

Pedagogical system of physical training of boxers

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Abstract. *The article examines sportsmanship in boxing, the achievement of success is mainly due to good technique and a high level of special physical fitness of the athlete.*

Key words: *sport, master, trainer, boxing, achievement of success, technique, high level, physical training of an athlete.*

Introduction. At the stage of the highest sportsmanship in boxing, the achievement of success is mainly due to good technique and a high level of special physical fitness of the athlete. High results are achieved by athletes with different morphological, functional, motor and psychophysiological data, which indicates the need for an individual approach to organizing boxers' training. At the same time, the correspondence of the direction of the control actions to the hereditary-conditioned predisposition of the boxer is of paramount importance.

Based on the practice of boxing, it can be argued that the individual characteristics of an athlete are most characteristic manifested in his tactical manner of fighting and the applied technical and tactical arsenal, the variety and perfect possession of which in battle is one of the factors in the success of karikge.

The nature of the use of this arsenal is due to the individual differences of athletes, which are determined by the properties of the psyche and morphological characteristics of athletes, as well as the level of development of motor abilities.

Thus, one of the most important tasks of a boxer's training at the present stage is to achieve an optimal level of his physical fitness in accordance with an individual predisposition to tempo, power combat or outplaying. With this approach, the process of forming the necessary physical potential is based on taking into account the motor abilities of boxers of different conventional tactical types ("tempovik", "knockout", "gamer"). the ratio of the levels of development of speed, strength and dexterity for which, obviously, differs. In addition, this will allow taking into account the degree of physical readiness of the boxer when improving the technical and tactical arsenal.

The basis of the specific content of sports training is the physical training of an athlete. This is the process of developing the physical abilities necessary in sports activities.

Physical fitness is inextricably linked with an increase in the general level of the body's functional capabilities, versatile physical development, health promotion

A prerequisite for choosing a sports specialization is certain natural data, the level of physical development as a result of regular jogging, swimming, skiing, outdoor and sports games, as well as professional activities.

Modern boxing makes high demands on the physical training of athletes. Leading boxers have to participate in two tournaments in a row (with a break of three to four weeks) and have eight to nine intense fights. At the European championships and the Olympic Games, we often have to meet with potential professionals, physically well prepared, who are counting on victory in order to move to professional boxing with the title of champion. Many outstanding boxers of our country owe their sporting successes, first of all, to versatile physical training, in which other sports played a significant

role.

Physical training is divided into general and special. The general physical training of a boxer is aimed at the diversified development of physical abilities. It increases the level of the body's functional capabilities by fostering general working capacity, stimulates the development of endurance, strength and speed-strength qualities, coordination abilities, etc.

General physical fitness comprehensively develops physical abilities in combination with variable motor skills and actions. Along with exercises of a speed-strength nature, exercises are widely used here that develop endurance in work of variable intensity with significant strength tensions, as well as exercises that diversify dexterity and speed of motor reaction.

Under the influence of general physical fitness, the athlete's health improves, his body becomes more perfect. An athlete better accepts training loads, quickly adapts to them and reaches a higher level of development of motor qualities, most successfully masters technical skills. General physical fitness is important for the upbringing of moral and volitional qualities, since the fulfillment of many exercises is associated with overcoming various kinds of difficulties, to create psychological stability and long-term maintenance of sports form.

General developmental exercises can be divided into exercises of indirect and direct influence. Indirect exercises contribute to the development of general flexibility, general dexterity, general strength, general speed, that is, they help the athlete to become more prepared for special training.

Physical exercises of direct influence should be similar in coordination and character to movements and actions in the chosen sport. If indirect exercises for a boxer include such as jumping, rowing, swimming, skiing, then direct exercises (often called specialized physical training exercises) include sports games, pushing and throwing, running, mixed movement, exercises with padded and tennis balls and similar others.

Special physical training is aimed at developing physical abilities that meet, in this case, the specifics of boxing. These are exercises in coordination of movements during strikes and defenses, in movement, game exercises, shadow boxing, exercises on special boxing equipment (bag, pears, ball on rubber, on paws, etc.) and special exercises with a partner. Special physical training is divided into two parts: preliminary, aimed at building a special foundation, the main goal of which is the widest possible development of motor qualities, in relation to the requirements of boxing, and the main one. The stronger the first stage, the stronger and higher the second can be, which, in turn, will allow achieving greater development of motor qualities. It must be remembered that the level of the steps must be kept constant until a further increase and strengthening is required at the new stage. Therefore, in a boxer's year-round training, the types of physical training should be combined with each other in such a way that when special physical training is included, general physical training remains (to a lesser extent). In the transition to the higher stage of special physical training, general physical fitness and a special foundation must be maintained at the achieved level.

