WEB OF SCIENTIST: INTERNATIONAL SCIENTIFIC RESEARCH JOURNAL
ISSN: 2776-0979 (Volume 2, Issue 5, May, 2021)

# ANALYSIS OF MODERN TECHNOLOGIES FOR THE DEVELOPMENT OF PSYCHOPHYSICAL QUALITIES OF BOXERS IN THE PROCESS OF TRAINING

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**Annotation**
Athletes prepare most of the body's systems for boxing by engaging in one or more sports. The overall development of physical qualities is much higher in people who have previously been involved in any type of sport. For example, gymnastics promotes the development of coordination, the harmony of all parts of the body, as well as the development of coordination and technical skills, the development of agility of the athlete.

**Key words:** Athlete, boxing, sport, Sports games, gymnastics, psychophysical

**Relevance**
A distinctive feature of modern boxing, according to many experts, is to give the competition process an active, dynamic, offensive character, increasing the amount of complex and unexpected situations in the fight. During the essence of rational techniques and the economy of movements, their variability increased significantly, the set of technical-tactical actions became more complex, and at the same time, their informativeness to the opponent decreased. Victory in battle was made possible by the increasing speed, accuracy and stability of strikes, the universalization of sports competition (I.P. Degtyarev, E.I. Ogurenkov, V.A. Taymazov, N.A. Khudadov, etc.). .
The purpose of the study: To identify ways to use modern technologies to develop the psychophysical qualities of boxers in the training process.
In accordance with the purpose and assumption, the following tasks of our master's dissertation work were identified:
1. To study the theoretical and empirical conditions for the replacement of traditional means of training highly qualified boxers with contactless training exercises.
2. To develop a methodology for the use of contactless training exercises in the

structure of the training process of highly qualified boxers and to determine its effectiveness in modeling individual technical and tactical skills and the growth of sports results.

Many athletes have achieved great success in boxing, having previously specialized in other sports - gymnastics, athletics and others. The positive effects of sports, especially those with large reserves of development of coordination skills and agility, are great.

Athletes prepare most of the body's systems for boxing by engaging in one or more sports. The overall development of physical qualities is much higher in people who have previously been involved in any type of sport. For example, gymnastics promotes the development of coordination, the harmony of all parts of the body, as well as the development of coordination and technical skills, the development of agility of the athlete.

Dexterity is the quality of managing an action task that is correct (i.e., adequate and precise), fast (timely), rational (goal-oriented and economical), and resourceful (stable and proactive).

Engaging in various types of athletics promotes the development of functional systems of the body - respiratory, cardiovascular, digestive and other systems. These exercises lay the foundation for many of the movement skills needed for boxing, teach most muscle groups to properly support and relax and perform most types of movements rationally, help develop speed, strength, and endurance, and develop the necessary adaptation to the correct breathing stereotype.

Sports games contribute to the development of agility, accuracy, spatial orientation, precise targeting, the ability to dose muscle tension, the speed of neural reactions, which are very important in boxing [26, 30].

The development of the qualities mentioned above should begin in adolescence. The variability of methodologies and methods of developing these qualities should be diversified [21]. The blind development of the athlete has a positive effect on the subsequent mastery and improvement of boxing techniques. In this type of martial arts, it is necessary to develop most physical qualities in harmony with the perfect performance of technical techniques.

The accuracy of dosing and stratification of muscle tension is of great importance in improving the coordination of movements in boxing [27]. Lagging in the development of any quality reduces the result and does not allow the boxer to fully display his strengths. For example, insufficient development of speed leads to the inefficiency of technical methods, even brought to a high level of stability. Lack of endurance does

not allow technical techniques to be carried out effectively throughout the fight, as the speed and strength of the blow, the accuracy of technical movements are significantly reduced in the fourth round, which can also lead to defeat. Lack of strength development leads to ineffectiveness of blows.

Coordination and harmony of all parts of the gadva is necessary for important components such as the speed and strength of the stroke. Experts who have studied the dependence of the strength characteristics of boxers' blows on the presence of body parts have concluded that when the body is used rationally, the action of the blow with the addition (mass of the blow) increases the maximum force of the blow and therefore increases its effectiveness [23]. They said that the motion of the blow increases with increasing maximum force of the blow and decreasing the time to reach it.

