



METHODS OF TRAINING BOXERS AND THE ESSENCE OF THEIR CONTENT

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Annotation

This work focused on the methods of training boxers and the essence of their content, the development of their physical abilities plays an important role in the process of training and preparation of boxers. One of the main tasks of training a trainee is an exercise that provides a comprehensive development of the physical qualities required for a boxer (speed, flexibility, agility, balance, special endurance, strength, etc.), as well as technical skills in sliding, punching, defensive movements and counterattacks. mastering the technique. It is therefore important to pay close attention to these exercises and require participants to perform the movements accurately.

Keywords: Boxing, technical means, method, functional, volitional training, endurance.

Introduction

The goal is for the boxer to know how to attack an opponent from a variety of initial situations. This is done by moving blows while moving and defensive transition exercises.

They are learned from face-to-face and side-by-side positions and are performed with the hands facing or opposite the legs. When training on the opposite leg of the hand, the weight of the torso falls on the right leg when the left hand is struck, and the weight of the torso falls on the left leg when the right hand is struck. In left-handed training, the weight of the body falls on the left leg during a left-handed blow, and vice versa. These movements are first studied separately, in which the boxer stands in his place, and then performs steps forward, backward and sideways, and around the circle[13]. When striking, it is necessary to achieve a combination of several movements. It is necessary to move from the movement of the opposite legs to the movement of the corresponding legs, and vice versa, to move both in front and in a combat position[11]. A series of exercises that help you quickly master movement, strokes, and defenses while sliding are learned and refined at the same time. At the same time, care should be taken to create a comfortable and initial situation in order to move on to the counterattack after the defensive action[10].





It is advisable to follow a certain sequence in order to successfully master the technical tools provided in the trainee training program. First, long-range movements, direct attacks on the head and body with single blows are studied and refined. Then, if the boxer is standing on the left side, he is taught to hit the head with the left hand, or, if the boxer is standing on the right side, he is taught to hit the head with the right hand. Such strokes are performed first conditionally, then freely[20].

The back and sides are then studied by stepping, palms, shoulders, wrists, backs, and deflections. After training on single shots and their defenses (mainly over long distances), it is necessary to move on to two and three consecutive blows, first conditionally on assignment and then using defense of free choice. Once a boxer has mastered the technique of moving, attacking blows, defenses, he can begin to study counter-blows in the form of response[8].

Improving the level of physical, functional and volitional training. Boxers improve their physical and functional fitness through year-round training. It uses a variety of means of physical and special training, rationally combining the volume and intensity of loads and means of recovery. To increase the level of physical and functional training of junior boxers, it is necessary to use a wide range of general physical training tools. They allow you to further accelerate the specific loads in the workout and create a foundation for general physical fitness to improve specific physical fitness. The special physical training of senior boxers should have a narrow individual focus, depending on the tasks of improving the method of individual combat. The general physical training of high-ranking boxers is highly specialized, while the special training is varied and is characterized by a high level of volume and intensity of loads[19].

Raising the physical and functional training of junior boxers to a certain level requires an optimal combination of general and special physical training, the volume and intensity of loads at different times of the year. Athletes must maintain their physical fitness using general physical training facilities (swimming, sports games, jogging, rock throwing exercises). This will allow him to stay in shape during the rest, recovery and training period.

Physical training is almost a complex of exercises, which includes all the exercises that are typical for the above-mentioned "pure" types. This type of mixed exercise includes morning physical training and exercise. The goal of all physical training sessions is to help boxers develop different combinations of general and specific physical qualities[4-21].

Exercises to further develop overall endurance. For sample sessions crosses, running in the stadium (with a strict alternation of running and rest) should be included. Cross





