

# North Carolina Women's Soccer

Measuring the Wind: Tracking  
Technical Development

# University of North Carolina Women's Soccer

## 2001 Final Statistical Composite Rankings

Rank	Player	Category	Preseason Testing										Aerobic Fitness			Anaerobic Fitness		Bogies		1v1's	1v1's to Goal		Three Tier Shooting	Shooting	Triangle Passing	Long Service	LS/R	Heading			Most Competitive	Total Points	Player	Rank
			Ave Spd	Fastest Spd	Aa Fit	Accel	Agil	Vert I	Beep	Cooper	120's	Cones	Test	Season Comp	Offensive	Defensive		Offensive	Defensive							Power I	Power II	A&D						
			1/2X*	1/2X*	1/2X	1X	1/2X	1X	1X	1/2X	1X	1X	1/2X	1 1/2 X	2X	2X		2X	2X							1X	1X	2X						
			5X										2 1/2 X			2 1/2 X		2X		4X	4X		1X	1/2 X	1X	1/2X	2X	4X			4X			
1.	Kluegel, Jera	3,79	3	3	5	16	7	10	1	1	1	1	3	3	1	4	11	6	10	22	11	3	9	8	14	11	3	2020	Kluegel, Jera	3,79	1.			
2.	Reddick, Catherine	11,-	10	17	4	18	9	5	12	16	14	12	8	12	8	10	2	2	3	5	21	5	1	1	1	5	10	2333	Reddick, Catherine	11,-	2.			
3.	Gaston, Leslie	14,17,-	4	2	11	2	12	4	7	6	4	15	5	8	1	13	11	8	18	9	9	4	10	3	2	3	4	2410	Gaston, Leslie	14,17,-	3.			
4.	Remy, Anne	6,2,13	7	8	9	7	6	5	5	4	7	9	7	9	5	5	10	9	5	1	1	12	14	6	10	6	7	2475	Remy, Anne	6,2,13	4.			
5.	Ramsey, Alyssa	9,-,-	7	12	5	16	4	12	3	6	9	10	5	7	14	5	3	5	2	8	3	10	4	2	4	4	4	16	2495	Ramsey, Alyssa	9,-,-	5.		
6.	Borgman, Danielle	1,9,14	2	1	15	12	3	5	2	2	12	1	2	5	10	3	1	6	4	16	15	6	7	16	15	16	12	8	2540	Borgman, Danielle	1,9,14	6.		
7.	Randolph, Sara	-,-,-	6	7	10	5	2	12	3	5	1	1	3	4	6	3	7	4	12	3	6	2	6	5	12	11	16	17	2665	Randolph, Sara	-,-,-	7.		
8.	Bush, Susan	8,6,-	1	6	6	3	1	9	5	8	4	1	4	2	7	1	8	13	7	21	4	4	16	10	14	14	16	12	2890	Bush, Susan	8,6,-	8.		
9.	Fels, Anne	-,-,-	16	20	8	17	18	17	7	6	6	1	4	6	4	12	4	10	8	14	13	19	10	3	19	9	14	6	2985	Fels, Anne	-,-,-	9.		
10.	Morell, Anne	-,-,-	11	19	1	22	13	3	15	12	19	20	10	14	2	5	15	1	1	6	9	13	7	12	10	7	10	5	3190	Morell, Anne	-,-,-	10.		
11.	Tomecka, Maggie	7,-,-	11	15	7	14	4	1	17	19	13	10	10	11	19	14	12	12	14	7	2	3	14	18	9	3	1	1	3360	Tomecka, Maggie	7,-,-	11.		
12.	McDowell, Mary	-,-,-	4	12	2	15	15	12	3	3	1	1	10	15	11	11	6	15	16	19	15	15	5	11	6	5	8	12	3445	McDowell, Mary	-,-,-	12.		
13.	Walker, Jordan	16,19,-	18	21	3	23	20	12	13	9	10	1	13	19	18	22	9	18	17	12	19	1	9	8	7	12	17	2	4098	Walker, Jordan	16,19,-	13.		
14.	Ball, Elizabeth	19,22,-	21	13	21	8	19	18	16	18	22	16	12	19	20	18	13	3	10	4	13	8	2	7	3	5	2	14	4160	Ball, Elizabeth	19,22,-	14.		
15.	Watley, Carmen	17,-,-	8	2	19	11	4	9	18	9	21	17	1	1	9	5	16	7	9	22	4	15	13	15	5	13	12	19	4165	Watley, Carmen	17,-,-	15.		
16.	Whitner, Amy	-20,-	8	5	18	10	11	12	9	7	16	14	5	13	16	9	19	16	11	15	9	17	17	13	18	21	7	11	4555	Whitner, Amy	-20,-	16.		
17.	Smith, Jane	23,-,-	15	9	14	4	7	5	11	15	17	20	12	16	12	17	14	20	19	18	6	21	20	14	13	8	9	15	4880	Smith, Jane	23,-,-	17.		
18.	Costa, Johanna	21,23,22	13	18	12	11	21	11	9	11	15	1	15	17	21	21	17	19	13	11	15	9	20	9	16	18	20	9	4990	Costa, Johanna	21,23,22	18.		
19.	Wierslow, Laura	-,-,-	13	13	22	19	10	23	21	14	11	19	11	10	17	18	17	17	15	17	6	18	23	24	21	17	21	20	6090	Wierslow, Laura	-,-,-	19.		
20.	Gervais, Sophie	-,-,-	20	16	19	13	14	20	20	17	17	18	17	17	13	15	20	21	21	13	19	20	19	22	20	15	14	18	6160	Gervais, Sophie	-,-,-	20.		
21.	Blomgren, Leigh	-,-,-	19	10	20	1	17	21	17	13	23	23	16	21	22	15	22	14	20	2	15	13	17	23	17	19	18	22	6310	Blomgren, Leigh	-,-,-	21.		
22.	Ball, Susie	24,-,-	22	24	16	20	22	22	22	20	26	26	18	22	15	20	20	22	22	20	9	22	24	18	22	20	19	21	7065	Ball, Susie	24,-,-	22.		

