European Journal of Innovation in Nonformal Education (EJINE)
Volume 4 | Issue 3 | Mar - 2024 ISSN: 2795-8612

Building Endurance Abilities of Young Boxers

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A B S T R A C T
In this article, the use of selective training tools for the development of general endurance, strength, quickness and other physical qualities of children aged 11-13 years in the primary training group of the elementary school helped to develop their physical fitness.
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A R T I C L E I N F O
Article history:
Received 18 Jan 2024
Received in revised form
17 Feb 2024
Accepted 18 Mar 2024

Keywords: SSCHT, endurance, initial training, boxers.

Children of small school age have a much lower level of endurance. However, by the age of 10, their ability to perform high-speed work multiple times (repeated short-distance running) and relatively long periods of low-intensity work (slow running) increases. So, slow running can be successfully used to develop endurance from elementary school age.

It is necessary to pay great attention to the development of general endurance from the first training. In this case, it is recommended to use a long slow run of one pace.

The authors describe methods and techniques used to develop general endurance during exercise, as well as an experiment conducted by a group of trainers and its results.

The ability to resist fatigue in an activity is called endurance.

General endurance is a person's ability to perform unusual activities for a long time and successfully.

The functional characteristics of the human body are the basis of the manifestation of general endurance. They form a non-specific basis of resistance to various types of motor activity.

This is, first of all, vegetative functions, including the productivity of the aerobic source of energy. For example, the uniqueness of a person's ability to breathe is not so noticeable. It does not depend so much on the external form of movement. Therefore, if someone can significantly improve their aerobic capacity through running, this will have a positive effect on the performance of other activities (walking, rowing, etc.). A non-specific, generalized level of training with exercise based on improving the work of the vegetative systems of the body creates favorable conditions for a wide transition from one type of endurance activity to another. Therefore, there is a basis for defining this type of endurance as "general". As the duration of muscle work increases, endurance transfer increases (Volkov.N.I and others, 1994). The positive transfer effect of general endurance is widely used in sports practice and professional physical education.

For the development of general endurance, exercises that are far from competitive exercises or professional activities, but are considered highly effective for the cardiovascular and respiratory systems,

are often used.

The author states that the level of resistance to work of an aerobic nature can be increased by using appropriate modes of intermittent and alternating styles. The main method of interval training is that the heart rate reaches its maximum values during the rest intervals after performing relatively strenuous work.

Factors determining endurance in young boxers. The factors that predetermine the manifestation of endurance are: muscle structure; intra-muscular and inter-muscular coordination; performance of cardiovascular, respiratory and nervous systems; reserve of energy sources in the body; level of development of other physical qualities; technical and tactical economy of action.

A similar relationship in the manifestation of endurance is also observed at the level of development of other movement qualities. This is evidence that a high level of endurance can be achieved only if other physical qualities are optimally developed.

The degree of manifestation of endurance in competitive activities also depends on the optimal tactics of sports fighting.

Variable speed training is widely used in aerobic work. In this case, it is necessary to change the sections with a relatively high and relatively low speed, to increase the intensity of the sections when the pulse reaches 160-170 beats per minute, and at the end, in a low-intensity section, 140-145 beats per minute. means to reduce it.

Endurance development tools. Various physical exercises and their complexes can be used to develop general endurance. They must meet the following requirements:

- relatively simple performance technique;
- active operation of most skeletal muscles;
- a high level of activity of functional systems limiting the manifestation of resistance;
- the ability to regulate and manage the training load;
- The ability to perform for a long time (from several minutes to several hours).

The listed requirements include cyclic exercises: walking, running, etc. suitable in many ways. Most circuit training techniques are easy and simple for almost everyone. Almost all skeletal muscles are involved in their performance and the leading functional systems of the body are activated. But the most important thing about cyclical exercises is the ability to regulate the intensity and duration of loading in strict accordance with the health status and level of physical fitness of a particular person.

Positive changes in the development of general endurance achieved with the help of cyclical exercises have a good effect on the performance of the movements, which are different according to the structure. In other words, there is a high degree of transfer of endurance in exercises performed in low and high physiological intensity zones.

Sports and active games are a very effective means of developing general endurance. The high emotionality of game activity allows to maintain a high level of motor activity for a long time.

Sports and active games are very useful for comprehensive development of endurance (general, speed-strength), especially in childhood and adolescence. At the same time, it should be noted that the lack of the ability to strictly regulate, control and take into account training loads is their significant drawback.

A great effect can also be achieved by using acyclic exercises that meet the requirements listed in the development of general endurance. Usually, their effectiveness is ensured not only by the performance of some particular exercise, but also by repeating various exercises many times. Therefore, in return, the necessary level of influence on the leading functional systems is achieved.

It is advisable to use breathing exercises as an auxiliary tool for the comprehensive development of endurance: controlled change of breathing speed, depth and rhythm; pulmonary hyperventilation and moderate breath holding; synchronization of breathing with movement phases; Selective use of different types: mouth and nose, chest and belly breathing. Purposeful use of external environmental factors - air

temperature, relative humidity, ultraviolet rays, atmospheric pressure, etc., for the development of endurance, allows to increase the effectiveness of exercises. Any change in climatic conditions causes physiological changes in the body. It is not important that the organism adapts to any climatic conditions. As a result of adaptation to changes in weather and climatic conditions, the reactivity of the vegetative nervous system increases, breathing and blood circulation accelerate, oxidation-regeneration processes increase, and as a result, endurance increases.

Among the environmental factors, the mountain climate has the greatest influence on the development of endurance. This is due to a number of its specific features: low atmospheric pressure, low partial pressure of oxygen; high activity of ultraviolet radiation, etc. It is advisable to carry out endurance training at an altitude of 1500 to 2500 m above sea level.

A method of developing general endurance. In the process of developing general endurance, it is necessary to ensure the effect of training on the factors limiting its manifestation. This requires solving the following tasks in sequence:

- Development of intensity of functional systems of aerobic energy supply. Maximum oxygen consumption (MOC) is a generalized indicator;
- Development of the capacity of the aerobic source of energy supply. It is characterized by the ability of a person to perform a certain work for as long as possible at the maximum oxygen consumption level for this work;
- improving the mobility of functional systems of aerobic energy supply;
- Improvement of functional and technical efficiency. The standard is characterized by a decrease in energy consumption per unit of work;
- Increasing the power and capacity of the body's buffer systems and the possibilities of its realization. It is characterized by a person's ability to bear changes in the internal environment of the body (age-specific temperature of the body, accumulation of lactic acid, weight in individual joints of the body, etc.).

The indicated tasks are strictly ordered and can be effectively solved using the methods of competition exercises.

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