

Anatomical and Physiological Characteristics of Young Boxers

Ibragimov Mironshokh Muhammadovich

Associate Professor of the Department of Sport Theory and Methodology of BSU

ABSTRACT

This article is devoted to the study of the effectiveness of the training process, consisting of special and non-traditional exercises and action games, designed to develop the anatomical and physiological characteristics of boxing of young boxers engaged in the initial training stage.

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It is known that the technology of managing the training of young boxers consists of specific structural elements: collecting and analyzing information, making decisions, organizing execution, monitoring and making adjustments to the program. These elements interact and complement each other, contributing to the efficient functioning of the entire system. The structure of multi-year training depends on many factors, among which the following are distinguished:

the structure of the athlete's competitive activity and preparation;

rules of formation of sports skills;

formation laws of adaptation processes in leading-functional systems of the body for this type of sport;

individual and sexual characteristics of the athlete and their rate of biological maturation;

composition of training tools and methods, dynamics of training loads (V.K. Balsevich, 2002; K.P. Sakhnovsky, 1990).

Any management system is always aimed at achieving a specific goal. It is further defined by setting specific tasks. A necessary condition for successfully solving the tasks ahead is the availability of scientifically based information about the factors that determine the achievement of the goal.

A complex of selectively involved components can be called a system, in which interaction and mutual relations have the characteristic of mutual assistance of components to obtain a useful result. The result is an integral and decisive component of the system, an instrument that creates an orderly interaction between all its other components (P.K. Anokhin, 2005, 2010). In the software management system of the training process, the trainer and the athlete (as subjects of management) interact with each other and with the external environment.

The essence of managing the training of young boxers is to develop and implement general and private tasks, tools and methods, taking into account information about the goals and the structure of the organism, the laws of its functioning and development. (Y.V. Verkhoshansky, 2003; M.P. Shestakov,

1998).

However, in complex (cybernetic) systems, there may be a large number of options for both the control result and ways to achieve it (D.D. Donskoy, 1999). That is why it is the central task of sports theorists and practitioners to find options for organizing training suitable for the purpose.

In sports theory, the long-term training process is conditionally divided into several stages. For example, V.N. Platonov (2007, 2008) suggests 5 stages - initial, initial base, specialized base, maximum realization of individual capabilities and preservation of results. In the author's latest works, 8 stages are distinguished, but this does not seriously affect the general rules for creating a long-term training process.

The author of this study is of particular interest to the initial training stage, because the sport, being martial in its essence, consists of a sufficiently large number of complex movements in terms of coordination. It is this situation that determines the special importance of the initial training stage in the long-term training process of young boxers.

The training process of young boxers has its own content, which depends on the characteristics of the age-specific development of children and adolescents.

A number of general tendencies are visible in the system of training of the sports reserve, which must be taken into account when managing the training process at all stages (N.Y. Nabatnikova, 2000; V.N. Platonov, K.P. Sakhnovsky, 2008).

In most sports, including athletics, the stage of initial preparation corresponds to the junior school age.

Within this stage, the following main tasks are solved: strengthening of health, all-round physical development and formation of interest in sports activities (V.N. Platonov, 2000, 2004 and dr.). A special place is allocated to the child's play activities. The goal of the game is primarily seen as an emotional content during exercise. The use of the game method in the training of young boxers ensures the high emotionality of training, the rapid development of physical abilities, and gives children the opportunity to demonstrate qualities such as initiative, courage, independence and quick thinking. Children's training is represented by a variety of tools, methods and organizational forms, various types of sports, and the wide use of elements of dynamic and sports games.

At the initial training stage, priority is given to all-round physical training, which is carried out in combination with special basic training. 50-65% of the time is allocated to general training and 35-45% to special training. However, the relatively small amount of movement skills and the even smaller amount of competition exercises make this situation difficult to perform.

At the same time, the effectiveness of training at this stage largely determines the success of future sports development.

The main task of managing the training of young athletes at the initial training stage is to ensure the all-round preparation of the participants, to acquire a reasonable technique of exercises that helps to grow in the chosen sport.

A complex of special-preparatory and game exercises is widely used in training with children. Special attention is paid to tactical training.

According to the authors, it is appropriate to include special tactical tasks that help the development of the skills of performing simple tactical operations in young boxers. Participation in competitions is an effective means of acquiring sports techniques and tactics. At the same time, the insufficient level of comprehensive training makes it difficult to implement this situation.

It is well known that long distance running and cross-country running are the main means of endurance development in children, adolescents, and young adults. Young boxers of this age are well adapted to work with aerobic properties, as a result of which the capacity of the oxygen delivery system increases.

However, according to V. N. Platonov (2000, 2004), this approach cannot be recognized as sufficiently correct, despite the fact that it is deeply embedded in special literature and sports practice. It can only fully correspond to the types of sports and their specific directions, the level of achievement of which is largely determined by aerobic work productivity.

As for single combats, this approach to them needs clarifications and additions, because the endurance structure of representatives of this sport includes, first of all, the ability to work efficiently with an anaerobic-aerobic nature.

In our opinion, for the formation of integral training, it is necessary to organize the training process from the initial training stage, taking into account the circumstances described above.

Another important aspect of the management system is the selection of reasonable tools and methods that ensure that young boxers achieve the planned sports results. Therefore, the main place in the training management system of young boxers is allocated to issues of planning and adjustment of training and competition loads, development of their structure and proportions of various means of preparation. However, in the special literature, these issues have not been sufficiently covered in relation to the sport of athletics.

In order to ensure a close relationship between the training loads of young and older boxers, it is necessary to take into account the requirements of the stage of high sports skills. Therefore, the gradual increase of training loads is often replaced by their jumpy growth (V.S. Lemeshkov, 1999). Usually, such an increase in load often corresponds to the transitional age period, which negatively affects the formation of the body of a young athlete. Such an approach, in our opinion, can be explained by the tendency of young boxers to practice unfounded early competition.

A complex pedagogical and medical-biological control system is used on a small scale to evaluate the effectiveness of managing the training process of young boxers. As the intensity and volume of the training load increases, the importance of control increases dramatically. The approach of loads to the physical limit often means that control issues are not only a matter of increasing training, but also of maintaining the health of the young athlete.

Development of numerical indicators of control of young boxers depending on their age, determining the informativeness of tests and making corrections to the training process are important elements of the management system (V.P.Yelizarov, 2000; M.V.Yermolayeva, 1993; V.M.Paliy, 1999; VN.Platonov, M.N.Bulatova, 1992).

Thus, the problem of managing the training of young boxers should be considered as the total means and methods of managing this process as a whole, as well as its individual components, through the guiding, managing and controlling activities of the trainer. It should be noted separately that the training of young boxers from the point of view of the programmatic method is a complex system, which consists of various interrelated components. This is a system whose management is based on the use of objective laws of sports skill formation. This system is goal-oriented, that is, management at all stages of the training process is aimed at achieving the highest results. At the same time, sports training is a dynamic, developing system that fulfills both long-term and current, intermediate goals. Training is the most serious part of the management system, which includes:

a complex of high-performance pedagogical influence on the level of special training of the athlete and its reasonable structure that corresponds to the characteristics of the competition activity;

a reliable and informative system of comprehensive control of the athlete's condition.

The analysis of scientific and scientific-methodical literature and practical experience shows that further improvement of the training management system, which forms the basis for future sports improvement, becomes more and more important. That is why the main attention of the author of this study was attracted by the problem of finding ways to increase the effectiveness of the training process of young athletics.

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