

## CONTENT AND CHARACTERISTICS OF TRAINING WITH YOUNG BOXERS

Abdullaev Mehridin Junaydullayevich

Head of the Department of Theory and Methodology of Physical Culture of the  
Pedagogical Institute of Bukhara State University PhD Professor

Esanov Farrux Utkirjonovich

Bukhara State University,  
Faculty of Physical Culture 2nd Course Master Degree Student

### Annotation

In this article, the work on the organization of training sessions with boxers aged 14-15 has been studied and scientifically analyzed and summarized.

**Keywords:** coach and athlete, young boxers, sport motivator, preparation stages, interests, training, tools, methods.

### Introduction

At present, due to the initiative and care of President Sh.M.Mirziyoev, a high level of sports activity has been observed in Uzbekistan. The successful participation of many of our athletes in international competitions is a proof of our opinion. The national teams of Uzbekistan in various sports had the opportunity to participate as a separate team in the Olympic, Asian Games and World Championships. Boxing is one of the most actively developing sports in our country. Finding ways to ensure the successful development of young boxers' athletic skills is one of the pressing challenges. First of all, this applies to the improvement of technical and tactical skills, as this aspect of training is the most delicate aspect of the boxing skills that make up the reserve of future Olympians.

According to experts, the training is often carried out unilaterally, with special emphasis on increasing the level of functional and physical training, to the detriment of the improvement of the necessary technical and tactical means: I.P. Degtyarev, N.A. Khudadov (1978), G.O. Djeroyan (1980), A.M.Bazeyan (1990), E.V.Kalmykov (1996), A.G.Shiryaev (2002)

It is known that among the various technical and tactical training tasks in boxing, one of the most important problems is to accelerate the transition from the technique of performing movements in training to their application in competitions. In the system of technical and tactical improvement of boxers training fights are used regularly and on a large scale, primarily due to the need to model the conditions of application of movements in conditions close to competitions [1, 2]. At the same time, the differences between the technical and tactical amount of fights in training battles and competitions play an important role in some of their components, which is confirmed by some experts and research data on young boxers [3, 5, 8].

The problems identified determine the need to scientifically search for signs of the impact of their training and competition activities in order to accelerate the technical and tactical training of boxers.

**Object and subject of research:** technical and tactical armament of boxers aged 14-15. Types of movements in training battles and official competitions and indicators of the use of their tactical components.

**The purpose of the study:** to determine the organization and methodology of training with boxers aged 14-15

**Research objectives:** Based on the research objectives, we have identified the following tasks:

- Analysis and generalization of the relevant literature;
- To determine the individual characteristics of young boxers in the use of the composition of the main types of movement in training fights and competitions, as well as the degree of interdependence between the performance indicators of movements.
- Developments of a methodology aimed at accelerating the process of transfer of actions learned by young boxers to the conditions of the competition and substantiate the effectiveness of the proposed method in practice.

Among the methodological methods for teaching boxing techniques and tactics are generally accepted [1, 12, 13]:

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- To master the methods and actions (without a partner) in a group under the general order of the coach in a row;
  - To master the method (with a partner) in groups under the general order of the coach in two rows;
  - Individual mastery of the boxer's methods and movements when working with the coach in a "flat glove" or gloves;
  - Independent mastering of methods on the instructions of the coach in couples moving freely around the hall;
  - Conditional fight with limited boxing for each boxer;
  - Conditional combat with low technical tasks;
  - Free combat (unrestricted movement of the opponent).

A typical area of boxing training typically involves improving basic movement types [16]. These include:

- a. Preparatory movements - various options of standing, distance, sliding, moving and deceptive movements;
- b. Attack movements - direct, side and bottom blows to the head and torso with both hands;
- c. Defensive actions - using hands, torso, sliding and combined methods of protection;
- d. Counter-attack actions - direct, side, bottom-to-head and body blows in the form of response and counter-blow in both hands.

In addition to the basic movements practiced in almost every session, the following are mastered on the basis of independent plans [20, 21]:

- Specializes in new methods, actions, tactical types of their application, the most effective and frequently used combinations of actions, skills in their preparation and application in modeling the resistance situations of opponents;
- Repetition of favorite movements, practiced in the same situations;
- Combat actions and situations to resist certain opponents;
- A certain composition of actions to conduct a fight with standard tactical models - in the form of offensive or defensive, fast or ambush, maneuvering or positional;
- Psychological features of the preparation and application of the main types of action

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- Means of overcoming psychological barriers that prevent the application of certain basic actions.

**Exercises performed without a partner include:**

- Independent repetition of hand movements, defensive imitations, displacements, slips and deceptive movements;
- Serial implementation of methods;
- Provide mutual guidance in the breaks between exercises;
- Implementation of methods as a flow.

It should be noted that almost all exercises performed without a partner are inherently specific gymnastics, which is aimed at mastering the movement structure of methods that have a specific dynamics of the interaction of body parts in the performance of various movements [19].

Athletes independently follow the instructions for performing certain boxing aspects by repeating specialized movements, while the coach's control allows for an immediate assessment of the level of performance and the correction of inaccuracies or errors that can be made accordingly [14].

Application of command or signal methods helps to regulate the integrity of the given motion structures or the division of methods into structural (phase) parts. In this case, the trainer's instructions are given in such a way that the trainees have time to imagine the structure of the given actions [15].

