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Articles

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

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Abstract

Athletic in the optimal e influence these ph acy is adva imb mass chara players were rec drop punt kicks ov te (n = 15) and inac g whole body du onstrated significa elative fat mass (P e also exhibiting significantly higher intra-limb lean-to-fat mass ratios for all segments across

both limbs (P ≤ 0.009). Inaccurate kickers also produced significantly larger asymmetries between limbs than accurate kickers (P ≤ 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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