



## **BASIC LAWS AND DESCRIPTIONS OF WAYS TO DEVELOP TECHNICAL SKILLS IN BOXING**

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### **Annatation**

The increase in the level of training of athletes, the improvement of methods of sports training always contribute to the evolution of technique. 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.

**Keywords:** technique, boxers, Sport, special techniques

### **Relevance**

Improving the system of training highly qualified athletes requires the search for new methodological approaches to the organization and content of the training process, the choice of special training tools in accordance with the traditions of competition development.

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 object of research: the training process of highly qualified boxers.

The subject of the research: the methodology of application of preparatory exercises in the training process of highly qualified boxers.

The purpose of the study: To identify the basic laws and ways of developing technical skills in boxing.





In accordance with the purpose and assumption, the following tasks of our master's dissertation work were identified:

1. Analysis of scientific and methodological literature on the subject;
2. To study the theoretical and empirical conditions for the replacement of traditional means of training highly qualified boxers with contactless training exercises;
3. Substantiate the content of contactless training programs for the stages of special physical and special training of highly qualified boxers;

From the beginning of the twentieth century, boxing began to acquire an increasingly popular character, increasing the number of its fans from year to year. There was an urgent need to develop theoretically and practically the most rational ways of conducting boxing competitions.

Advanced technique is the most rational, effective way to perform an exercise [28]. The increase in the level of training of athletes, the improvement of methods of sports training always contribute to the evolution of technique. Therefore, the search for the optimal technique for different athletes will always be necessary at every stage of its evolution [24].

It has been accepted that the methods of performing movement actions (organizing them), which are solved with relatively great efficiency, with the goal-oriented movement tasks, are called exercise techniques [25].

Sports equipment plays an important role in achieving high results, technical training is the main link, a kind of "gateway" to sports training in general [24, 26, 29].

Boxing technique is a set of special techniques that a boxer needs in order to fight successfully. It allows the boxer to solve specific tactical tasks in different combat situations within the rules of combat [22, 23].

Many trainers and scientists have very different views on the installation of equipment: while others focused more on short-distance technical movements (E.I. Ogurenkov), others (B.S. Denisov, A. Shotsikas, etc.) focused on long-distance learning techniques. , most of them boxed at all distances.

Trainers and scientists have always been looking for more rational and effective ways to set up the technique. I.P. Degtyarev (1979) systematized the positions of combat standing in his classifier and included several other standing positions based on their performance in competitions by famous athletes (B. Lagutin, S. Shcherbakov, A. Shotsikas, B. Nikanorov).

Moving on to the analysis of other components of the technique (shocks, defenses, movements, etc.), we will focus on the most important moments that trainers and



experts pay great attention to.

Impact in boxing is the main means of attack, an important component of a boxer's technical armament. The level of skill of the athlete is determined by a wide range of perfectly executed stroke options.

When performing a blow, it is necessary to touch a certain area of the opponent and to achieve a certain strength of the blow to negatively affect the fighting ability of the opponent.

The force of the impact is affected by the magnitude of the impact mass (the larger the impact mass, the stronger the impact) and the speed of movement of the impact mass. The force of the impact is proportional to the speed. The maximum force of the impact depends mainly on the magnitude of the velocity of the impact mass.

Boxing skills.

Functional asymmetry is characterized by the inability of a boxer to perform the same high-quality punching movements with his left and right hands. For example, studies show that when performing a blow to the right hand, the left hand is 40% weaker than the right hand.

Kinematic chain stiffness. The higher the stiffness of the objects hitting each other, the greater the force of the impact. For this purpose, during the impact on the kinematic chain (arms - body - legs),

it is necessary to create maximum stiffness by blocking the movement at the end of the movement in the wrist, sac and shoulder joints; the movements are performed at the expense of the mobility of the shovels. It is important to know how to relax key muscle groups in a standing position. This creates the conditions for movement and impact movement [21].