training is usually done by running and moving exercises, and then a flat with running in the picture (distances from 5 km to 10 km) or with accelerations and jolts light in the form of running together (for the shortest distances, e.g. 3-5 km) involves body heating. The approximate division of the 3 km cross-country run is as follows; the athlete will cover 1000 meters, with 10-15 meters after every 100 meters performs accelerations; the last 50 m he runs at maximum speed, then 1 minute runs slowly throughout, from the next 1000 meters to the last 100 meters with all the strength of the athlete passes, after which rests for 1 minute; at the end it passes 1000 meters, in which each performs accelerations of 10-15 meters after a 100 meters and with a slow running distance completes[17]. For the complex development of endurance, speed and agility using sports games. The focused exercises usually warm up the body while moving and standing in place (10-15 minutes during), and then usually football or basketball on a large or small field (rarely) handball, water polo). The duration of the training is preparatory depending on the functions will be around 30 to 90 min[15]. Exercises to develop strength. Exercises include general body warm-ups and dumbbells, includes exercises performed with filling balls, expanders, barbells. Close involved in remote strike and defensive movements as well as in force resistance boxer along with exercises that affect the basic muscle complex to a particular group of muscles (e.g., the shoulder girdle) that are actively involved in movement muscles, leg muscles), locally acting exercises are applied[14]. The first group of exercises is based on the barbell (squeezing the barbell, squat, squat lifting), filling balls, exercises with special weightlifting trainers[24]. The most effective weight to develop a boxer's overall strength is the barbell, his weight is 70-80% of the maximum. The second group of exercises is special with dumbbells, exercises with an expander and barbells focused exercises (squeezing the barbell while lying down, barbell jumps, etc.) enters. In the exercises, both groups of exercises are used alternately. Strength training can be transferred differently. Exercises in the hall Development of general (strength) and special endurance training with more tools. At the beginning of the lesson a typical 10-minute moving body warm-up exercise (average intensity), 2-3 rounds of the "fight with the shadow" exercise are given. Then the young boxers are light (3-4 round) and heavy (5-6 rounds) shells using more series of blows perform the exercises in turn. After that, many times (until exhaustion) weights - dumbbells, medium weight barbell and its griffin, expanders, hanging on the wall. Exercise for 30-40 minutes with blocks, then 2-3 rounds with a rope as well exercises are used for relaxation, the total duration of the session is 90-120 minutes[9].





Rapid-strength training tools are more commonly used exercises. Boxers are exemplary a small ball according to simplified rules after a warm-up exercise (10 minutes) play basketball, handball, football. Then 2 rounds of "shadow fight" exercise (with separate 3-5 second accelerations with explosive properties) and more light exercises with spurs on shells (stuffing and pneumatic brushes) and bags applied - a total of 5-7 rounds. Boxers after 3 minutes rest (30 minutes during) with a barbell of various weights, including the weight around the border lifting and explosive exercises (2-3 attempts, weight jumping exercises, gymnastics jumping on and off their projectiles), perform exercises for tension[1].

Speed and method of its development. Boxing speed is as short as possible is the ability to perform certain actions and techniques over time. Speed quality is good high results in boxing cannot be achieved without development. Even a second from his opponent a boxer who moves faster than a hundred pieces has a significant advantage over him will be[23]. The speed of a boxer depends in many ways on the mobility of his nervous processes, it is the sensitivity to the conditions, the perception of changes in the actions of the opponent to the extent that it develops, to instantly accept the situation that occurs each time in the competition to be able to perform and evaluate correctly, to perform tactical actions in a timely and accurate manner depending on. For example, the method focused on speed with a low-weight partner do without. Performing exercises in a relaxed environment is simple in terms of speed the performance of very fast actions that exceed the actions performed under the conditions encourages For example, along a sloping path (from a mountain) to increase running speed running is applied[3].

The method of training in aggravated conditions; Boxer encounters in competitions which can be done with maximum speed in the most difficult conditions repeating actions many times. For example, special exercises with a heavyweight partner do Repeated voltage method. It is used in two different ways:

- perform exercises at and around the border;
- exercises should be performed in such a way that the strength forces at the border are relative is provided by the transfer of a light load from one place to another at great speed.

Game and competition methods are also of great importance and their use the athlete's emotional environment, mood, changing sense of competition there may be an additional incentive (incentive) to develop speed at the expense of[5]. Endurance and the method of developing it; Boxing endurance is all about the fight high-speed execution of movements and multiple competitions throughout the race the ability to transfer rapidly[22]. High endurance is a great workout for a boxer and



to master the loads of the race, his motor skills in the activities of the race allows you to do it in full. General and special endurance in boxing differs. If the exercise sequence is reversed, the effect of the rapid exercise effect. Praise is the interaction of the form and composition of exercise in boxing are in harmony with each other in harmony. Exercises in boxing training by increasing the level of intensity we change its composition qualitatively in which case its shape changes along with its composition. Physical The exercises are so diverse that there is a need to classify them comes, that is, groups and subgroup systems of them according to certain characteristics separation is carried out. In this case we are widely used in boxing and on individual parts of the exercise, which has a sufficiently wide range classify.

In the process of physical education effectively organizes training from the healing power of nature and a means of training.

Today, Uzbek boxers are among the first to raise our flag in the international arena. This is true of boxing trainings in our country indicated that it was planned. Today Uzbek boxers come for the future it is no exaggeration to say that commendable achievements will be made.

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