Rank	Keeper	Category	Preseason Testing										Aerobic Fitness		Bogies		1v1's	1v1's to Goal		Three Tier Shooting	Triangle Passing	Long Service	LS/R	Most Competitive			Total Points	Keeper	Rank			
			Ave Spd	Fastest Spd	Aa Fit	Accel	Agil	Vert I	Beep	Cooper	120's																					
			1/2X*	1/2X*	1/2X	1X	1/2X	1X	1X	1/2X	1X																					
			5X										1 1/2X		2X		4X	2X		4X	1X	1/2X	2X	4X								
1.	DePlatchett, Kristin	2,2,2	8	3	13	9	16	2	14	10	8			1			3	2		2								2	1350	DePlatchett, Kristin	2,2,2	1.
2.	Branam, Jenri	1,1,-	17	11	17	6	5	12	17	18	24			3			1	3		1								1	2000	Branam, Jenri	1,1,-	2.
3.	Simmons, Kate	3,-,-	23	22	23	21	23	18	23	21	20			2			2	4		3								4	2625	Simmons, Kate	3,-,-	3.
4.	Winget, Aly	-,-,-	24	22	24	24	24	24	24	24	26	25		4			4	1		4								3	2860	Winget, Aly	-,-,-	4.

NOTES: FINAL RANKINGS FOR EACH CATEGORY ARE INDICATED IN BOXES (1 to 22)  
 : RANKING IS MULTIPLIED BY MULTIPLIER (IMPORTANCE OF CATEGORY)  
 : ALL CATEGORIES' MULTIPLIED SCORES ARE ADDED FOR TOTAL

\* CENTRAL PLAYERS (Fels, Tomecka, McDowell, Walker, Reddick, Gaston) HAVE MULTIPLIER 1/2 OF OTHER PLAYERS' (1, 1/2 X)  
 \*\* large italic # RANKS DERIVED FROM COMPARABLE DRILLS SINCE PLAYERS DID NOT PARTICIPATE IN TESTS

University of North Carolina  
Women's Soccer

***2001 Fall Fit Test Revised***

8/15/01

<b>Vert Jump</b>		<b>Agility</b>		<b>Acceleration</b>		<b>Fastest Speed</b>		
<b>Rank</b>	<b>Player</b>	<b>Rank</b>	<b>Player</b>	<b>Rank</b>	<b>Player</b>	<b>Rank</b>	<b>Player</b>	
	<b>(in)</b>		<b>(seconds)</b>		<b>(m/s)</b>		<b>(m/s)</b>	
1.	Tomecka	27.0	1. Bush	15.24	1. Blomgren	5.760	1. Borgman	6.80
2.	DePlatchett	25.0	2. Randolph	15.37	2. Gaston	5.540	2. Gaston	6.61
3.	Morrell	23.5	3. Borgman	15.55	3. Bush	5.537	3. DePlatchett	6.59
4.	Gaston	22.0	4. Tomecka	15.99	4. Smith	5.473	3. Kluegel	6.59
5.	Borgman	21.5	5. Branam	16.09	5. Randolph	5.464	5. Whittier	6.57
5.	Reddick	21.5	6. Remy	16.14	6. Branam	5.456	6. Bush	6.55
5.	Remy	21.5	7. Kluegel	16.17	7. Remy	5.447	7. Randolph	6.53
5.	Smith	21.5	7. Smith	16.17	8. EB	5.441	8. Remy	6.51
9.	Bush	21.0	9. Reddick	16.19	9. DePlatchett	5.405	9. Smith	6.49
10.	Kluegel	20.5	10. Winslow	16.20	10. Whittier	5.388	10. Blomgren	6.46
11.	Costa	20.0	11. Whittier	16.22	11. Costa	5.368	11. Branam	6.44
12.	Branam	19.5	12. Gaston	16.23	12. Borgman	5.365	12. McDowell	6.40
12.	McDowell	19.5	13. Morrell	16.24	13. Gervais	5.353	13. EB	6.38
12.	Randolph	19.5	14. Gervais	16.25	14. Tomecka	5.336	13. Winslow	6.38
12.	Walker	19.5	15. McDowell	16.28	15. McDowell	5.294	15. Tomecka	6.34
12.	Whittier	19.5	16. DePlatchett	16.32	16. Kluegel	5.184	16. Gervais	6.33
17.	Felts	19.0	17. Blomgren	16.35	17. Felts	5.168	17. Reddick	6.32
18.	EB	18.5	18. Felts	16.40	18. Reddick	5.160	18. Costa	6.31
18.	Simmons	18.5	19. EB	16.41	19. Winslow	5.157	19. Morrell	6.18
20.	Gervais	18.0	20. Walker	16.84	20. Ball	5.155	20. Felts	6.16
21.	Blomgren	17.0	21. Costa	16.90	21. Simmons	5.147	21. Walker	6.05
22.	Ball	15.5	22. Ball	17.26	22. Morrell	5.074	22. Simmons	5.92
22.	Winslow	15.5	23. Simmons	18.44	23. Walker	4.985	22. Winget	5.92
24.	Winget	14.0	24. Winget	19.16	24. Winget	4.965	24. Ball	5.75
	Ramsey		Ramsey		Ramsey		Ramsey	
	Watley		Watley		Watley		Watley	