It is necessary to follow a comfortable position to deliver blows, to keep the necessary distance, to create unexpected situations for the opponent, when he does not expect a quick attack at this moment in the fight. You need to know how to take blows without folding your arms, so that the opponent does not have time to understand your goal.

Defenses are one of the most important components of a boxer's technical skills. Over the years, coaches and scientists have developed and perfected various methods of boxing protection. It is necessary to take a very careful approach to mastering and improving defensive actions. At any moment of the battle, it is necessary to be ready for effective defensive actions, to create a comfortable position and distance for this or that defensive action. Only after effective defense can favorable conditions for attack and counter-attack and other technical actions be created. it is necessary to



develop a solid stereotype of protection from various offensive actions. The boxer needs to identify the places he needs to keep separate during the fight so that it can remain a noble art of defense in the future. Skillful defense minimizes injuries in boxing and leads to many years of movement and efficiency in the sport.

It is necessary to mention such an important factor as the distance required for defensive actions. It is always inconvenient for the opponent to attack, but it is necessary to create the most convenient distances for its effective defense and for the subsequent counter-attack and offensive. Defensive moves have been improved throughout the development of boxing. The British, the founders of boxing, offered a small arsenal of defensive movements based on movements, hand-laying and bending. This was in line with the development of boxing techniques at that time. However, coaches and scientists have gradually expanded their arsenal of defenses as they have developed boxing techniques. Due to the increase in the level of development of boxing, the demand for defensive actions has increased in particular. The great variety of offensive movements and the great variation in their execution, which led to a high degree of perfection in most of the ring masters, led to the need to create a large number of defensive movements and a variety of ways of performing them.

Many athletes have created their own methods of defense. An example of this is the professional ring master, the absolute world champion from 1919 to 1926, Jack Dempsey, who later successfully used in martial arts a method called "Jumpy Sun". This effective method has been used by many famous boxers, such as S.S. Shcherbakov et al.

Another important aspect of boxing technique, a method that makes it difficult or easy to perform most offensive and defensive movements, is the method of movement, the coordinated performance of which is consistent with the legs, attack and defensive technical movements. With the help of movements, you can choose the necessary distance, avoid the blows of the opponent, make deceptive moves, call for an attack, and many other maneuvers that are necessary in a combat situation. Skilled moves create a large number of positive opportunities for the effective implementation of attacks or defenses.

E.I. Ogurenkov, considering the technique of close combat in boxing, proposed a large number of technical methods and combinations (attacks and defenses), as well as different ways to perform them in a variety of tactical options. E.I. Ogurenkov gave full recommendations to the trainers on how to improve the methods of close combat





in laps and other shells, showing which features of the method should be given special attention.

However, in order to improve the sport, it is necessary to place the material in such a way and it is very important to develop in advance coordination skills that will allow boxers to work hard and master close combat techniques without excessive physical and nervous tension [27, 28].

The effort made the first time, and especially the complex effort, will not be perfect enough. Based on memory and gained experience, actions gradually begin to perform better. And as a result of doing it many times, strong connections are formed between neural processes, and eventually, a dynamic stereotype emerges. Movement skills become movement skills, and then the process of improvement gradually turns into high-level skills [28]. The duration and effectiveness of this largely depends on the level and base of coordination skills.

When a teenage athlete starts training, there are a lot of unnecessary elements in his or her movements. This indicates that he has not yet become accustomed to the actions of the coordination movement. Each impulse calls the excitation hearth in the cerebral cortex. Impulses travel from the brain to a number of muscle-antagonists, who not only help but also interfere in this set of actions. Only conscious exercise can concentrate this movement of the brain in such a way that the movement is free, economical, and to perform it, only the necessary muscle groups are needed. A stereotype is created that allows this movement to be much lighter and more economical.

In short, a boxer's workout is a continuous work of reflexes. When training in boxing techniques, every move should be thoroughly demonstrated by the coach. The athlete needs to repeat it many times.

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