

Peculiarities of Boxing Competitions

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Annotation: In this article, the effectiveness of the technical and tactical actions of boxers during the competition is scientifically evaluated and analyzed, appropriate recommendations are made based on the results of the analysis, and these recommendations are taken seriously during training, training is organized on the basis of modern pedagogical technology and transmission is lit.

Key words: boxing, competitions, technical and tactical actions, analysis, training, pedagogical technology.

Sports competitions are a unique activity and play a major role in regulating the movement of competitors, providing an opportunity to objectively compare some of their abilities and to ensure the maximum manifestation of physical qualities during the competition.

Sport in its current form has a number of unique features:

1. In the activity of sports competitions, the level of competition is organized on the basis of the system of sports competitions, increasing the requirements for successive achievements (those who participated in the lower competitions are placed in the top place or from the bottom to the top).
2. It is carried out due to the equalization of actions performed directly in the competition, management conditions and methods of evaluating achievements. This equalization is strengthened by certain rules as general norms of conducting competitions.
3. The actions of competitors are arranged according to the principles of non-antagonistic competition.

The athlete displays the indicators of the chosen type, individually, according to his capabilities. These results can be defined in units of time, distance, weight to improve the result of either physical victory or victory over the opponent (in points, goals, points, etc.).

A high sports result is considered a standard of human potential in the current development of sports. By comparing them, everyone can compare their sports results and, based on this, plan to improve their results. From the above, the role of benchmarking and encouraging sports results is clear.

Sports results are always a multifactorial phenomenon (which depends on many reasons). The results of sports in the society are the factors affecting the development.

1. Athlete's individual talent and level of preparation for high results.
2. Effectiveness of the sports training system, its content, analysis and material-technical support.
3. It depends on the breadth of the sports movement and the general social conditions of its development.

Studying the features of sports competitions has been of interest to sports experts and has not lost its importance even now.

First, competition is the main content of sports.

Secondly, sports competitions are "bigger" than sports training in terms of genetics and obedience. It is known that in the development of human spirituality and culture, games were first formed among various one-on-one combat and sports elements. Later, after their forms, styles and elements began to be organized, the ways of preparation began to be determined. Nowadays, in sports, a scientifically based system of training athletes in many fields of this direction is organized and includes sports training.

Thirdly, sports competitions are considered as "Polygon" in determining the physical, tactical and technical capabilities of the athlete, reserves and the capabilities of the sports team. Therefore, competition is created to overcome psychological contradictions only during the competition, and the psychological structure of the athlete's competitive activity is determined. The competition system combines a number of official and unofficial competitions and organizes sports activity as a relatively separate form. These are divided in a certain order depending on their scale, importance, stages of athlete training and other conditions.

Absolute firsts (individual and team), world and Olympic games take the main places in competitions. Competitions aimed at such a main goal have a certain influence on the training of an athlete. Accordingly, certain stages of the training are planned, optimal preparation time for high sports results, etc. are determined. Many other competitions are held for training purposes. Competition time determines 10-15% of the total time of sports training.

Competitive activity is an organized competition that objectively compares one's abilities and ensures and regulates one's maximum performance. It has several special features:

1. To organize activities in the competition system depending on the level of increasing competition and the demand for achievement (in preliminary and official competitions).
2. The organization of ways to evaluate the activities, conditions and achievements of the athlete in the implementation of the means of the competition is strengthened by certain rules and general norms of the competition.
3. It also depends on the behavior and behavior of the contestants.

Sports competitions - in a state of excitement, more than 100 sports competitions are held today. Each type of sport has its own methodical features, conditions for participation, rules of conduct and determination of winners, and other requirements for holding a competition.

The competition is part of the athlete training system, because it is organized not only with personal sports training, but also with social tasks (propaganda, demonstration, etc.) in mind.

Some experts say that in order to determine the number of repetitions of indicators, it is necessary to use information about what kind of physical loads the player will withstand during the competition when planning the training process. The classification of competitive activities of athletes of different skills is to take into account the athlete's long-term training model. In recent years, the modeling method is often used in science and sports practice. A model of strong athletes, a team model, and a model of training processes are being developed.

There are also such ideas that the basis for creating a model of competition exercises is the intensity that determines the activity of athletes in the game. For a long time, scientists have been trying to create a reliable standard for assessing the intensity of competition in sports and martial arts.

The main goal of pedagogical control is not to observe the technical and tactical actions of athletes, but the main evaluation criterion is to study the attitude of the opponent and the referees in the intense and tense moments of the game, the attitude of the opponent to the opponent's resistance should consist of.

Success in sports competitions cannot be achieved without the necessary technical training of the athlete. While performing the actions that are part of this sport (running a certain distance, jumping and jumping, performing gymnastic combinations on the horizontal bar or parallel bars, throwing the discus or javelin, shooting the ball into the basket in a basketball game, aiming at the goal in football, throwing a ball at the goal in handball, hitting an opponent in boxing or taking protective measures against a blow from an opponent, etc.), the athlete must use the most effective actions and methods to perform these actions.

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