<b>Ave Speed</b>		<b>Fatigue</b>		<b>Beep</b>		<b>Ave Rank</b>		
<b>Rank</b>	<b>Player</b>	<b>Rank</b>	<b>Player</b>	<b>Rank</b>	<b>Player</b>	<b>Rank</b>	<b>Player</b>	
	<b>(m/s)</b>		<b>(%)</b>		<b>(level)</b>			
1.	Bush	6.39	1. Morrell	2.53	1. Kluegel	1920	1. Bush	4.43
2.	Borgman	6.37	2. McDowell	3.77	2. Borgman	1800	2. Borgman	5.71
3.	Kluegel	6.36	3. Walker	4.07	3. McDowell	1400*	3. Gaston	6.00
4.	Gaston	6.28	4. Reddick	4.61	3. Randolph	1400*	4. Kluegel	6.43
4.	McDowell	6.28	5. Kluegel	5.67	5. Bush	1640	4. Randolph	6.43
6.	Randolph	6.27	6. Bush	5.94	5. Remy	1640	6. Remy	6.71
7.	Remy	6.25	7. Tomecka	6.38	7. Felts	1400*	7. McDowell	9.00
8.	DePlatchett	6.11	8. Felts	6.81	7. Gaston	1400	8. DePlatchett	9.29
8.	Whittier	6.11	9. Remy	7.01	9. Costa	1360	8. Smith	9.29
10.	Reddick	6.10	10. Randolph	7.77	9. Whittier	1360	10. Tomecka	9.86
11.	Morrell	6.09	11. Gaston	8.21	11. Smith	1280	11. Whittier	10.43
11.	Tomecka	6.09	12. Costa	9.57	12. Reddick	1160	12. Reddick	10.71
13.	Costa	6.03	13. DePlatchett	11.02	13. Walker	1120	13. Morrell	12.00
13.	Winslow	6.03	14. Smith	11.59	14. DePlatchett	1080	14. Branam	12.14
15.	Smith	5.97	15. Borgman	12.35	15. Morrell	960	15. Costa	13.57
16.	Felts	5.94	16. Ball	12.97	16. EB	880	16. Felts	14.71
17.	Branam	5.93	17. Branam	13.02	17. Blomgren	840	17. Blomgren	15.00
18.	Walker	5.88	18. Whittier	14.12	17. Branam	840	18. Walker	15.71
19.	Blomgren	5.82	19. Gervais	14.32	17. Tomecka	840	19. EB	16.57
20.	Gervais	5.76	20. Blomgren	15.37	20. Gervais	760	20. Winslow	17.14
21.	EB	5.73	21. EB	17.02	21. Winslow	640	21. Gervais	17.43
22.	Ball	5.34	22. Winslow	21.43	22. Ball	600	22. Ball	21.14
23.	Simmons	5.06	23. Simmons	28.61	23. Simmons	360	23. Simmons	21.86
24.	Winget	4.59	24. Winget	61.52	24. Winget	240	24. Winget	23.71
	Ramsey		Ramsey		Ramsey		Ramsey	
	Watley		Watley		Watley		Watley	

\* participants were stopped because of equipment failure and assigned ranks based on speculated finish

**North Carolina  
Women' Soccer  
Long Range Athletic Tracking**

*"People do what you inspect,  
not what you expect."*

	F 1998	W 1999	SP 1999	F 1999	W 2000	SP 2000	F 2000	W 2001	SP 2001	F 2001	
<b>EB</b> Weight (lbs)					142	146					
Vert (in)				20.50	17.50	19.00	18.50	21.00	19.50	18.50	higher=better
Acceleration (m/s)				4.90	5.05	5.16	5.08	4.38	4.87	5.44	higher=better
Fastest Speed (m/s)				6.21	6.06	6.26	6.20	5.99	6.23	6.38	higher=better
Ave Speed (m/s)				5.39	5.58	5.70	5.68	5.47	5.80	5.73	higher=better
AA Fitness (fatigue) (%)				22.77	11.37	17.35	12.37	13.08	12.18	17.02	lower=better
Agility (s)				16.33	15.74	15.24	15.40	15.88	15.09	16.41	lower=better
Beep (m)				640	880	640	1080	1040	920	880	higher=better

