

Table 1. Characteristics of Study Participants

	AFL players (N=36)	Football (Soccer) players (N=31)	Total (N=67)
	Mean ± SD	Mean ± SD	Mean ± SD
Age (Years)	21.97 ± 3.00	17.93 ± 2.41	20.1 ± 3.40
Height (m)	1.87 ± 0.75	1.81 ± 0.01	1.84 ± 0.08
Weight (kg)	84.36 ± 6.92	73.25 ± 7.94	79.2 ± 9.19
BMI (kg/m ²)	24.16 ± 1.48	22.46 ± 1.74	23.4 ± 1.80
Right foot DOM (n)	28	28	56
Left foot DOM (n)	8	3	11

SD: Standard Deviation; BMI Body Mass Index; DOM: Dominant