Physical qualities are interconnected and affect the development of each other. The development of coordination in boxing must be considered not only from the point of view of rationality and correctness of movements or actions in general, but also from the point of view of the speed of execution, for which an impulse of the appropriate strength is needed, sufficient strength of muscle contraction, i.e. a certain power of the muscle group involved in the action. Systematic trainings achieve fast execution of actions, minimizing the pauses between them as much as possible, which determines the pace of the fight and speed endurance.

If in cyclic sports the main physical quality can be, then all physical qualities of boxers should be sufficiently developed.

Among the special-preparatory exercises in boxing, there are almost no ones that would have only one purpose: each exercise has a main focus, but it also contributes to the development of a number of other qualities. For example, exercises in hitting the bag develop the speed and power of the blow, while prolonged and frequent striking contributes to the development of special endurance; tossing the

medicine ball at a certain pace develops not only coordination and accuracy, but also muscle feeling in throws at a certain distance, endurance, etc.

The manifestation of physical qualities in boxers

Power qualities. Human strength is defined as the ability to overcome external resistance or to counteract it through muscle tension.

Muscle strength is one of the most important physical qualities of a boxer. Muscle strength largely determines the speed of movement, as well as endurance and agility. A wide variety of boxer's movements with specific tasks led to the need to quantitatively and qualitatively assess the strength component. A typical manifestation of strength in a boxer is in instantaneous (impulsive) actions, which are often repeated for quite a long time. Therefore, they talk about the manifestation of "explosive" strength and strength endurance. Thus, boxers display strength qualities combined with speed and endurance. The manifestation of these qualities depends on the activity of the central nervous system, the cross-section of muscle fibers, their elasticity, and biochemical processes in the muscles. An important role in the manifestation of muscle strength belongs to volitional efforts.

During trainings and fights, a boxer performs a large number of high-speed actions, so we can talk about the specifics of his strength readiness.

The speed of the boxer's actions. Speed is understood as the ability to carry out movements and actions at a certain speed due to the high mobility of neuromuscular processes.

The quality of speed in sports includes: the actual speed of movements, their frequency and the speed of the motor reaction. An important role in the speed of movements and actions is played by the volitional efforts of an athlete, his psychological mood. A boxer's speed is characterized by his ability to effectively implement simple and complex reactions.

A simple reaction in boxing is a response with a predetermined movement to a predetermined but suddenly appearing opponent's actions. During the fight "pure" simple reaction is almost never encountered, but only in the process of training and training, when the actions of boxers are conditioned. In battle, complex reactions of two types are manifested: the reaction to a moving object, i.e., to the enemy, and the reaction of choice. In the first case, in a split second it is necessary to act by strikes on a moving enemy, and, consequently, to find the necessary distance, to choose certain technical means and at the same time to move continuously. In the second case, the boxer reacts with his actions to the actions of the opponent, and, as a rule, success depends on the advantage in speed, and the complexity of the choice reaction depends on the situations created by the actions of the boxers. In a fight situation, the requirements for a complex reaction are very high, since actions take place quickly and often with tangible results for boxers. The advantage is given to the boxer who discovers the intention of his opponent earlier and reacts more quickly to his actions. The ability to perform movements and actions quickly is one of the most important qualities of a boxer.

A person receives information through receptors of the sense organs - vision, hearing, taste, smell, touch, receptors of muscle sense (proprioceptors) in muscles, tendons and the articular-ligamentous apparatus, receptors of the vestibular apparatus, which perceive changes in position and movement of the body in space. Through the sensitive centripetal nerve, excitation is transmitted from the receptor to the central nervous system. As a result of an impulse received from the central nervous system (response to stimulation), a specific reflex activity arises in the working organ, for example, contraction of a particular muscle or muscle group.

All actions of a boxer are a complex of reflex reactions alternating one after another. Suppose a boxer saw that his partner, when striking a straight left blow to the head, lowers his right hand down for a moment and thereby opens the lower jaw - the most sensitive place. The boxer receives information through the visual analyzer, a "decision" arises in the cerebral cortex to strike a counter strike with the left straight line into an open space, the "command" is received by the motor nerve, and the musculoskeletal system produces an action controlled by the central nervous system. The faster the closure of this reflex arc occurs, the faster the action is performed - an advance with a blow.