	F 1998	W 1999	SP 1999	F 1999	W 2000	SP 2000	F 2000	W 2001	SP 2001	F 2001	
<b>Borgman</b> Weight (lbs)		149	154		149						
Vert (in)	22.00	21.50	20.50	20.50			22.00		21.50	21.50	higher=better
Acceleration (m/s)				5.43			5.42		5.39	5.36	higher=better
Fastest Speed (m/s)				6.58			6.69		6.81	6.80	higher=better
Ave Speed (m/s)		6.27	6.65	6.26			6.27		6.45	6.37	higher=better
AA Fitness (fatigue) (%)		9.59	8.42	7.89			8.54		9.20	12.35	lower=better
Agility (s)	16.90	16.10	16.20	15.03			15.30		14.78	15.55	lower=better
Beep (m)	1280	1420	1520	1400			1560		1680	1800	higher=better

	F 1998	W 1999	SP 1999	F 1999	W 2000	SP 2000	F 2000	W 2001	SP 2001	F 2001	
<b>DePlatchett</b> Weight (lbs)		146	153		154	157					
Vert (in)	27.50	26.50	29.00		20.50	27.50	27.50	27.00	25.50	25.00	higher=better
Acceleration (m/s)					5.18	5.16	5.48	5.50	5.31	5.40	higher=better
Fastest Speed (m/s)					6.32	6.53	6.64	6.77	6.57	6.59	higher=better
Ave Speed (m/s)		6.02	6.34		5.70	5.96	6.32	6.25	6.29	6.11	higher=better
AA Fitness (fatigue) (%)		12.06	9.93		19.57	15.95	7.84	12.90	7.58	11.02	lower=better
Agility (s)	17.50	16.40	16.40		15.96	15.70	15.20	15.75	15.31	16.32	lower=better
Beep (m)	800	880	920		1040	1120	1320	1480	680	1080	higher=better

	F 1998	W 1999	SP 1999	F 1999	W 2000	SP 2000	F 2000	W 2001	SP 2001	F 2001	
<b>Florance</b> Weight (lbs)											
Vert (in)	20.50	18.50	20.50	20.00	17.50	21.50	18.50				higher=better
Acceleration (m/s)				5.02	5.18	5.31	5.33				higher=better
Fastest Speed (m/s)				6.40	6.18	6.58	6.52				higher=better
Ave Speed (m/s)		6.01	6.02	5.80	5.05	6.23	6.21				higher=better
AA Fitness (fatigue) (%)		13.90	9.05	16.84	11.76	9.35	8.67				lower=better
Agility (s)	17.50	16.90	16.70	15.99	15.88	15.13	15.30				lower=better
Beep (m)	760	1080	1080	1160	1280	1600	1680				higher=better

	F 1998	W 1999	SP 1999	F 1999	W 2000	SP 2000	F 2000	W 2001	SP 2001	F 2001	
<b>Kluegel</b> Weight (lbs)		127	127		124						
Vert (in)	25.00	22.50	22.50					22.50	21.50	20.50	higher=better
Acceleration (m/s)								5.15	5.33	5.18	higher=better
Fastest Speed (m/s)								6.58	6.77	6.59	higher=better
Ave Speed (m/s)		6.21	6.13					6.35	6.45	6.36	higher=better
AA Fitness (fatigue) (%)		10.61	9.15					5.96	8.48	5.67	lower=better
Agility (s)	17.30	16.80	16.50					15.78	16.35	16.17	lower=better
Beep (m)	1440	1760	1440					2080	1920	1920	higher=better

	F 1998	W 1999	SP 1999	F 1999	W 2000	SP 2000	F 2000	W 2001	SP 2001	F 2001	
<b>Remy</b> Weight (lbs)		127	127		118	119					
Vert (in)	21.50	21.50		22.50	21.50	24.00	21.50	22.00	22.00	21.50	higher=better
Acceleration (m/s)				5.29	5.05	5.44	5.03	4.80	5.26	5.44	higher=better
Fastest Speed (m/s)				6.40	6.11	6.56	6.18	6.01	6.50	6.51	higher=better
Ave Speed (m/s)		6.22		6.06	5.78	6.38	5.98	5.88	6.36	6.25	higher=better
AA Fitness (fatigue) (%)		14.13		11.37	12.97	4.78	5.93	4.59	4.29	7.01	lower=better
Agility (s)	17.60	17.00		16.09	15.92	15.60	15.70	16.25	15.66	16.14	lower=better
Beep (m)	1040	960		1280	1720	1560	1560	1640	1640	1640	higher=better



# Bogies

## *Bogies FINAL REPORT*

12/6/01

Offensive		Goals			
Rank	Player	% Scoring	Scored	Runs	Previous Final Ranks (00,99,98)
1.	Gaston	47.06%	8.0	17	
2.	Morrell	36.17%	17.0	47	
3.	Kluegel	32.31%	21.0	65	
4.	Felts	30.34%	8.8	29	
5.	Remy	28.85%	17.6	61	
6.	Randolph	28.18%	12.4	44	
7.	Bush	23.70%	6.4	27	
8.	Reddick	21.60%	5.4	25	
9.	Watley	20.00%	1.0	5	
10.	Borgman	19.05%	4.0	21	
11.	McDowell	16.96%	7.8	46	
12.	Smith	14.29%	3.0	21	
13.	Gervais	13.60%	3.4	25	
14.	Ramsey	11.25%	3.6	32	
15.	Ball	11.00%	2.2	20	
16.	Whittier	10.91%	2.4	22	
17.	Winslow	9.52%	2.0	21	
18.	Walker	9.23%	2.4	26	
19.	Tomecka	7.14%	1.0	14	
20.	EB	6.09%	1.4	23	
21.	Costa	4.55%	1.0	22	
22.	Blongren	2.64%	1.4	53	

