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Articles

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 [illegible] in the optimal [illegible] e influence these ph[illegible]acy is advanta[illegible]imb mass characte[illegible] players were re[illegible] drop punt kicks[illegible]te (n = 15) and ina[illegible]g whole body du[illegible]onstrated significa[illegible]elative fat mass (P [illegible]e also exhibitin[illegible]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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