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Data Article

Data concerning isometric lower limb strength of dominant versus not-dominant leg in young elite soccer players

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ABSTRACT

The present data article describes the isometric lower limb strength of dominant leg versus not-dominant leg measured with handheld dynamometer (HHD) in a sample of 31 young elite soccer players (age 16.42 ± 0.45 years; height 169.00 ± 0.50 cm; leg length 94.80 ± 3.32 cm; body-mass 67.04 ± 5.17 kg).

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Specifications Table

Subject area	Sports sciences
More specific subject area	Sports data mining
Type of data	Tables and graphs

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How data was acquired	<i>Isometric strength test administered to a sample of 31 athletes</i>
Data format	<i>Raw and Analyzed</i>
Experimental factors	<i>Data were obtained using a handheld dynamometer</i>
Experimental features	<i>Reliability coefficients, paired Student's t-test</i>
Data source location	<i>Tunisia</i>
Data accessibility	<i>Data are within this article</i>

Value of the data

- These data could be further statistically refined, processed and eventually integrated with other data to build a mathematical predictive model concerning isometric lower limb strength of dominant *versus* not-dominant leg measured with handheld dynamometer (HHD).
- These data could be useful for sports managers, coaches, scientists and athletes for designing and implementing *ad hoc* training programs and interventions.

1. Data

This paper contains data concerning allometric test administered to a sample of 31 male athletes from north Africa (Tunisia), with at least 6 years of soccer practice, measured with a handheld dynamometer (Microfet 2, Hoggan Health Industries, Inc., Draper, UT) [1]. General characteristics of the sample are reported in Table 1. The impact of dominant *versus* not-dominant leg on the allometric test is shown in Table 2 and in Fig. 1 and, after body-mass normalization, in Table 3 and in Fig. 2. Table 4 reports the reliability coefficients of the allometric test. Each muscle group was examined twice for reliability.

Table 1
General characteristics of the recruited sample.

Variable	Mean	SD
Age (years)	16.42	0.45
Height (cm)	169.00	0.50
Leg length (cm)	94.80	3.32
Body-mass (kg)	67.04	5.17

SD: standard deviation.

Table 2
Results of paired Student's *t*-test comparing isometric strength of the dominant *versus* not-dominant leg.

Muscle	Dominant leg		Not-dominant leg		Sig.
	Mean	SD	Mean	SD	
Hip-abductor	217.31	28.35	205.08	36.58	0.0069
Hip-adductor	255.19	36.08	251.33	34.25	0.5502
Hip-flexor	478.67	75.41	456.92	64.15	0.0282
Hip-extensor	439.59	101.06	423.98	83.50	0.0937
Hip internal-rotator	310.98	53.10	300.74	57.55	0.2862
Hip external-rotator	210.99	28.35	212.43	26.42	0.7343
Knee-flexor	271.79	60.03	255.64	51.14	0.0042
Knee-extensor	580.64	70.86	549.89	80.81	0.0313
Ankle plantar-flexor	493.79	84.55	499.06	93.46	0.6395
Ankle dorsal-flexor	315.01	49.08	290.63	52.85	0.0004
Ankle-inversor	233.01	40.35	212.99	40.08	0.0073
Ankle-eversor	236.92	33.96	234.79	41.35	0.7409

Sig: statistical significance.

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