

- Title: Analysis of throwing a football in American football by means of the surface electromyography.
- Purposes: Describing and evaluating selected muscles integration structure during throwing a football movement and making a comparison of two kinds passes and valorize their usage.
- Methods: Surface electromyography (SEMG) measure in combination with usage of simple kinematics analysis.
- Results: Drop back pass is better for a faster or longer delivery football on target. Play-action pass is more suitable for non-stable situations in a game and does not need to cooperation of muscles to reach a target.
- Key words: american football, play-action pass, drop back pass, surface electromyography, kinematics analysis