

GENERAL PHYSICAL FITNESS INDICATORS OF BOXERS 11-12 YEARS OLD

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Annotation

The article examines the general physical fitness indicators of boxers aged 11-12 years engaged in primary training groups of children's and youth sports schools.

Keywords: Physical training, physical qualities, strength, speed, agility, endurance, physical development, pedagogical observation, pedagogical control.

Introduction

As we all know, the growing number of athletes who are currently training in boxing at the level shows the extent to which boxing is one of the most advanced sports. The problems and issues of this sport will also increase as the indicators of growth increase. In particular, the discovery of new techniques and tactical techniques serves as an incentive for the practitioners to record high results. In this regard, many young people are engaged in boxing sports, taking into account the attention to boxing and the wide conditions created in our country. As an example of the opportunities created, it is no exaggeration to say that our president's decision on the measures for the further development of boxing on April 29, 2021 will serve as a legal basis for the development of boxing in our country at a new stage. Many scientists, including, on improving the overall physical fitness system of 11-12-year-old boxers engaged in the initial training phase, which is the focal point of big sports S.S.Tajibayev, L.V.Volkov, R.D.Khalmukhamedov, Siska I, Samir Chadli and others conducted their scientific research. These processes are one of the main relevance of our research work, due to the fact that the further development of the general physical training system of young boxers, the training of the necessary actions from the initial training period, the determination of the psychological conditions and levels of physical development of young boxers are not sufficiently studied.

Determination and evaluation of the overall physical endurance levels of boxers aged 11-12 years.

Analysis of Literature on the Topic;

- Determination of the general level of physical endurance of boxers 11-12 years old.
- Development of the necessary conclusions and recommendations on the results of the conducted study.

Total physical endurance levels of 11-12-year-old boxers.

Analysis of scientific and methodological literature, mathematical and statistical analysis, pedagogical observation, pedagogical control, pedagogical testing.

The work of this study was attended by 11-12-year-old boxers at the Chirchik City Children's and Youth Sports School of the Tashkent region, training in boxing.

In boxing sports, the general system of physical training and special means of physical training are of great importance. When directing young boxers to boxing sports, special attention should first be paid to the general system of physical training. The importance of physical education to shape the levels of general physical fitness in boxing sports. Physical education forms abilities such as endurance, strength, speed and coordination, which are extremely important for a boxer. Physical education training should be carried out in conjunction with technical training. Physical education is considered a very necessary training for athletes.

In determining the overall level of physical training of boxers aged 11-12, who are engaged in training in the primary training group, control test standards of children's and youth sports schools developed on the basis of state educational standards were used.

Our initial control tests consist of a short-distance run of 30 m, in which the speed physical quality indicators of young boxers were determined. According to the results obtained at the beginning of the year, unsatisfactory results were recorded in 35.7% of boxers training in the experimental Reserve. In the boxers of the control group, however, these results showed 35.2%. In the course of the study, these indicators were 27.2% in the experimental group by the end of the year, 32.4% in the control group, and it was found that according to the results obtained at the beginning of the year, the degree of unsatisfactory decrease by 8.5% in the results recorded in the experimental group. According to preliminary results, 27.2% of young boxers were found to have low physical quality indicators. The resulting reliability level was $P < 0.05$ (see Table 1).

1-Table. (Unsatisfactory results recorded by 11-12-year-old boxers engaged in the initial training group in control testing processes).

Control tests	T/D group	Beginning of the year	End of the year
30 m short distance running (seconds)	Experience Group	35,7%	27,2%
	Control group	35,2%	32,4%
3x10 moccisimon running (Seconds)	Experience Group	34,6%	26,4%
	Control group	35%	31,1%
Running for 5 min	Experience Group	32,8%	25,5%

	Control group	36,6%	30%
Hitting the boxing bag for 2 min	Experience Group	32,4%	24,8%
	Control group	31,1%	28,2%
Pull in the tourniquet (times)	Experience Group	30%	20,7%
	Control group	33,9%	29,3%
Long jump from standing position (CM)	Experience Group	31,1%	25,5%
	Control group	32,8%	28,8%

Note – *P<0,05; **P<0,01; *P<0,001**

The next control test practice consists of 3x10 running, and this control test also serves to determine the speed physical quality indicators.

