



## **METHODS AND TOOLS FOR THE FORMATION OF SPECIAL SKILLS IN THE PROCESS OF CONDUCTING INDIVIDUAL LESSONS FOR BOXING COACHES**

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### **Annotation**

This article explains the current state of formation of special skills in boxing coaches in the process of conducting individual lessons, ways to train coaches in the process of teaching specialty subjects to students of higher education (sports activities boxing), opportunities to solve the problem. The article also analyzes the formation of a reserve of boxing coaches and the expansion of opportunities for Uzbek athletes to participate in competitions in Asia and around the world, as well as issues important for teachers and athletes.

**Keywords:** boxing, personnel, education system, physical education, physical culture, criteria, principle, social maturity, spirituality, professional skills, sports activities, coach (trenet) knowledge, skills, abilities, systematization, vocational training.

### **Introduction**

In recent years, the country has been taking consistent measures to promote physical culture and sports, promote a healthy lifestyle among the population, create the necessary conditions for physical rehabilitation of people with disabilities and ensure the country's worthy participation in international sports arenas.

At the same time, the implementation of specific programs to promote public health in the field of physical culture and sports, the involvement of young people in sports and the selection of talented athletes, the formation of national teams with skilled athletes and coaches is an additional condition for coaches. There is a need to create conditions.

One of today's tasks is to identify priorities for improving the skills and knowledge of the population in the field of physical culture and sports, the introduction of innovative forms and methods in the selection of talented athletes in order to form a comprehensively mature and physically healthy person with high culture in the





country. The Resolution of the President of the Republic of Uzbekistan dated April 29, 2021 "On measures to further develop boxing" serves as a legal basis for the development of boxing in our country at a new stage. This decision is fulfilling the long-awaited dream of industry professionals and boxers.

Undoubtedly, today boxing has become one of the favorite sports of the people of our country, especially young people. Our boxers have won almost all the prestigious competitions held in the world rings since 2016 and have not lost the lead.

Such a high rating of our athletes on the international boxing arena has paved the way for further increasing the public interest in boxing among young people, further improving the system of identification, selection and selection of talented athletes, training and financial incentives, as well as maintaining Uzbek boxing leadership in the world. In this regard, the President's decision has become very important, and work has begun to ensure its full implementation.

The most common, integral indicator of the level of training in the system of sports activities is the result of the sport, ie the end of the sports competition. The success of the competition is a measure of the effectiveness of the training system.

It is known that among the various technical and tactical training tasks in boxing, one of the most important problems is to accelerate the transition from the technique of performing movements in training to their application in competitions. In the system of technical and tactical improvement of boxers, training fights are used regularly and on a large scale, primarily due to the need to model the conditions of application of actions in conditions close to competitions. At the same time, the differences between the technical and tactical amount of fights in training battles and competitions play an important role in some of their components, which is confirmed by some experts and research data on young boxers.

The problem of increasing the effectiveness of training fights in boxing is important for young athletes, as at this time the training in the basics of technique is completed and the foundation of technical and tactical training begins to form. At the same time, the indicators of the basic structure of the movements and the tactical components of their use in training battles and competitions have not been compared so far. The differences between their general and individual lineups are not systematized, and these processes, which are aimed at increasing the effectiveness of the use of movements in training fights in young athletes, in turn have a higher experience than boxing coaches and. the formation of special skills is a process that requires further development of methods and tools.

Nowadays, the formation of qualified coaches is one of the main tasks of higher education, especially in the process of training sports coaches, their activities should





be specially organized and goal-oriented. Recently, there has been a positive trend in finding new forms and methods of training future coaches. This will help future professionals to form the necessary professional skills, to provide them with a high level of building the foundations of systematic vocational education.

The problem of managing the educational process can be solved effectively on the basis of a systematic approach. The idea of using a systematic approach to human learning was put forward by IP Pavlov. In this sense, the study of the system is the same as the study of the rest of the systems. . Therefore, the main stages of management in various areas of human activity, including professional and pedagogical, are as follows.

- Defining the purpose of the activity as a social order;
- Collection of information about the object of control, its comprehensive analysis;
- Defining a specific pedagogical goal;
- Search and development of a perfect program of activities of the managed object;
- Issuance of this program (work plan);
- Organization of program implementation;
- Work process control and management;
- Analysis of the implementation of the assigned program;
- Based on the achieved results, it is necessary to develop new goals and new programs.

Coaches' demonstration and comprehension skills are not the same at different stages of an athlete's preparation. In particular, the explanatory skill in the process of improving sports is superior to demonstrating it in whole or in parts in any form. At the same time, by demonstrating why and how this or that exercise is performed, squatting increases the process of mastering the technique in young athletes.

In boxing, many coaches emphasize the importance of explanation in teaching technical and tactical movements, and distinguish a number of requirements, such as emphasis and concise expression.

Based on the analysis of the above considerations, it can be concluded that in order to improve the process of mastering the professional structure of coaches, to form pedagogical skills, it is necessary to determine the content of knowledge, skills and abilities in the selected boxing specialty, as well as general pedagogical training.





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