

Improving Boxer's Sports Skills

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ABSTRACT

In this article, the volume of technical and tactical tools mastered by a boxer at different stages of his sports skill formation, the degree of manifestation of physical and mental qualities and the diversity of functional capabilities, some special features and qualities of a boxer are at a high level of manifestation, others - average, and the third is explained that they may lag behind in development.

Any exercise performed by a boxer for the purpose of acquiring certain movement skills or training this or that physical quality causes certain changes in his other skills and qualities. Such interdependence is based on the unity of manifestation of movement and functional capabilities of the athlete's organism and the law of its characteristics.

One of the most important forms of implementation of the principle of joint training in a boxer's training is the simultaneous development of his special physical qualities and special movement skills. When skill formation is carried out simultaneously with the improvement of special physical qualities, the strength of skill manifestation increases significantly. This principle is widely used in athletics, gymnastics and other sports.

The principle of guided joint training is also widely reflected in the boxing training method, where exercises with weights and improvement of the athlete's special movement skills are used at the same time.

Boxing is a quick-power sport. Therefore, when the coach deliberately creates the most effective speed-power conditions for improving skills when working with a boxer, high consistency of special movement skills in competition situations is possible. In order to improve the "explosive" effect of the boxer's punches, lead weights are used that are attached to the athlete's elbow or other body parts. They make hitting skills difficult.

In the practice of educational work, various lightened dumbbells are used in the treatment of strikes with special exercises such as "shadow fighting". Special training exercises are widely used, such as throwing various filler balls, cores, stones, these exercises are performed by the boxer from a combat standing position.

Weighted shoes are used to simultaneously improve the speed and skills of sliding.

Famous professional boxers actively used special and special training exercises under difficult

conditions.

For each boxer, choosing the optimal weight based on his weight category and level of training is one of the necessary conditions for effective use of the principle of joint training in a directed manner. If the weight is higher than "sharp" for a particular boxer, then the dynamic structure of tensions during the performance of the skill is disturbed. Technically correct execution of the method by the boxer is a necessary condition for successful use of exercises with weights and improvement.

It is appropriate to pay attention to social-pedagogical and social-psychological factors in the training of qualified specialist personnel in the field of boxing, sports training and improvement of their skills. In explaining these principles, attention should be paid to the following main factors:

- ✓ the principle of achieving the unity of general and special physical training;
- ✓ the principle of repetition and continuity of the training process;
- ✓ principle of cyclicity;
- ✓ the principle of gradually increasing training loads.

A boxer cannot achieve high sports results if his special and general physical fitness is not high enough. Boxing is one of the complex coordination sports. It requires the athlete to demonstrate various movement skills, skills and physical qualities. It is known that a person performs any action based on the "joints" of action previously acquired by him. Thus, the more he has a reserve of conditioned reflexes and the more skills he has, the more diverse his special movement activity will be.

General physical training, especially at the initial stages of the formation of a boxer, allows to create diversity in the manifestation of movement skills and skills necessary for the athlete in his future growth. If the coach abandons the general physical training tools in the process of training a young boxer, he will make a huge and irreparable mistake, because all-round effective development of the athlete cannot be achieved with the help of special exercises alone. It is difficult for him to perform complex coordinated movements, because the resulting interdependence of previously acquired forms of movement is not large due to the abandonment of general physical training tools and does not sufficiently help the boxer to develop new specialized skills and competencies.

The complex of standards plays a major role in determining the overall physical fitness level of a boxer and in the process of improving it. By requiring the boxers to fulfill the standard requirements, the coach creates a basis for their comprehensive physical development.

The correlation between general and special physical training helps the boxer to develop his sports skills at all stages of his sports life. However, the tasks, content and direction of the general physical training of a boxer have their own characteristics at each stage.

In the initial stages of the formation of a young boxer, the trainer should use various types of sports and special means of general physical training in the widest possible range in order to comprehensively develop the movement and functional capabilities of the athlete's organism.

The widespread use of general physical training tools at the initial stage of a boxer's formation is also due to the fact that during this period the "transition" of training from general developmental exercises to special exercises is sufficiently high, since beginner boxers have reached a high level in the development of their physical qualities. did not achieve. For example, the game of basketball not only helps to develop general quickness, endurance, agility and other qualities, but also makes it possible to improve special quickness, endurance, agility indicators.

Thus, extensive use of general physical training tools is a necessary condition for creating a

foundation for the all-round development of a beginner athlete.

However, as the boxer's skills and sports skills grow, the size, quantity and direction of the general physical training equipment should change. First of all, the volume of special and special training exercises will increase due to the reduction of general physical training equipment. General physical training tools are maximally close to the boxer's special exercises according to the nature of the developed tensions and the method of execution. The need to "specialize" the general physical training means is also caused by the fact that as the athlete's skill increases, the "transfer" of training from exercises to special exercises decreases.

It is necessary to prevent unjustified breaks in training that contradict the logic of the pedagogical process. This is due to the fact that the changes that occur in a boxer under the influence of targeted training are reduced by inappropriate long breaks between training sessions.

Finely specialized and late-formed fibers that underlie movement skills and physical qualities fade faster. In this case, the training effect of training will decrease and may disappear altogether as a result of a longer break.

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