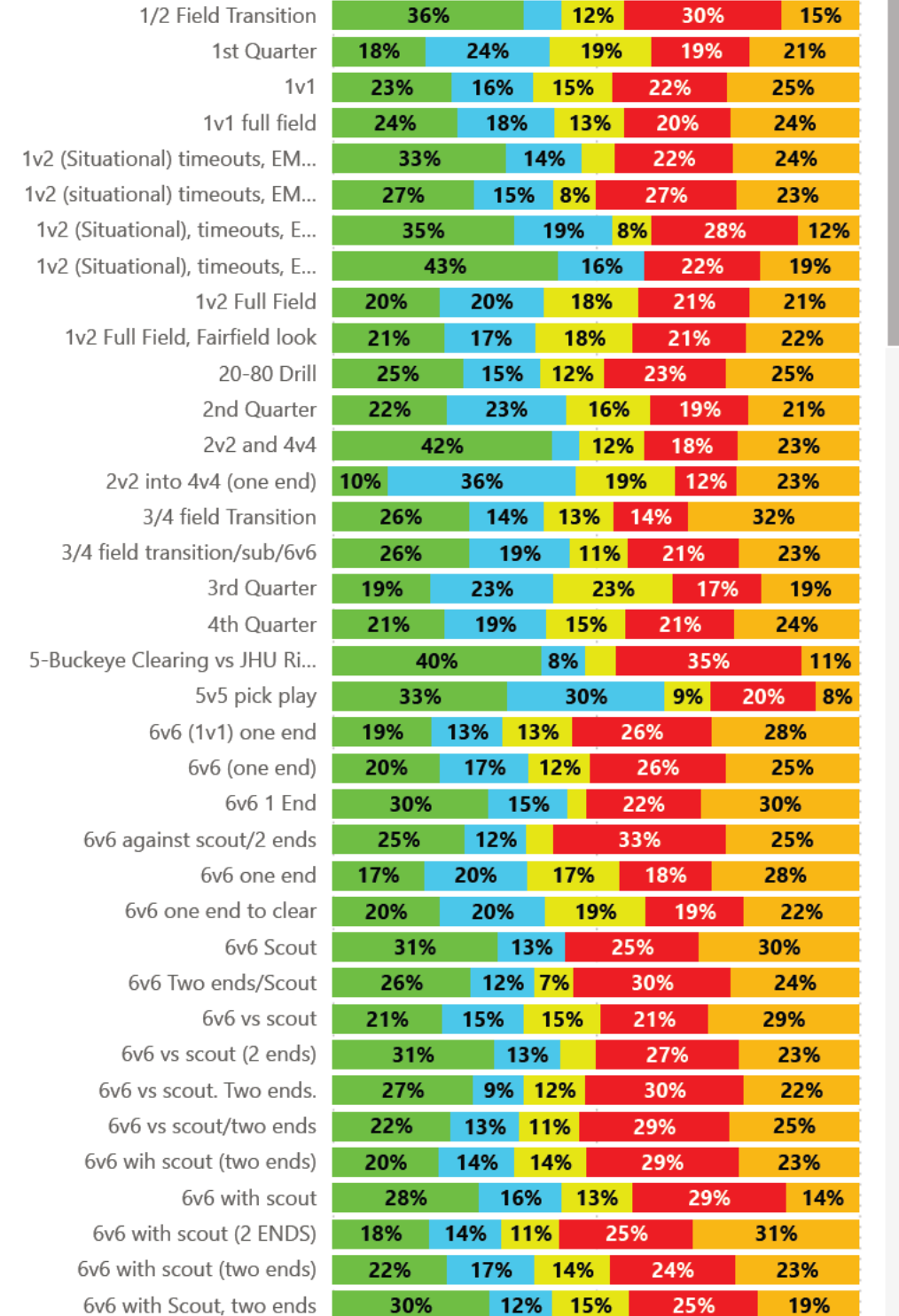
☐ Niko Karetos

☐ Owen Duffy

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					
	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



0% 50% 100%



UNC Men's Lacrosse

Practice Planning

Season

2023 Fall Season

Pos

Select
all

DM

OM

A

FO

D

M

Date, Drill Selector

9/20/23

Full Field Stick Work

9/22/23

Scrimmage

9/26/23

Scrimmage

9/27/23

Full Field/6v6 start to 10 man

Team Full Field Stick Work

9/28/23

Drill Duration

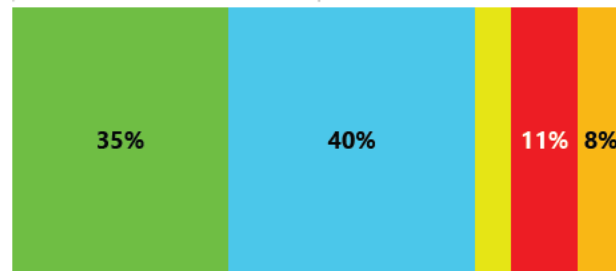
15

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

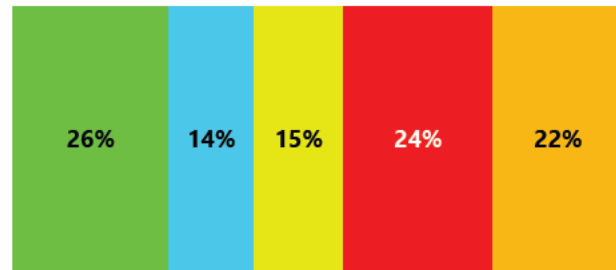
Drill Load Distribution

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

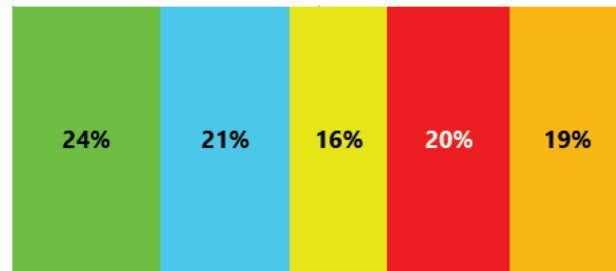
8-Lines/full field



Full Field Transition



Scrimmage (5x5 Tempo)



0%

50%

100%