It may also be that information arrives at lightning speed, a decision is made quickly, and an action is performed slowly. This can be determined by the quality of the muscles, the contraction or relaxation of which depends on the course of biochemical reactions, the content of ATP and the rate of its splitting, on the speed of transmission of the nerve impulse to the executing organs, etc. It should be borne in mind that the speed abilities of each person are specific. A Boxer may bend backward very quickly and lag behind with a lateral slant, or strike a straight punch quickly and much slower from below, etc.

The accuracy of the reaction to a moving object is improved in parallel with the development of its speed.

In a battle situation, the requirements for the complex reaction of athletes are very high: the enemy strikes various blows with both his left and right hands in the most unexpected sequence. To achieve a high speed of complex reaction and learning and training, one should adhere to the pedagogical rule: from simple to complex, gradually increasing the number of exercises.

For example, first they teach defense in response to a predetermined blow, then the student is asked to respond to one of two possible attacks, then three, etc.

As already mentioned, in boxers, speed is associated with "explosive" actions, and they depend on strength qualities. These two qualities interact, the frequency of explosive actions is determined by speed endurance.

Excessive stress, which occurs at the beginning of the formation of skills, prevents the rapid execution of actions; then, as they improve, the speed increases. Fatigue also creates unnecessary stress that slows down the performance of already learned actions. To develop speed, it is advisable to alternate the accelerated execution of the exercise with a smoother one (for example, applying a series of punches with one or two accented ones).

The development and improvement of speed qualities is one of the primary tasks in the practice of training boxers.

Boxer's endurance. Endurance is the ability to perform an activity for a long time without reducing its effectiveness. The endurance of a boxer is evidenced by his activity from the beginning to the end of the fight, while maintaining the frequency of effective actions, speed, accuracy both in striking and in the use of defenses, in maneuverability and high-quality implementation of tactical plans.

Endurance can be defined as the ability to resist fatigue. During trainings and especially fights, a boxer's body experiences both physical and mental fatigue (as a result of strenuous activity of analyzers, for example, visual ones). In battle, a boxer solves tactical problems, his visual analyzers work very intensively, all the time fixing the opponent's movements, the boxer experiences a high emotional stress (especially during long tournaments). During a fight, at least 2/3 of the muscles are actively involved, which causes a high energy consumption and places high demands on the respiratory and circulatory organs. It is known that the state and possibilities of developing endurance can be judged by the minute volume of respiration, maximum pulmonary ventilation, vital capacity of the lungs, minute and stroke volume of the heart, heart rate, blood flow rate, hemoglobin content in the blood.

The basis of boxers' endurance is good general physical fitness, excellent breathing, the ability to relax muscles between active percussion "explosive" actions and the improvement of techniques, since the more they are automated, the fewer muscle groups are involved in the execution of the movement.

Special endurance is based on general endurance and combines several physical qualities. For runners, this endurance will be different from that of weightlifters; a boxer's endurance is different from that of a rower.

Endurance is largely determined by the boxer's volitional qualities. In a duel, one should show great volitional efforts in order to use all the possibilities of the endurance of one's body. Only by willpower can one force oneself to maintain the required power of work, despite the onset of fatigue (here psychological preparation comes to the fore, the level of which determines the ability to manifest waves).

To acquire endurance, it is extremely important to have a high functional capacity of organs and systems that ensure oxygen consumption and utilization with the greatest effect. Therefore, as mentioned above, the boxer's correct breathing creates conditions for the development of endurance. Rapid recovery allows you to reduce the intervals of rest between repetitions of work, increase their number and perform vigorous actions throughout the fight.

Several factors influence the process of fatigue of a boxer: 1) intensity of actions; 2) the frequency of their repetitions; 3) duration of actions; 4) the nature of the intervals between them; 5) the style and manner of fighting the enemy; 6) the strength of the knocking factors, including the blows received.

Considering all of the above, it can be concluded that endurance is one of the main components of a boxer's skill. The means for the development of endurance in boxers are diverse and include exercises that ensure the development of special endurance (alternating running, throwing a medicine ball in movement), coordination, speed, accuracy. Exercises on a boxing bag provide the development of special endurance, frequent "explosive" actions in delivering a series of punches - these are speed, accuracy and strength, etc.

Boxer's flexibility. Flexibility is the ability to perform movements with a large amplitude. Despite the fact that in boxing activity the range of motion is relatively small in comparison with other types (for example, gymnastics or athletics), flexibility exercises should be introduced into the system of physical training of boxers, since, while developing flexibility, they simultaneously strengthen joints, ligaments and muscles, increase their elasticity (ability to stretch), which is an effective means of preventing muscle injury. Flexibility also contributes to the speed of muscle contraction, and this is necessary for the timely execution of inclines, dives, torso turns, etc. The better the muscles are stretched, the greater the mobility in the joint, the less resistance the antagonist muscles have. Pre-stretching the muscles increases their contractile force; in addition, high-amplitude exercise quickly warms up the muscles and prepares them for basic work. Therefore, flexibility exercises should be included in the warm-up of boxers.

