


Articles

Leg mass characteristics of accurate and inaccurate kickers - an Australian football perspective

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exhibiting significantly higher intra-limb lean-to-fat mass ratios for all segments across

both limbs ($P \leq 0.009$). Inaccurate kickers also produced significantly larger asymmetries between limbs than accurate kickers ($P \leq 0.028$), showing considerably lower lean mass in their support leg. These results illustrate a difference in leg mass characteristics between accurate and inaccurate kickers, highlighting the potential influence these may have on technical proficiency of the drop punt.

Keywords: lean fat relative muscle mass asymmetry drop punt

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