

# A comparative study on comparison of maximum leg strength of non- preferred and preferred leg of university male soccer players

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## ■ ABSTRACT

Most soccer players have favoured foot for kicking the ball, and it is believed that this preference may lead to an asymmetry in the strength of the lower extremities. Thus, this study was designed to determine whether asymmetry in strength is present in the legs of soccer players forty elite and sub-elite soccer players (Mean age: 20.775 SD: 2.224427) were studied (data are presented as mean+SD). The strength of legs (hamstrings and quadriceps) was measured using a leg dynamometer A significant difference between the preferred and non-preferred leg was found in (hamstrings and quadriceps) both the cases the hamstrings and quadriceps of the preferred leg were stronger than those of the non-preferred leg. It is concluded that the lower strength of the knee flex or muscles of the preferred leg may be associated with the differential use of these muscle during the kicking action and thus, constitutes a unique training effect associated with soccer. This in turn can lead to muscular imbalance which is generally regarded as an injury risk factor.

■ **Key Words :** Muscle strength, Leg strength, Soccer players

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