The corresponding activity of the torso muscles in the shock motion is expressed as a rising wave of tensions during the targeted addition of the muscles in series. Such a sequence of joints increases the speed of each successive link continuously and quietly, i.e., the speed of movement increases from one of the base links to the other [31]. In other words, all the power of the body parts is added to the end of the blow. This is especially evident when the force of the blow is instructed.

The magnitude of the impact force depends more on the level of development of the speed-strength qualities of the legs. Such efficiency of the kick is achieved at the moment when the whole body is placed at the end of the kick, at which time the legs are very tightly connected with the base and the whole body of the boxer is in a balanced balance. Then, in the minimum part of the time, it is necessary to return to the initial position in the combat standby mode or switch to another technical action.

We know that in order to master the techniques in boxing (with a partner, in a projectile, in freestyle wrestling), an athlete is required to expend a large amount of energy and neuropsychological strength.

Achieving speed increase in any movement can be done in two ways: a) by increasing the maximum speed; b) by increasing the maximum power [32]. Speed development has always been a serious problem for professionals. Because it is very difficult to achieve maximum speed, in practice often exercises of a fast-power nature are used. These exercises are divided into three groups: 1) exercises with overcoming resistance, the size of which is higher than that of competition exercises, thereby reducing the speed and increasing the level of strength training; 2) exercises in which the external resistance is lower than that of the competition exercise, their size is equal to that of the competition exercise, the speed of movement is maximum and higher;

3) exercises with resistance, the magnitude of which is higher than that of competition exercises, the speed of movement is maximum and higher [24].

However, without the right approach to this problem, most studies have shown that the magnitude of the resistances applied disrupts the necessary interaction in the work of specific muscles and muscle groups in most cases. Most studies show that the size of the weights should be limited in each individual case, but should allow the correct technical structure of the movement to be maintained for the sport. The use of weights allows for a sharp increase in the volume of specific exercises, without increasing or reducing the repetition of the main exercise in order not to encounter a speed barrier. However, increasing the volume with weights for this phase can lead to a disruption of the basic movement structure and, despite an increase in speed-strength performance, can lead to a decrease in the result in a basic specialized exercise.

A method of variable exposure allows to avoid these shortcomings, in which light, weighted and competitive weights are used optimally in sequence at different stages of training (V.V. Kuznetsov, V.M. Zatsiorsky, etc.) [24]. Such a method of increasing speed (by increasing strength) should be applied taking into account the individual characteristics of the boxer. We believe that increasing the efficiency of movement speed and methods through speed-strength training should be carried out in the following areas: performance of the movement structure in different speeds, rhythms, quantities and weights in exactly the same speed and speed-power mode as the main methods in boxing. To suggest ways and means of performing exercises in this direction, while improving the technique of the athlete, while simultaneously developing the qualities of speed and agility.

Rapid-strength exercises should be used with extreme caution in sports, as overloading in fast-paced exercises in beginners can adversely affect the functional system of the body, leading to an over-exercised state of the athlete. Exercises of a fast-strength nature should be used for a short period of time during training, as fatigue occurs quickly and the speed of movement is reduced.

Rapid-strength exercises help to quickly engage most muscles to perform technical movements effectively and to develop the “explosiveness” of the boxer’s nervous system.

The special speed types of boxer considered by the authors (N.A. Khudadovym et al.) Cannot fully express themselves without analyzing the more important form, which requires a great deal of attention. Here, it means the transition from one direction of motion to a movement in the opposite direction. These are the speed of the

moxibustion movements, the speed of the fist to return to its original position after the blow, the rapid transition from these offensive movements to counter-offensive and defensive movements, the rapid transition from one movement to another. In combat, attention should be paid to the rapid transition from one movement to another, which is often understood as a transition to the diametrically opposite direction [34].

The battle is composed of the most diverse transitions, ranging from preparatory actions to offensive or defensive actions, from offensive to counter-attack, from one type of movement to another, and so on [28].