Speed is called the ability to perform movements faster in a short period of time. Speed-forming training is used in the formation of reaction time, fast movements and sequence of movements.

The results of young boxers at the beginning of the year consisted of 34.6% of unsatisfactory results in the experimental group and 35% in the control group, and by the end of the year it was found that these indicators decreased by 26.4% and 31.1% in the experimental and control groups. The results obtained in the athletes of the experimental group were improved by 8.2% compared to the previous one (see Table 1).

To determine to what extent endurance physical quality indicators are developing in young boxers, a practical control test was carried out for the run for 5 min. The results of the test were determined at the beginning of the year by an unsatisfactory result of 32.8% in the experimental group, and 36.6% in the control group. By the end of the year, it was found that these indicators decreased by 7.3% in the experimental group to 6.6% in the control group. The level of statistical reliability of these indicators will be equal to $p<0.01$.

To determine the physical quality indicators of endurance of boxers aged 11-12 years, our auxiliary key practical control test was carried out through y for 2 min. In relation to unsatisfactory results at the beginning of the year, significant results were recorded in the results obtained at the end of the year. Based on it, it was found that the unsatisfactory result in the boxers of the experimental group decreased by 7.6% compared to the results before the study (see Table 1).

When determining the general level of physical fitness, keying's practical control test is a pull in a tourniquet with the help of this test, the strength levels of physical quality are determined.

Force is said to be the use of force on bodies, using muscles. Physical strength is also referred to as muscle strength. It is very easy to associate strength training with weight

training. However, it is not recommended to carry out weight training with heavy weight equipment from the initial training.

The control test, which was carried out in determining the indicators of physical quality of strength, at the beginning of the year 30% of the athletes of the experimental group could not pass a control test with an unsatisfactory result. By the end of the year, it was found that the indicators in boxers of this group decreased by 9.3%. Such indicators were also noted in the boxers of the control group (see Table 1).

The last stage of control test practices, conducted to determine the overall level of physical fitness, consisted of jumping in length while standing. Standing long jump practical control test is also a type of exercise that helps determine the levels of strength physical quality. According to the results obtained, the boxers of the experimental and control group recorded unsatisfactory results of 31.1% and 32.8% at the beginning of the year. These indicators have performed 25.5% as well as 28.8% unsatisfactory results in the experiment and control groups by the end of the year. By the end of the studies, it was found that unsatisfactory results decreased by 5.6% in the experimental group to 4% in the control group. The statistical reliability of the results was $P < 0.05$.

CONCLUSION

In the course of the analysis of the scientific and methodological literature, it turned out that many scientists carried out their scientific research on the general physical training of 11-12-year-old boxers engaged in the initial training phase. However, in the overall physical fitness system of teenage boxers, the psychological states of young boxers during training and the factors affecting them have not been sufficiently studied. According to the results recorded, it turned out that such qualities as general physical fitness indicators, physical quality levels including: strength, speed, endurance, agility, flexibility were sufficiently developed in 11-12-year-old boxers. During the study, it was found that the results of boxers, determined by unsatisfactory indicators, were improved at a positive level by the end of the year. It was found during the study that total physical fitness levels were unsatisfactory in about 30% of 11-12-year-old boxers, and the necessary recommendations and instructions were developed on these indicators. Taking into account the above results, more attention should be paid to improving the stages of technical training with the help of modern technologies at the stage of special preparation of annual preparation systems. At this point Pedagogical Sciences doctor (f.f.n.) professor Developed by Soyib Samijanovich Tajibayev and independent seeker Yusupova "TABO-STAR" with the help of special software "hardware and software complex for measuring and calculating the blows of martial arts athletes", the general level of training of young boxers was determined. Taking into account these circumstances, it is advisable to develop and introduce effective means and methods into practice, taking into account their technical, tactical,

physical training, as well as their age characteristics, while increasing the overall physical fitness of young boxers.

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