

Increasing the Level of Physical, Functional and Willing Fitness of Boxers

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ABSTRACT

This article focuses on the description of boxing techniques and tactics, training and organization of the training process, physical technical, tactical and psychological training tools and methods, features of managing the training of athletes with different qualifications.

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Highly qualified boxers improve their physical and functional training during year-round training. Various means of physical and special training are used in it, rationally combining the size and intensity of loads and means of recovery. The general physical training tools of a boxer include general training exercises in other sports (track and field and cross-country skiing, swimming, weightlifting, basketball, football, etc.) including general preparatory exercises.

In boxing, as in other sports, strong athletes are constantly examined and the necessary information is collected to compile their model descriptions. Creating a "model" of a strong athlete helps to manage the training of boxers at different stages and bring them to the level of planned sports achievements. Research shows that strong athletes' "models" consist of components located at three levels.

Descriptions of the activities of the first, basic, strong athletes in responsible competitions are included. Based on them, a "competition activity model" can be created. At the second level, there are descriptions of special physical, technical and tactical training of strong athletes during their peak sports form. The third level includes descriptions of functional training, morphological characteristics, age and sports experience of strong athletes during their peak sports form.

Special physical training means include special training exercises of a boxer: close-up exercises, exercises with gestures, exercises with projectiles, and exercises with special tasks in gloves. Special training tools include exercises in pairs, conditional and free fights. In the boxer's physical training, quick-strength exercises performed with variable intensity are widely used. To increase the level of physical and functional fitness of senior boxers, it is necessary to use a wide range of general physical training tools. They make it possible to create a basis of general physical training for further acceleration of special loads in training and improvement of special physical training. The special physical training of senior boxers must have a narrow individual orientation, depending on the tasks of improving the individual fighting style.

The general physical fitness of high-level boxers is highly specialized, and their special training varies and is characterized by a high volume and intensity of loads. These qualities are also related to the aspect of universalization in the improvement of technical and tactical skills. In the training of high-level boxers, modeling of competition situations is widely used, which helps to develop willpower of athletes. Raising

the physical and functional fitness of highly qualified boxers to a certain level requires optimally combining general and special physical training, volume and intensity of loads during different periods of training throughout the year.

The main foundation of general and special physical training is built in the preparatory period of training of athletes. During its first, general training period (its task is to prepare the body for the special loads of the special training stage), special attention should be paid to the development of general physical qualities: endurance, strength, quickness, agility. Cross-country skiing, road running, swimming, sports, weightlifting, and gymnastics are used for this purpose. At the same time, special quickness and strength are developed with the help of exercises performed with weights, shells and flat gloves. At this stage, it is necessary to apply a large amount of general development, general training and special training exercises, which increase in intensity until the end (from medium to high). In the second, special training stage, the same general physical training equipment acquires a more specialized character.

In the course of special training, it is necessary to emphasize the development of the boxer's special endurance in conditional and free fights with the help of projectiles and exercises performed on simulators. The volume and intensity of special and special training exercises will increase. In the pre-competition stage of the main period of training (it consists of two parts - general training and special training), the principle of combining general and special training tools and distributing loads is preserved.

During the transition period, when the boxer is actively resting and recovering after the competition, the volume and intensity of the load is significantly reduced, and most of the special training equipment and special physical training equipment are completely excluded. It is necessary for the athlete to maintain his physical fitness by using general physical training tools (swimming, sports games, running in the forest, stone throwing exercises). This allows him to rest, recover, and stay fit through the training period.

In the process of adapting to huge physical and mental loads, a boxer purposefully overcomes difficulties and obstacles and cultivates his willpower. During the training, a complex of model exercises is used to increase the level of physical fitness of the boxer.

It can be divided into three groups according to its tasks and direction:

- a) trainings devoted to more general physical training and aimed at developing general physical qualities (endurance, strength, agility, quickness);
- b) training on specialized physical training, the purpose of which is to develop general and special physical qualities with the help of general training and special training exercises;
- c) Special physical training sessions aimed at developing special physical qualities using boxing equipment (boxer's special exercises).

Physical training is almost a mixed complex in training, which includes all the exercises typical for the above-mentioned "pure" types. This type of mixed training includes morning physical education and training. The goal of all training in physical training is to help boxers develop various combinations of general and special physical qualities.

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