

LEVEL OF COORDINATION ASYMMETRY IN FOOTBALL

Abstract

The crucial factors in all sports are space and time. The two mentioned dimensions are even more important in sport games, especially in the sport games where a conflict situation occurs, such as for example, in football. If a sportsman is physically enough fit, he can gain even more of space and time if he uses both of his legs and if he is able to change direction equally well at both left and right side, etc. It has been confirmed in this survey that a young, successful football professional cannot use his unfavored leg, which is intolerable for football in the third millenium.

Key words: *symmetry, favored leg, unfavored leg, correlation, t-test*