Defensive		Goals			
Rank	Player	Shutout %	Allowed	Runs	Previous Final Ranks (00,99,98)
1.	Bush	100.00%	0.0	9	
1.	Kluegel	100.00%	0.0	11	
3.	Randolph	93.75%	2.0	32	
3.	Borgman	93.75%	4.0	64	
5.	Morrell	93.33%	1.0	15	
5.	Ramsey	93.33%	1.0	15	
5.	Remy	93.33%	1.0	15	
5.	Watley	93.33%	1.0	15	
9.	Whittier	88.57%	4.0	35	
10.	Reddick	87.62%	10.4	84	
11.	McDowell	84.00%	4.0	25	
12.	Felts	83.87%	5.0	31	
13.	Gaston	82.75%	13.8	80	
14.	Tomecka	77.80%	22.2	100	
15.	Blongren	77.78%	2.0	9	
15.	Gervais	77.78%	4.0	18	
17.	Smith	76.47%	4.0	17	
18.	EB	75.00%	4.0	16	
18.	Winslow	75.00%	7.0	28	
20.	Ball	72.00%	7.0	25	
21.	Costa	71.25%	9.2	32	
22.	Walker	65.00%	7.0	20	

Goals		Goals			
Rank	Keeper	GAA	Allowed	Runs	Previous Final Ranks (00,99,98)
1.	DePlatchett	0.13	19.0	152	
2.	Simmons	0.13	18.0	143	
3.	Branam	0.15	6.0	39	
4.	Winget	0.22	30.0	135	

- **Drill**

- back to pressure scoring

- alternate:

- forwards vs defenders
  - and mids vs mids (week 1)

- forwards vs ½ mids
  - and defenders vs ½ mids (week 2)

- start from 2 positions on both sides of goal

- **Recording**

- record each player turn

- record each goal scored

# Top Gun – 1v1s to Cone

University of North Carolina  
Women's Soccer

## Top Gun FINAL REPORT

12/6/01

### • Drill

- Score by hitting cone with ball
- 2 games in big goals
  - goals on endline and top of D
  - use live goalkeepers
  - use attacking players
- Contests last 2-3 min
- No cone hanging

<u>Rank</u>	<u>Player</u>	<u>Percent Won</u>	<u>Win</u>	<u>Loss</u>	<u>Tie</u>	<u>Previous Ranks (00,99,98)</u>
1.	Borgman	81.0%	15	2	4	10,11,15
2.	Reddick	78.6%	16	4	1	7
3.	Ramsey	76.7%	11	3	1	9
4.	Felts	66.7%	10	3	8	
4.	Kluegel	66.7%	12	5	4	5,11,8
6.	McDowell	64.6%	13	6	5	
7.	Randolph	60.4%	11	6	7	
8.	Bush	60.0%	9	6	0	10,11
9.	Walker	59.4%	7	4	5	14,16
10.	Remy	58.3%	12	8	4	4,3,12
11.	Gaston	57.1%	8	5	8	21,22
12.	Tomecka	56.3%	11	8	5	2
13.	EB	55.6%	7	5	6	13,18
14.	Smith, Ja	45.8%	9	11	4	19
15.	Morrell	43.8%	8	11	5	
16.	Watley	41.7%	2	4	6	20
17.	Costa	35.4%	2	9	13	18
17.	Winslow	35.4%	4	11	9	
19.	Whittier	31.0%	3	11	7	
20.	Ball	22.9%	1	14	9	24
20.	Gervais	22.9%	2	15	7	
22.	Blomgren	20.8%	2	16	6	

### • Recording

- Record number of wins, losses, and ties for each player and keeper

<u>Rank</u>	<u>Keeper</u>	<u>Percent Won</u>	<u>Win</u>	<u>Loss</u>	<u>Tie</u>	
1.	Branam	83.3%	12	2	1	2,1
2.	Simmons	52.1%	9	8	7	1
3.	DePlatchett	37.5%	7	13	4	3,3,1
4.	Winget	27.1%	3	14	7	

# Top Gun II – 1v1s From Midstripe

## TOP GUN II (1v1's from Midstripe) FINAL REPORT

12/6/01

### • Drill

- Players grouped by a matrix
- Players take turns on offense and defense
- Each player plays every-one in group once each way
- Defender serves ball from endline to midstripe
- Player takes ball to goal from midstripe to score
- Points scored depending on stuff, shot, score, etc:
 

<u>offense</u>	<u>defense</u>
stuffed 0	stuff 4
shot wide 1	shot wide 3
shot/face 2	shot/face 2
score 4	scored on 1

