



METHODOLOGY FOR IMPROVING THE TECHNICAL TRAINING OF YOUNG BOXERS

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Article history:	Abstract:
Received: November 6 th 2023	In this article, we will show you a number of necessary instructions and recommendations on the current problems of young boxers at the time of technical training, as well as on the way to finding their solution. This article also covers the analysis of the technical training levels of young boxers.
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INTRODUCTION

As we all know, the sport of boxing is considered one of the sports with fine edges. The search for the most effective ways to improve sports skills in boxing is consistently carried out in all directions that determine the training process. In addition to recognizing the importance of studies dedicated to the analysis of training techniques and methodologies in boxing sports, it is also worth noting that technical training, like other components of training activities, helps to realize the prospects for sportsmanship only when it is improved at destination, taking into account special physical training.

The inclusion of action games in various parts of training sessions provides the basis for the development of physical and personal qualities, intelligence of young boxers and the improvement of their technical and tactical training

In recent years, the increase in the performance of competition activities in boxing has become largely dependent on the training process of boxers fighting in different styles. Many R & D studies have been carried out to improve the training of boxers in various complex technical-tactical, physical and psychological training in the activities of the competition. However, an analysis of observations from our side shows that little attention is paid to individualizing the technical training of young athletes.

RESEARCH OBJECTIVE. Boxing techniques are conditionally divided into: training an athlete, striking techniques and defensive techniques. At the same time, mastering the technique of striking is mastered over the required time. But in boxing, there is practically no methodological support for teaching maneuver movements and defensive techniques. Usually, the inclusion of games that serve to increase the attention and speed reaction of those involved in the preparatory part of training is considered absolutely and comprehensively justified, since in the process of

conducting the main part of training, a high level of concentration (concentration) of attention is required for the athlete to realize his physical, volitional and mental working abilities, while reaction speed.

The inclusion of games in the introductory part of the training should lead to the most optimal level of physical fitness of learners (educators), to a complete solution of the main tasks and issues of the educational process, that is, to effectively affect the muscle groups and functions of the body, which create the basis for the implementation of work

The effectiveness of technical training depends primarily on the level of development of the methodological provision of the educational process. At the same time, according to a survey conducted by 19 coaches of leading boxing athletes of all ages of Uzbekistan, almost 87.9 percent in teaching boxing techniques are limited only to personal experience. It was noted that there was insufficient information in the scientific and methodological literature about the technical training of all boxers at the initial stage, while a large part of the methodological support was outdated and did not correspond to the level of development of modern boxing.

METHODS OF ORGANIZING RESEARCH

The specific peculiarity of the laxative effects is inextricably linked with the development of satiety and adaptation, and the physiological and metabolic processes that occur in the body are manifested. The relevance of the topic in the scientific literature indicates the presence of contradictions between the idea of the level of its development: high requirements for sports and technical training in competitive and training sessions and sufficient justification of the theoretical foundations of the methodology of technical training of boxers at the initial stage; the importance of high development of the ability to coordinate boxing techniques and the sensitive period of their development at the initial stage of training young boxers



and the relevance of the problem of insufficient development of methodological support for the development of special coordination skills of young boxers at this stage is once again indicative.

The materials of the theoretical and methodological foundations of technical training in boxing show that the basis of mastering the technique of movement in boxing is the development of the ability to coordinate and, according to many researchers, in the opinion of the caliphate (R.D.Halmukhamedov, S.S.Tajibayev), to improve the effectiveness of technical training in boxing, one of the factors that can help to participate safely and competently in competitions can be the inclusion in the sports and technical training of young boxers of exercises aimed at developing the coordination skills necessary in boxing.

Analysis of the state of the problem of technical training in practice shows that pedagogical observations, interviews with specialists and athletes see the following: the disadvantages of the problem of technical training of boxers in the first school year, lack of motivation and various injuries are considered a low level of boxing technique.