It is known that one of the main factors providing physical activity in boxing is the transport of oxygen from the lungs to the tissues, which is limited by the circulatory system and the ability to consume [29]. Deep breathing reduces excessive tension and restriction of movement of most muscle groups, and conversely, limited muscle tension and movement have a negative impact on the depth and quality of breathing. In many cases, the lack of stable and deep breathing in training and competition activities is explained by the fact that many athletes for a long time did not pay enough attention to the stereotype of deep rhythmic breathing during this or that exercise.

When performing techniques on snails, with a partner, on laps with a trainer, it is often difficult to control breathing, especially when the intensity of the exercise is increased. This is explained by excessive muscle tension and the tension of most muscles and, of course, the tension of the muscles directly involved in breathing movements. We believe that the mastery of deep, stable and rhythmic breathing should begin with the more simple options of performing technical methods, which will develop a solid stereotype of quality breathing. These exercises help prevent limited muscle movement and overexertion, and allow technical movements to be performed in conjunction with breathing movements. During defensive movements, as a rule, it is necessary to breathe in a deep rhythm, not to hold it, just as in a rapid attack. It is advisable to carry out deep and rhythmic breathing and exhalation in conjunction with the performance of this or that combat action.

However, there is an important factor that must be taken into account when performing breathing exercises and during the hyperventilation that occurs in it or, conversely, during hypoventilation. both of which cause changes in the gas composition of the blood, which negatively affect important physiological functions, mainly the work of the heart. Gi-perventilation, for example, leads to the release of carbon dioxide from the body (hypocapnia), a decrease in blood acidity, which is

accompanied by dizziness, nausea, significant changes in heart function. Hypoventilation, in particular, is associated with shortness of breath, on the contrary, it causes the accumulation of carbon monoxide in the body, an increase in the acidity of the blood, and most importantly, hypoxemia (hypoxemia). Acutely expressed oxygen saturation, in particular, affects the condition of the cardiovascular and nervous systems. In order to prevent unnecessary changes in body functions, pulmonary ventilation should be dosed according to the body's needs [33]. Deep and steady breathing, which is controlled during training and competition conditions of any complexity, during work at different intensities, which fully meets the needs of the body, also has a significant impact on performance. By improving its respiratory system, breathing control, we are able to significantly affect the body's recovery after intense loads during training and heavy racing battles. It should be noted that during rational and stable breathing, the maximum consumption of oxygen and the excretion of metabolic products from the body increases, the recovery process after exercise is accelerated.

Recovery remains a challenge in modern sports, in any sport, for any athlete. Recovery processes have been relevant for many years. Regular proper functioning of the respiratory system contributes to an increase in the vital capacity of the lungs (OTS) [22, 29]. The loading should be such that it does not cause negative changes in the body, in particular, does not reduce OTS.

During high-speed racing, which requires rapid metabolism and large amounts of oxygen, often even a small amount of shortness of breath or short-term disruption of breathing leads to a lack of oxygen in the brain in the first place. It is the central nervous system that responds to the processing of a variety of non-standard movement information about rival movements, sense of distance, sense of body position, etc., and has a major impact on all functions of the body. It is necessary to react immediately to this or that action of the opponent, to the actions of the movement, to send a rapid signal from the central nervous system to most parts of the boxer's body. This can be done effectively when there is a lack of oxygen and when the brain cells are rapidly absorbing enough oxygen and the metabolic products are being expelled from the body quickly. Therefore, it is necessary to develop the automation and stability of proper breathing using new methods and tools. This is the case when maintaining a rhythmic and deep breath and when performing technical techniques more intensively, for example during intensive training on heavy boxing shells in the

special training phase, as well as during direct training sparring and competition fights.

The use of sports science to develop modern changes in the methodology of training high-class boxers has further advanced the understanding of the essence of the training process when dealing with boxing. Intuitionism in the formation of technical skills of boxers is over, it is time to scientifically substantiate the training process, to understand ways to develop it. In modern boxing in recent decades there have been significant changes in the rules of competitions, refereeing, boxing equipment, improving the organization of competitions.

In short, the world boxing leaders were also asked to reconsider the methodology of training boxers in order not to lag behind. It was necessary to redefine the previously developed means and methods of training and to create new, time-appropriate methods based on them. Modern scientific developments in the field of sports movements, adaptation of athletes to loads, allow to change modern ideas about the methodological support of the training process in boxing.

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