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

Nicolas H. Hart, Sophia Nimphius, Jodie L. Cochrane & Robert U. Newton

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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 characte players were rec drop punt kicks ov te (n = 15) and ina g whole body nstrated significa elative fat mass (P e also exhibitin ents across both limbs (P ≤ 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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