### • Recording

- Points called out by staff during each run are recorded by managers

Offensive		Scoring %	Points	Runs	Previous Final Ranks (00,99,98)
1.	Morrell	76.4%	55	18	
2.	Reddick	75.0%	45	15	2
3.	EB	64.7%	44	17	5,4
4.	Randolph	60.7%	51	21	
5.	Ramsey	57.7%	30	13	15
6.	Borgman	55.8%	29	13	
7.	Watley	53.3%	32	15	1
8.	Gaston	51.6%	33	16	
9.	Remy	48.7%	37	19	9,9,4
10.	Felts	47.4%	36	19	
11.	Kluegel	46.7%	28	15	7,2,7
12.	Tomecka	46.1%	35	19	8
13.	Bush	37.5%	18	12	16
14.	Blomgren	36.8%	28	19	
15.	McDowell	34.7%	25	18	
16.	Whittier	34.4%	22	16	
17.	Winslow	30.0%	24	20	
18.	Walker	28.9%	22	19	10,13
19.	Costa	27.8%	20	18	3,16,13
20.	Smith	26.6%	17	16	14
21.	Gervais	20.0%	16	20	
22.	Ball	15.0%	12	20	18

Defensive		Shutout %	Points	Runs	Previous Final Ranks (00,99,98)
1.	Morrell	81.9%	59	18	
2.	Ramsey	78.6%	44	14	
3.	Reddick	78.3%	47	15	1
4.	Borgman	77.3%	34	11	7,8,11
5.	Remy	71.4%	40	14	2,2
6.	Kluegel	71.2%	37	13	14,13,10
7.	Bush	68.8%	33	12	
8.	Felts	67.6%	46	17	
9.	Watley	64.7%	44	17	
10.	EB	64.3%	36	14	
11.	Whittier	59.2%	45	19	
12.	Randolph	58.3%	49	21	
13.	Costa	57.4%	39	17	9,14,6
14.	Tomecka	57.1%	48	21	7
15.	Winslow	55.3%	42	19	
16.	McDowell	50.0%	38	19	
17.	Walker	47.1%	32	17	3,4
18.	Gaston	44.6%	25	14	12,10
19.	Smith	36.8%	28	19	4
20.	Blomgren	34.5%	29	21	
21.	Gervais	27.2%	25	23	
22.	Ball	23.6%	17	18	16

Rank	Keeper	GAA	GA	Runs	Previous Final Ranks (00,99,98)
1.	Winget	0.12	6	51	
2.	DePlatchett	0.24	16	68	
3.	Branam	0.24	10	42	
4.	Simmons	0.27	13	48	

# Shooting

12/6/01

## Right Foot

Rank	Player	%_made	made	attempted
1.	Remy	87.5%	7	8
2.	Ramsey	75.0%	3	4
2.	Watley	75.0%	3	4
4.	Bush	50.0%	4	8
4.	EB	50.0%	2	4
4.	Felts	50.0%	2	4
4.	Gaston	50.0%	4	8
4.	Randolph	50.0%	4	8
9.	Ball	37.5%	3	8
9.	Gervais	37.5%	3	8
9.	McDowell	37.5%	3	8
9.	Smith	37.5%	3	8
9.	Tomecka	37.5%	3	8
9.	Whittier	37.5%	3	8
15.	Borgman	25.0%	2	8
15.	Reddick	25.0%	1	4
15.	Walker	25.0%	2	8
18.	Blonggren	12.5%	1	8
18.	Morrell	12.5%	1	8
18.	Winslow	12.5%	1	8
21.	Costa	0.0%	0	8
21.	Kluegel	0.0%	0	4

## Inside Foot Bending Ball Finishing

Rank	Player	%_made	made	attempted
1.	Costa	50.0%	4	8
1.	Remy	50.0%	4	8
1.	Winslow	50.0%	4	8
4.	Morrell	37.5%	3	8
5.	Ball	25.0%	2	8
5.	Blonggren	25.0%	2	8
5.	Borgman	25.0%	2	8
5.	Ramsey	25.0%	1	4
5.	Randolph	25.0%	2	8
5.	Smith	25.0%	2	8
5.	Tomecka	25.0%	2	8
5.	Whittier	25.0%	2	8
13.	Bush	12.5%	1	8
13.	Gaston	12.5%	1	8
15.	EB	0.0%	0	4
15.	Felts	0.0%	0	4
15.	Gervais	0.0%	0	8
15.	Kluegel	0.0%	0	4
15.	McDowell	0.0%	0	8
15.	Reddick	0.0%	0	4
15.	Walker	0.0%	0	8
15.	Watley	0.0%	0	4

## Left Foot

## Right Foot

Rank	Player	%_made	made	attempted
1.	Bush	25.0%	2	8
1.	Morrell	25.0%	2	8
1.	Ramsey	25.0%	1	4
1.	Smith	25.0%	2	8
5.	Ball	12.5%	1	8
5.	Costa	12.5%	1	8
5.	Gaston	12.5%	1	8
5.	Randolph	12.5%	1	8
5.	Remy	12.5%	1	8
5.	Winslow	12.5%	1	8
11.	Blonggren	0.0%	0	8
11.	Borgman	0.0%	0	8
11.	EB	0.0%	0	4
11.	Felts	0.0%	0	4
11.	Gervais	0.0%	0	8
11.	Kluegel	0.0%	0	4
11.	McDowell	0.0%	0	8
11.	Reddick	0.0%	0	8
11.	Tomecka	0.0%	0	8
11.	Walker	0.0%	0	8
11.	Watley	0.0%	0	4
11.	Whittier	0.0%	0	8

