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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 Pages 1647-1655 | Accepted 03 Apr 2013, Published online: 20 May 2013

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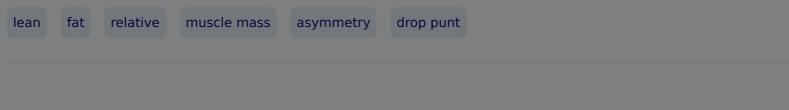
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exhibiting significantly higher intra-limb lean-to-fat mass ratios for all segments across

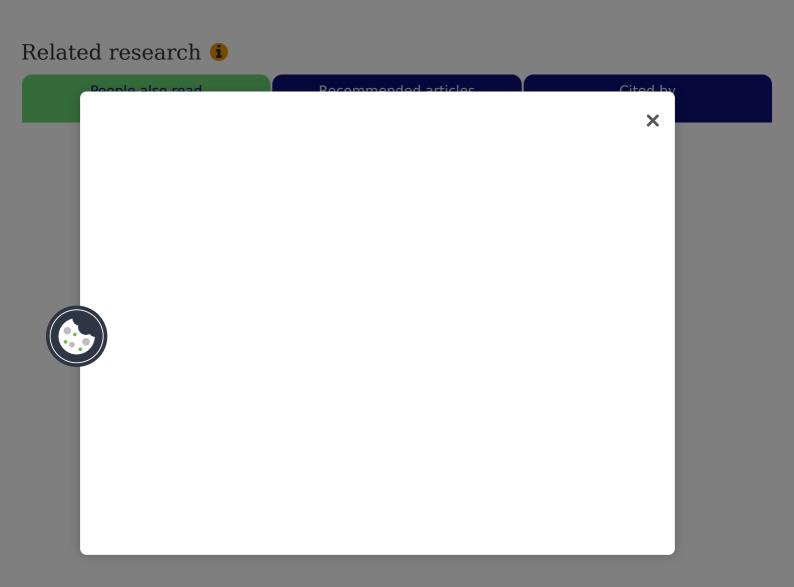
both limbs ($P \le 0.009$). Inaccurate kickers also produced significantly larger asymmetries between limbs than accurate kickers ($P \le 0.028$), showing considerably lower lean mass in their support leg. These results illustrate a difference in leg mass characteristics between accurate and inaccurate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

Keywords:



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