



IMPROVING THE METHOD OF TRAINING BOXERS WITH THE APPLICATION OF PROTECTION "LEAVING TO THE SIDE"

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Article history:	Abstract:
Received: January 20 th 2022 Accepted: February 20 th 2022 Published: March 30 th 2022	Training a boxer in both stances with side steps leads to symmetry, which ensures better results. The advantage of a boxer who has mastered steps to the side and boxing in both stances is considered.
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MAIN PART.

In the practice of boxing, the training methodology for beginner boxers has long been strengthened: right-handers are constantly trained in the left-handed stance, in left-handers - in the right-handed one. Later, coaches in training rearrange their students in the opposite stance, mainly with the goal of teaching them to box against left-handed boxers.

In our opinion, training a boxer in one stance from the very beginning of training significantly limits the development of his motor and mental qualities, as well as the possibility of mastering a variety of techniques and tactics, and worsens the ability to maneuver in the ring.

From our point of view, from the very beginning of training, the trainer should develop in boxers the ability to fight in both stances, and at the same time, he should be based on the high plastic properties of the human neuromuscular apparatus.

Training novice boxers, in our opinion, in two stances with steps to the side at once leads to symmetry, and these boxers can easily learn to box equally in both right-handed and left-handed stances.

The ring has a limited size, and since historically it so happened that the athletes stand in a one-sided stance, the blows in the attack and counterattack are delivered only with steps forward or backward.

In this position, a physically stronger athlete drives the opponent to the ropes. Only by boxing with steps to the side, you can get away from the attacks of an aggressive boxer. But what if you teach beginners in two stances at once, learn techniques with steps to the side? Already after two years of training, it is clear that with a uniform repetition of techniques, both stances become comfortable. The main advantage of a boxer who has mastered the steps to the side is that the aggressively attacking opponent does not know which way this boxer will go - to the right or to the left; but

with the usual defenses, the boxer can always predict that the opponent will either remain in place or take a step back. When an opponent takes a defensive step to the side, the attacking boxer loses sight of him for a moment, which has a certain advantage for the stepper. No matter how psychologically stable the attacking boxer is, but steps to the side and unexpected blows demoralize him at least for the shortest time, and this is enough to develop a counterattack.

In our opinion, a solid mastery of steps to the side will instill in physically and mentally unstable boxers the confidence that they will always be able to defend themselves and not get hit. This will lead to the fact that athletes of average ability will quit boxing less often and they will have a hope to achieve better results with diligence.

Practice shows that as a result of mastering steps to the side, athletes improve coordination of movements; dexterity is acquired; improved protection; increasing technical arsenal; increased efficiency; the ability to act in combat both against left-handers and right-handers is developed; after a while, "two-handedness" appears; improved boxing style.

In our opinion, the initial training in two stances with steps to the side will sooner or later enter the practice of boxing, and whoever performs faster will come out ahead in boxing skill. Methodical suggestions:

- teach movements in right-handed and left-handed stances;
- move from one stance to another through the front at a long distance, and later on at the middle;
- teach strikes and defenses in right-handed and left-handed stances on the spot and on the move;
- in each stance to teach a favorite effective blow.

CONCLUSIONS:

The implementation of these methodological proposals will increase the number of left-handed boxers (hidden



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right-handers), and this will lead to an improvement in the process of training right-handed boxers against left-handed boxers, which will instill confidence in boxers to fight both left-handed and right-handed.

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