## Outside Foot Bending Ball Finishing

Rank	Player	%_made	made	attempted
1.	Tomecka	37.5%	3	8
2.	Kluegel	25.0%	1	4
2.	Reddick	25.0%	1	4
4.	Blonggren	12.5%	1	8
4.	Remy	12.5%	1	8
4.	Smith	12.5%	1	8
4.	Walker	12.5%	1	8
8.	Ball	0.0%	0	8
8.	Borgman	0.0%	0	8
8.	Bush	0.0%	0	8
8.	Costa	0.0%	0	8
8.	EB	0.0%	0	4
8.	Felts	0.0%	0	4
8.	Gaston	0.0%	0	8
8.	Gervais	0.0%	0	8
8.	McDowell	0.0%	0	8
8.	Morrell	0.0%	0	8
8.	Ramsey	0.0%	0	4
8.	Randolph	0.0%	0	8
8.	Watley	0.0%	0	4
8.	Whittier	0.0%	0	8
8.	Winslow	0.0%	0	8

## Left Foot

## Breakaway Finishing

Rank	Player	%_made	made	attempted
1.	Tomecka	75.0%	3	4
2.	Bush	50.0%	2	4
2.	McDowell	50.0%	2	4
2.	Watley	50.0%	2	4
2.	Whittier	50.0%	2	4
2.	Winslow	50.0%	2	4
7.	Ball	25.0%	1	4
7.	Blonggren	25.0%	1	4
7.	Borgman	25.0%	1	4
7.	EB	25.0%	1	4
7.	Felts	25.0%	1	4
7.	Gaston	25.0%	1	4
7.	Gervais	25.0%	1	4
7.	Morrell	25.0%	1	4
7.	Ramsey	25.0%	1	4
7.	Randolph	25.0%	1	4
7.	Remy	25.0%	1	4
7.	Walker	25.0%	1	4
19.	Costa	0.0%	0	4
19.	Smith	0.0%	0	4
19.	Kluegel	0.0%	0	0
19.	Reddick	0.0%	0	0

## Total

Rank	Player	%_made	made	attempted
1.	Remy	38.9%	14	36
2.	Tomecka	30.6%	11	36
3.	Ramsey	30.0%	6	20
4.	Bush	25.0%	9	36
4.	Watley	25.0%	5	20
6.	Randolph	22.2%	8	36
6.	Smith	22.2%	8	36
6.	Winslow	22.2%	8	36
9.	Ball	19.4%	7	36
9.	Gaston	19.4%	7	36
9.	Morrell	19.4%	7	36
9.	Whittier	19.4%	7	36
13.	EB	15.0%	3	20
13.	Felts	15.0%	3	20
15.	Blonggren	13.9%	5	36
15.	Borgman	13.9%	5	36
15.	Costa	13.9%	5	36
15.	McDowell	13.9%	5	36
19.	Gervais	11.1%	4	36
19.	Walker	11.1%	4	36
21.	Reddick	10.0%	2	20
22.	Kluegel	6.3%	1	16

# Triangle Passing

University of North Carolina  
Women's Soccer

## Triangle Passing (midstripe to 18) FINAL REPORT

12/6/01

### • Drill

- Players grouped in threes by skill level
- Receiving player bends run wide
- Server serves flighted ball to receiver
- Ball must “beat” the “back line” of cones
- Receiver must be able to take flighted ball out of air on run
- Points scored by server for successful serves

### • Recording

- Each player's points recorded

<u>Rank</u>	<u>Player</u>	<u>Successful Passes/Session</u>	<u>Previous Ranks (00,99,98)</u>
1.	Walker	4.0	12,4
2.	Randolph	3.4	
3.	Tomecka	3.3	9
4.	Gaston	3.1	12,23
5.	Reddick	3.1	11
6.	Borgman	3.0	2,10,17
6.	DePlatchett	3.0	
8.	EB	2.9	8,13
9.	Costa	2.9	14,21,21
10.	Ramsey	2.8	17
11.	Kluegel	2.8	17,9,10
12.	Remy	2.7	9,7,10
13.	Blomgren	2.6	
13.	Morrell	2.6	
15.	McDowell	2.5	
15.	Watley	2.5	19
17.	Whittier	2.3	
18.	Winslow	2.2	
19.	Felts	2.1	
20.	Gervais	2.1	
21.	Smith	1.9	23
22.	Ball	1.7	24
23.	Winget	1.6	
24.	Simmons	1.4	
25.	Branam	0.0	

# Long Service/Long Reception

University of North Carolina  
Women's Soccer

## Long Service Long Reception FINAL REPORT

12/6/01

### • Drill

- Players face each other 20 yards apart
- In 2 minutes, serve flighted balls to partner who must chest-trap ball behind line
- Points scored for successful serves/traps
- Score kept as "team score" (both players)
- Do same thing at 30, 45 yards for 2 min each

