



## IMPROVING THE EFFICIENCY OF BOXERS' TRAINING

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*Login. Physical education and sports all types of people health storage and reinforcement for important tool become service does. Sports and physical education – youth generation of people physical-moral, spiritual - spiritual adjectives develop principles national-historical to roots has was power as national customs, traditions, values, people pedagogy and the East of thinkers in his works own expression found. Therefore in our country democratic changes further deepening and citizenship society foundations formation intensive step with going current in the period youth spiritually - educational , physical - moral in terms of perfection to deliver problem priority task as indicated.*

For example, "Education". "about" Law and "Personnel" training national in the program and "Physical education and sports" According to the law, students-young people health storage and strengthen their physical in terms of ideal people as education for physical culture foundations formation and his / her of opportunities full use the need is emphasized. Including Uzbekistan Republic of the President of the Resolution No. PF-158 of September 11, 2023 "On the strategy" Uzbekistan - 2030 ", of January 28, 2022 "On the Development Strategy of the new Uzbekistan for 2022-2026" Decree No. PF-60, 202 1 Resolution No. PQ- 5099 of April 25 "On measures for the further development of boxing " The education system of our country has reflected the exceptional importance of physical education and sports, especially in the comprehensive development of youth.



*Explore the target.* Different sports to their names has student boxers combat transmission tactical styles in consideration received without physical training style working Exit and justification.

*Research organization methods.* Different sports to their names has student boxers physical readiness structure and dynamics heterochronic and heterogeneous nature us sports behavior to the level looking at this events differential seeing to go out forced does. For this Varivax criterion in accordance with rotation with central in some way made increased factor analysis was applied.

Factorial analysis results Different sports to their names has student boxers physical abilities in the composition and in the fight combat to do tactical in styles very serious changes about to speak the basis gives : sports behavior the lower their mobility so much the whole manifestation will be.

III - II sports category boxers for only five factors were determined, of which the overall variance the largest contribution of 31.3% organization seven (factor 1). This factor is interpreted as "general motor ability". It is possible because it is part of the motor area status descriptive of almost all tests for a high result gave: stationary dynamometry (0.91), 30 m run (-0.90), long jump (0.87), forward bends (0.86), Romberg test (0.82), 3000 m run (-0.79). Boxers this in the category "neuromuscular system functional Factor "states" (factor 2) is very important, its sample overall to the variance added contribution is 21.2% organization achieved. The original indicators are mainly sensorimotor area boxers ability reflection caused by this we We called this factor "general sensorimotor ability".

Physical development indicators third factor organization (total to variance contribution - 16.9%), we call it "anthropometric "Differences" we called them. The fourth factor (total to variance contribution - 13.9%) highly significant mental quality indicators own inside accepts: definition optional quality assessment (0.74), mental reliability (0.76), attention stability (0.74), work memory (0.73.), operational thinking (0.70), attention replacement (0.69). This age in athletes mental adjectives structure one of the diversity evidence gives.

The fifth factor (general) to the dispersion contribution - 7.9%) "probable



under the given circumstances psychomotor as "reactions" interpretation be made possible. Until now simple and complex instrument reactions testers from each other separately appearance it was.

SUN standards completed boxers physical abilities bases structure in more detail us will be : eight people factor We have determined. From the choice of the general dispersion the largest contribution "physical factor of preparation" to added - 19.7% (coefficient 1). High to weights has been this factor dead lift dynamometry (0.81), running 30 m (-0.79), standing without to the length of the jump (0.78), body forward bending indicators (0.75), running 3000 m (-0.74) own inside takes.

The second factor (general) to dispersion contribution - 12.7%) physical development indicators own inside takes. This factor is "physical". in development This factor is called "differences". content known at the level is repeated, but not so often transparent it is not ( III - II sports category) boxers with comparison).

The third in the factor divided standing results of boxers tests interest awakens (general) to the dispersion contribution - 12.3%). Press the test positive values (0.71), muscles Tension tone (0.70), normal tool reaction time negative characteristics (-0.72) this in the category boxers time and fine motor skills between antagonistic relationships determine the possibility gives.

The fourth factor (general) to the variance contribution is 11.8%) the choice of the reaction factor as an interpretation can be made possible.

The fifth factor (total contribution to the variance is added - 11.4%) - determines the optional quality (0.68) and mental reliability (0.72) assessor indicators, the sixth (total) contribution to the variance is 10.4%) - vehicle memory (0.70) , attention stability (0.59), performance memory (0.55), operational thinking (0.52), attention replacement (0.50).

Static and dynamic indicators of tremor seventh to the factor allocated (general) to the dispersion contribution - 9.8%). Eighth factor time (0.61), space (0.60), dynamics of action (0.52) repetition working to release indicators (general) to the dispersion added contribution - 8.8%) reached.

*To investigate results and discussion.* III - II sports category boxers between





five factor was defined, of which the first factor is interpreted as "general motor skills" in athletes will be done - VS eight factor certain; masters of sports in the middle and ten three certain. Sports behavior increases progress with physical abilities factorial structure fractional and to itself typical to function has will. III - II sports category boxers between physical abilities in the composition of integration process, in masters of sports and this characteristics structure difference process advantage makes.

Physical abilities various characteristics of sports skills increase with improves, but these changes are heterochronic and It is uneven. This indicators most of the results asymmetric distribution and high level to variability has.

*Conclusion.* Student sports skills boxers increase with boxers physical abilities differ, these are factors number noticeable at the level from increasing evidence gives. Engine individual manifestation of abilities of being to oneself originality increases and different under given circumstances to act wisely abilities there is a gradual "stratification" will. Physical abilities different appearances to oneself originality increase correlation analysis information is also characterized by: analysis be made parameters between reliable attitude number noticeable at the level decreases, analysis be made indicators between attitudes purposefulness is determined.

Presentation used material say basis gives, sports behavior grows progress with physical ability differs, their different appearance mutual dependence will be less and boxers themselves typical motorized activity some to types tendency more and more more feel begins. For combat tactical to option tendency when determining in various sports skills boxers physical ability structure some structural parts assessment is important - this sport improvement in the process of the following development for the key.

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