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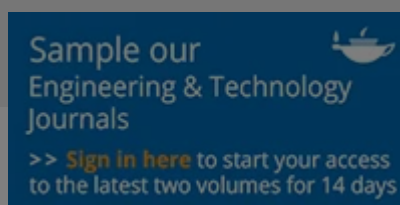
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Leg mass characteristics of accurate and inaccurate kickers – an Australian football perspective

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Abstract

Athletic performance is influenced by many factors, including limb mass. Inaccurate kickers in the Australian Football League (AFL) have been shown to have a higher limb mass than accurate kickers. This study investigated the influence of limb mass on kicking performance. The study included 15 players (n = 15) who were recruited from the AFL. The players were divided into two groups: accurate and inaccurate kickers. The accurate kickers were those who had a kicking accuracy of 80% or higher, while the inaccurate kickers had a kicking accuracy of 70% or lower. The players were measured for their limb mass, kicking performance, and body composition. The results showed that inaccurate kickers had a significantly higher limb mass than accurate kickers (P < 0.009). Inaccurate kickers also produced significantly larger

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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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