### • Recording

- Separate scores for each distance recorded

<u>Rank</u>	<u>Player</u>	<u>Ave Successful Passes Per Session</u>			<u>Ave Total</u>	<u>Previous Ranks</u> <u>(00,99,98)</u>
		<u>20 yards</u>	<u>30 yards</u>	<u>44 yards</u>	<u>Per Session</u>	
1.	Reddick	11.3	9.8	3.8	24.8	14
2.	Ramsey	11.4	7.8	4.3	23.4	8
3.	Felts	9.9	8.6	2.1	20.6	
4.	Gaston	10.1	7.0	1.8	18.9	3,4
5.	Randolph	9.8	6.9	2.1	18.8	
6.	Remy	10.1	6.9	1.5	18.5	11,9,10
7.	EB	8.6	6.6	3.1	18.4	9,14
7.	Walker	9.9	6.5	2.0	18.4	6,11
9.	Kluegel	8.0	6.1	1.9	16.0	19,19,16
10.	Costa	8.6	6.4	0.5	15.5	20,20,15
10.	McDowell	8.0	5.5	2.0	15.5	
12.	Morrell	7.0	6.6	1.4	15.0	
13.	Whittier	7.5	5.5	1.0	14.0	
14.	Smith	8.0	4.4	1.1	13.5	15
15.	Watley	6.5	6.0	0.8	13.3	-
16.	Borgman	7.4	4.1	1.5	13.0	13,23,12
17.	DePlatchett	6.4	5.9	0.6	12.9	
18.	Tomecka	6.0	4.8	1.9	12.6	16
19.	Ball	7.0	4.9	0.6	12.5	21
20.	Simmons	6.6	5.4	0.4	12.4	
21.	Winget	5.3	5.3	1.0	11.5	
22.	Gervais	6.6	4.4	0.4	11.4	
23.	Blomgren	5.3	4.3	1.6	11.1	
24.	Winslow	5.4	2.9	1.1	9.4	
25.	Branam	1.8	5.1	0.0	6.9	

# Long Service

University of North Carolina  
Women's Soccer

## *Long Service - Final Report*

12/6/01

### • Drill

- Players serve to partner for distance for 4 minutes
- Must get 5 serves at target distance to get that score
- Score increased/decreased if more or less than 5 at target distance
- Partners return ball with their serve

### • Recording

- Distances of each serve (usually 6-7 serves) for each player recorded
- Calculations then done to come up with posted distances

<u>Rank</u>	<u>Player</u>	<u>Total Distance</u>	<u>R Rank</u>	<u>Right Distance</u>	<u>L Rank</u>	<u>Left Distance</u>	<u>Previous Ranks (00,99)</u>
1.	Reddick	93	1.	53	1.	40	1
2.	EB	87	4.	47	1.	40	10,10
3.	Cluegel	86	3.	48	3.	38	3,3
4.	Ramsey	84	2.	50	8.	34	4
5.	McDowell	80	6.	45	7.	35	
6.	Randolph	79	4.	47	11.	32	
7.	Borgman	77	10.	41	5.	36	3,18
7.	Morrell	77	7.	44	9.	33	
9.	Walker	76	11.	40	5.	36	10,10
10.	DePlatchett	72	8.	43	15.	29	
10.	Felts	72	9.	42	13.	30	
10.	Gaston	72	24.	34	3.	38	3,3
13.	Watley	71	16.	38	9.	33	
14.	Remy	69	16.	38	12.	31	-,10
14.	Tomecka	69	11.	40	15.	29	3
16.	Branam	68	16.	38	13.	30	
17.	Blomgren	66	16.	38	17.	28	
17.	Whittier	66	11.	40	18.	26	
19.	Gervais	64	16.	38	18.	26	
20.	Costa	61	21.	36	20.	25	16,18
20.	Smith	61	11.	40	22.	21	16
20.	Winget	61	21.	36	20.	25	
23.	Winslow	59	11.	40	24.	19	10,10
24.	Ball	56	23.	35	22.	21	20
25.	Simmons	42	25.	26	25.	16	
	Bush						16,18

# Power Heading

University of North Carolina  
Women's Soccer

## Power Heading Part I - Final

12/6/01

- **Drill**

- Partners face each other 40 yards apart
- One player serves ball
- If good serve, partner heads ball for distance back to server
- If bad serve, partner clears ball for distance back to server
- Header gets 4 good serves to head ball
- Partners switch

- **Recording**

- Four distances for each player recorded and averaged

<u>Rank</u>	<u>Player</u>	<u>Semester Ave Distance</u>	<u>Previous Ranks (00,99,98)</u>
1.	Reddick	25.0	4
2.	Gaston	24.5	2,13
3.	EB	24.5	5,4
4.	Ramsey	24.3	9
5.	Watley	23.3	14
6.	McDowell	22.4	
7.	Walker	22.0	15,11
8.	Kluegel	21.8	8,3,21
9.	Tomecka	21.7	5
10.	Morrell	21.6	
10.	Remy	21.6	18,7,15
12.	Randolph	21.5	
13.	Smith	21.2	15
14.	Bush	20.7	22,23
15.	Borgman	20.5	18,14,8
16.	Costa	20.1	17,18,21
17.	Blomgren	19.8	
18.	Whittier	19.2	
19.	Felts	19.2	
20.	Gervais	18.8	
21.	Winslow	17.9	
22.	Ball	14.5	24

# Long Range Shooting

- **Drill**

- Goals placed 36 yards apart with line half way between (18 yds)
- Players may shoot anywhere behind line
- Other player plays keeper
- Play goes back and forth between goals for 4 minutes

- **Recording**

- Wins and losses are recorded for each player along with number of goals scored