RESULTS AND DISCUSSIONS

In athletes, different levels of training are observed, depending on the size of the physical load and execution. For example, incorrect movements during the exercise period cause impaired coordination of movement and excessive energy expenditure by the body. In this regard, serious attention should be paid to the issue of fatigue and recovery when performing large and long-term physical loads in the process of training qualified athletes. And when determining the level of technical training of boxers of different ages and analyzing competitive activities, it made it possible to identify the usual mistakes of boxing techniques: improper Sports Training, leg movements i.e. the uncertainty of jerks directly related to the loss of movement balance and the wrong choice of the deflection trajectory, incorrect positioning of the legs when striking, incorrect The basis of the method of overcoming an unfavorable situation that exists with injuries in boxing, namely: the creation of a method of training and training to jointly develop the ability to coordinate boxers at the initial stage of training in the gym and increase the level of boxing technology is presented in Table 1.

Table 1.

YOSH BOKSCHILARNI TEXNIK TAYYORLASH METODIKASI

Goal	METHOD OF TECHNICAL TRAINING OF YOUNG BOXERS					
Tasks	Formation of an idea of technology	Technologist-formation of motivation for training in yada	Learning the basics of boxing techniques			Development of general and special physical abilities
			Location	Kick	Protection	
Equipment	Narrative, explanatory figurative imagery	Video sheet	Games, URM MRM	Training in Mountain conditions-lot	Physical coordination training	
Methods	Oral Visual Practical		Oral Visual Practical		Oral Visual Practical	
Results	Improving the level of technology in boxing, improving the accuracy of blows					

The methodology of technical training of boxers includes physical coordination training, indicative fundamentals of the activity of training tension movements, a test for assessing the effectiveness of technical training and assessing the level of knowledge of boxing techniques for athletes in the first year of training to correct the content of training, as well as methodological training. Distinguishing between types of coordination skills and identifying the most important types needed in boxing, including tasks performed in

Gym boxers, various changes, exercises performed in boxing bags.

The means of training, necessary for practice, are divided into specialized and non-specialized. The first group of exercises is used as a special preparation tool. The application of these directly affects the rapid growth of sports and technical indicators. The second group of exercises is mainly used as a means of general preparation. Theoretical training for boxers who fight once a week in an attacking, counter-attacking and



combinatorial style also earned a place in the training and training of their boxers in the research group. Special attention should also be paid to psychological processes. An example of psychological preparedness processes is a special form of Psycho-preparedness. Special psychological training is mainly focused on the formation of psychological training in an athlete to participate in a particular competition. Psychological preparation for competitions is manifested in the ability of an athlete to confidently assert his strength, strive to fight to the end on the way to achieving the set goals, at the optimal level of emotional arousal, at a high level of stability in relation to various unfavorable external and internal influences, in changing conditions of sports wrestling, as well as in the ability Components of

psychological training: include psychic qualities and processes that help to master techniques and tactics. Among the processes and qualities that contribute to the acquisition of techniques and control of movement activities are, in particular, finely developed muscle sensations that make it possible to maintain control over different dimensions of movements, a sense of time, sadness, the ability to aim in space, highly developed qualities of attention, excellent ideomotorics, fast memory, simple and complex reactions. Psychological training is a pedagogical process, manifested in the development of physical quality and the upbringing of the character of volitional temperament, aimed at educating the athlete as a person of a moral, volitional quality as a mature athlete.

Table 2.

