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

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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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