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Articles

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

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Abstract

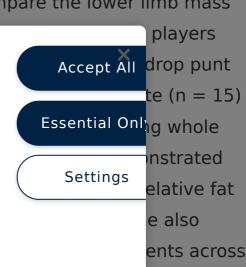
Athletic profiling provides valuable information to sport scientists, assisting in the optimal design of strength and conditioning programmes. Understanding the influence these physical characteristics may have on the generation of kicking accuracy is advantageous. The aim of this study was to profile and compare the lower limb mass

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both limbs (P ≤ 0.009). Inaccurate kickers also produced significantly larger

asymmetries between limbs than accurate kickers ($P \le 0.028$), 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.

Q Keywords: lean fat relative muscle mass asymmetry drop punt

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