Flexibility improves with age, reaching its greatest development by the age of 15, after which it is kept at the same level for some time, and then gradually decreases.

Dexterity of a boxer. Agility is the ability to choose and perform the necessary movements (actions) correctly, quickly, resourcefully (N.A. Bernstein), the ability to coordinate one's movements, to accurately solve suddenly arising motor tasks. Agility is based on the mobility of motor skills.

A dexterous boxer skillfully chooses the time and place for decisive striking actions, uses the position of the defense for counterattacks, escapes the opponent's strikes in a timely manner and remains invulnerable. The more arsenal of technical means a boxer has, the easier it is to master and apply new movements and actions in combat, the higher is his agility. To demonstrate dexterity, a boxer must not only skillfully master technique and tactics, but also possess physical qualities such as speed, strength, coordination, endurance, and an acute sense of time and space.

The main path in the education of agility is the mastery of a variety of new technical and tactical skills and abilities in different combat situations. This leads to an increase in the stock of techniques and has a positive effect on the functional possibilities of improving sportsmanship.

To educate agility (as the ability to quickly and expediently rebuild in the process of battle), exercises are used that require an instant reaction to a suddenly changing situation. For example, in a training fight, a partner changes from a left-sided position to a right-sided one or, fighting on counterattacks, suddenly attacks with a decisive attack, etc. Performing complex reactions in suddenly changing situations greatly tires the boxer, therefore, appropriate rest breaks should be provided in the training process. Of the general physical exercises for a boxer, the most suitable are sports and outdoor games (handball, basketball, tennis), relay races.

A boxer needs to be able to combine movement with offensive and defensive actions. In the absence of precise coordination, he will not be able to actively act from different positions, orient himself with constantly confusing factors, and quickly restore the lost balance. There are many

exercises for developing coordination. Exercise with a partner is most effective. Exercising in pairs, one should learn to act from all positions and strive to create a comfortable starting position during the defense for striking. The level of coordination is also determined in deceitful actions, in quick approaches to the enemy during attacks and anticipating his actions with his counterattacks.

The development of coordination should be given special attention in the initial form of training: mastering the mechanics of movement of blows, defenses, movement, a combination of these actions.

Maintaining balance. The boxer constantly moves around the ring: more energetically at a long distance, while approaching - in small steps (for better stability). Movement is associated with the transfer of body weight from foot to foot, with a shift in the center of gravity. At whatever distance a boxer is, no matter what means he fights, he always tries to maintain balance, because the effectiveness of strikes and defensive actions depends on this. Each boxer develops the most comfortable position of the legs, the most advantageous way of balancing by body weight, etc. If the balance is disturbed at the crucial moment of the fight, then even with a slight push, the boxer may fall or, having missed when moving forward, "fall through". The more perfect the balance, the faster it is restored, the smaller the amplitude of oscillations.

When teaching and training, it is necessary to systematically pay attention to movement, actions in attacks and counterattacks while maintaining a stable balance. When performing exercises, the main attention should be paid to improving the ability to restore lost balance. Such exercises include knocking down from the support area (in pairs), walking and running on a log, etc.

Relaxation of muscles. Any movement is the result of sequential muscle contraction and relaxation. The source of muscle tension can be emotional reasons, if a boxer is not confident in himself, is afraid of the opponent, is afraid of his actions to open up or "chases" him, intending to achieve victory with one strong blow, or does not possess enough technical means of fighting on one or another distance.

When the boxer's actions are not perfect, not automated and the boxer is not physically prepared for a long fight, the relaxation rate is insufficient, as a result of which the muscle does not have time to relax.

The greater the depth of relaxation, the better the muscle rests. Automatism in the alternation of tensions and relaxations with rapidly changing actions is the main one for increasing the speed in striking, using defenses, increasing special endurance, improving the accuracy of movements, and, consequently, mastering the skills of more complex actions.

The teacher (trainer) must find out the reason for the constraint of the boxer's actions and not reduce it only to technical shortcomings, look for them in psychological preparation and the level of training, in order to find the appropriate means and methodological techniques for teaching a boxer to relax muscles in the process of action. Along with relaxation, freedom of movement should be sought.

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