Serial performance allows a particular athlete or group of athletes to repeat the movements being studied continuously and many times. This results in a large motor density, which forms a special endurance [17].

Mutual guidance is the process by which co-workers take turns helping each other and learning the basics of leadership skills. If the trainers perform the exercises given by the trainer alternately in the general line, then they will be able to evaluate the technique of performing the methods, showing their partners their strengths and weaknesses. [18]

The flow of methods is the execution of tasks in sequence (sequence), the completion of the movement by one practitioner serves as a signal to the athlete standing on the

right or left to start. Thus, the performance of the exercises has the same fan-like nature, which allows the trainer to observe and quickly evaluate each participant [4]. Exercising with a supposed (imaginary) partner (opponent) is often referred to as "shadow fighting". It involves the execution of a combination of methods consisting of basic types of attack and defense, as well as means of response and counter-attack efforts. It is necessary to perform a series of combinations and individual actions without a break. The boxer supposedly fights with a premonition of the opponent's movements and using tactically appropriate single combat tools.

Exercises performed on boxing shells and simulators play an important role in preparing boxers for fights.

In this case, depending on the nature of the target, in particular, the movable properties of the wall and motionless, the amplitude of the displacement that varies indefinitely, they can be used to solve various pedagogical tasks to increase the accuracy and strength of strokes [11].

## **Discussions and Results**

Numerous studies have shown that precise targeting is determined primarily by adherence to a typical stroke technique, the ability to move it in response to unexpectedly changing situations, anticipation (perception), selective reactions, and the degree of specialization of differentiated reactions. In addition, the moving target in many ways helps to solve the task of improving the accuracy of the impact due to the acceleration of the process of adaptation of participants to the conditions of the competition. Thus, a variety of target exercises performed at different distances and with instructions for quick and precise punches form specialized movement skills that need to be demonstrated in boxers in fights.

The most common forms of exercise are [1, 6]:

- Exercises with a partner;
- Individual work with the coach in a "flat glove";
- Free battles;
- Independent improvement of sliding methods;
- Exercises performed in bags and simulators;
- Free combat series.

Exercise with a partner as a means of training and educating boxers is the basis for group training with young boxers who are now practicing for the first time. At the same time, some types of exercises performed with a partner are also used in the training of highly qualified athletes. Their effectiveness is explained by the wide range of options available to partners, from helping each other to assist each other to quick and confrontational one-on-one combat that is difficult to predict.

Among the types of forms of pairing exercises are exercises that are performed with mutual assistance. They are used when it is necessary to master the movement structure of a method or tactical skill. However, in all cases, one of the partners will attack and the other will be able to resist the attack using pre-conditioned methods and miss or return the blow. Exercises can be performed in a standing position, which facilitates the formation of time-space dependencies, especially when performing methods. The mastery of the training tools is then made more difficult at the expense of maneuvering, especially when the attacker (and then the defender) has the initiative.

This form of organization of exercises helps to stabilize the types of movement given by the coach, including the techniques of impact, counter-attacks, counter-counter-attacks, and the technique of striking. Often there are also mutual lessons, which are used in the practice of training qualified boxers. They differ from the typical exercises performed by helping each other using a wide range of movements given by the coach. Conditions may also be put in place where one partner interacts with the other by interpreting the exercises and evaluating the methods performed.

Combat exercises with a partner can be used to stabilize technical skills, specialize the speed of movement and accelerate the training of defenses and counterattacks based on the formation of tactical skills to exchange direct, bottom and side counterattacks on the spot or in combination with maneuvering.

The cycle of non-stop interaction of partners in each exercise is 20-70 seconds.

Rapid resistance exercises are important; they are used with the term “against”. They are mainly used in boxing training with two pedagogical tasks:

- Improving offensive and defensive techniques with retaliation;
- manifestation of speed of movement and specialization of reactions.

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The conditions of one-on-one combat, including the distance between partners (opponents), are determined by the coach, and boxers can act in non-alternative conditions, initially only in a partially abstract environment (the time of the attack is known). According to the instructions, the attacker performs only one attack assigned by the coach, for example, two deceptive moves and a direct blow to the head.

In such a situation, the defendant has the right to apply only one specific protection, for example, protection with a side deflection. Apparently, in such situations, i.e. when the defender knows how and which body part to attack him, he can only succeed in attacking by performing the initial level of movement quickly and unexpectedly.

Individual work with a coach in a "flat glove" is an independent form of organizing boxing training, as well as training [1].

In addition, the regular application of the volume of movements in the training of young athletes lags behind the pair exercises and combat practice in terms of the effectiveness of the methodological impact on the process of technical and tactical improvement. Only the control functions of working with the coach in the "flat glove" and the possibility of using it to quickly and purposefully correct technical errors, to model some of the situations that are close to the interaction in the competition, come to the fore [10]. Small volumes of combat practice and, from time to time, control fights for results at least 2-3 times a month form the basis for specializing the functional training of boxers to conduct long-lasting and mentally intense fights. In the series of training and control battles, the actions and tactical components of their preparation and application are optimized; individual adjustments are made [7].

## **In Conclusion**

The analysis of specialized literature and the results of a survey among leading experts in the field of boxing theory and methodology allow us to conclude that in sports science, issues related to the theory of sports training have always come to the fore. It is obvious that before preparing an athlete to achieve a certain result, it is necessary to know the conditions of wrestling, the requirements for specific functions of the body, its energy consumption, etc., and then, based on this, to organize the training process.



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