Control test indicators based on the methodology for training young boxers

N	Name	CED	EEI	CPI	FEC	FEI	GEI	IWI	IIFt
1	B.Sh	1,18	2,17	20,89	1,11	2,01	62,09	5,01	83,33
2	N.Sh	1,02	0,66	8,01	1,01	0,98	14,13	2,1	20,87
3	N.S	2,00	3,33	31,01	1,04	1,54	22,85	3,71	60,18
4	A.N	1,79	4,11	44,59	0,63	1,52	25,13	5,15	66,19
5	A.R	0,98	2,13	11,76	1,26	0,94	14,67	1,59	22,38
6	X.A	2,15	3,18	31,29	1,39	1,03	11,19	3,44	39,82
7	J.B	1,23	3,15	30,19	0,91	0,79	34,66	4,19	55,43
8	N.Sh	1,99	2,14	16,41	1,09	2,16	28,00	2,71	45,69
9	S.Y	1,02	2,10	13,34	0,84	2,01	45,29	4,01	61,32
10	K.Sh	2,13	2,31	22,19	1,53	1,64	41,55	4,21	70,19
11	R.G'	2,31	5,63	60,28	1,39	1,30	24,97	8,29	90,26
12	J.O	2,30	2,61	26,13	1,28	0,99	20,19	4,01	44,62
13	O.M	1,98	1,52	6,64	2,47	3,50	60,43	2,98	66,78
14	E.S	1,39	2,00	11,38	1,03	0,66	2,31	2,84	19,73
15	A.V	2,36	3,99	53,67	1,85	2,36	25,46	4,88	79,01
16	B.F	1,09	2,26	22,11	2,30	1,98	31,60	3,74	66,47
17	D.X	2,65	5,66	90,58	1,31	1,99	49,58	6,71	100,96
18	Z.Sh	1,51	4,69	61,48	2,46	2,82	28,97	5,73	82,19
Average index		1,73±0,5 5	2,98±1,3 7	31,22±22,6 5	1,38±0,5 5	1,68±0,7 5	30,17±16,3 8	4,18±1,6 3	59,75±23,8 4

Note: CED is the coefficient of explosive durability., The EEI - explosive endurance index., CPI - coeatinphosphate Performance Index., FEC is a fast endurance coefficient., FEI is a fast endurance index., GEI is a glycolytic endurance index., IWI is an integral Workforce Index., IIFt is the integral index of the fast - Force timer.



The results obtained using the Spuderg-4 equipment, based on the methodology developed by us in the process of training young boxers, consist of quids: according to it, the explosive endurance indicators of young boxers averaged 1.73 ± 0.55 , while the explosive endurance index was 2.98 ± 1.37 (see Table 2).

Using the given methodology, young athletes were found to have a kerotinfosphate performance index of 31.22 ± 22.65 , with a fast endurance coefficient of 1.38 ± 0.55 . Young boxers had a fast endurance index of 1.68 ± 0.75 , and a glecolitic endurance index of 30.17 ± 16.38 . The integral work force was 4.18 ± 1.63 while the integral index of the final fast-Force timer was 59.75 ± 23.84 , which determined the effectiveness of our methodology.

To improve the effectiveness of the process of training boxers, various tools are recommended: individual movement with the performance of character tasks; parallel exercises on a flat glove with the performance of character tasks; bypassing an opponent; exercises in pairs that work in different ways; three, four-stroke movements; work in pairs, signal reaction; character games.

CONCLUSION

From the above data, it can be seen that the effectiveness of technical actions in all of the landlocked boxers fighting in the different styles involved in the study has improved significantly in the research group than in the control group indicators. The effective methods and means used in training to eliminate the shortcomings allowed in the process of competition activities of boxers fighting in different ways paid off.

To effectively train boxing techniques, the following methodological recommendations must be followed: a psychological conversation must be carried out before each training session; an explanation of the basic elements of the technique performed in the training; organization of each training process using physical coordination training; exercises improve, tools can be used to increase the speed of movement; mastering exercises; after each workout, they should summarize the results, highlight the positive aspects of the workout, and encourage athletes to do the best exercises. Most scientists say that regular activities in a particular sport and properly organized activities in terms of volume, intensity and content have a positive effect on the body of children and adolescents. But, it has been observed that specialized training, based on general physical fitness and in a narrow range, has negative consequences. Consequently, the correct planning of the ratio of physical and technical-tactical

exercises at the initial training stage creates the opportunity for children to effectively formulate sports skills.

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