

EXTERNAL LOAD METRICS DURING NCAA DIVISION II WOMEN'S LACROSSE PRACTICE

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INTRODUCTION

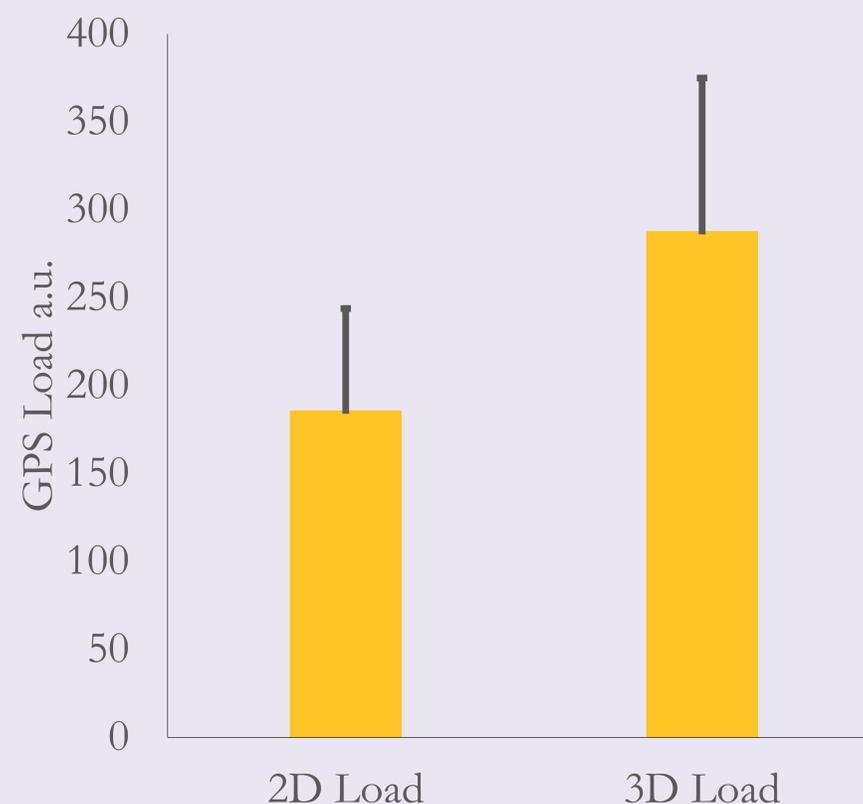
- For sport scientist and coaches, load monitoring aids in guiding and evaluating athletes.
- On field practice goals differ between offseason and preseason.
- The purpose of this project was to describe common GPS-derived metrics in NCAA DII women's lacrosse athletes during the Fall and Spring.

METHODS

- Total of 39 practices include in analysis
 - Fall – n = 18
 - Spring – n = 21
- Total athlete observation – n = 472
 - Fall – n = 214
 - Spring – n = 258
- Means and standard deviations calculated
 - 2D load (au)
 - 3D load (au)
 - Total distance (m)
 - Work rate ($m \cdot \text{min}^{-1}$)
 - Hard running ($> 4.5 m \cdot s^{-1}$) distance (m)



WLAX GPS Load Metrics



RESULTS

Table 1. Descriptive Data From WLAX DII

	Total
2D Load	186 ± 58
3D Load	288 ± 87
Total Distance	4125 ± 1020
Work Rate	36 ± 5
Hard Running	129 ± 135

CONCLUSIONS

- DII women lacrosse players traveled over 4km during an average practice.
- Large standard deviations exist on all metrics.
- Data show loads (2D and 3D), total distance, a work rates $\approx 70-80\%$ compared to games.
- Hard running was $\approx 30\%$ compared to a game

PRACTICAL APPLICATIONS

- More hard-running during practice may be recommended.
- Weekly workload, work rate, and distance metrics reported would equate to $\approx 300\%$ of average game equivalents.