

IMPROVING THE EFFICIENCY OF BOXING TRAINING IN HIGHER EDUCATION

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Key words: General physical training, special physical training, special technical training, functional training.

Log in. Currently, our boxers are achieving significant victories in the Olympic and world sports arenas. In order to maintain the achieved victories and further develop them in the future, it will be necessary to continue research aimed at improving the training process. Physical training, general preparedness and competitive activity of young novice boxers increase sharply. In order to improve various complex technical and tactical techniques at competitions, our boxers need to analyze their performance at competitions, observing preparatory movements, and also, based on improving tactical and technical techniques during training, pay attention to the ability to anticipate the opponent's tactical movements, adapt to complex situations, identify key situations and quickly and correctly evaluate them. Boxers need to quickly find rational solutions and use the most effective technical and tactical techniques.

Purpose of the study. At the preparatory stage, the athlete is taught a method for developing special physical qualities inherent to boxers.

Basque's special physical training for typical was physical adjectives develop concentrated. He is engaged in boxing. technique methods possession and their improvement with one at the time take go necessary. Trainer exercises so chooses a boxer known one in the circle of technicians habit and qualifications occupying get possible be need. From him far time to continue enough endurance exercises or often performed rapid-fire requiring actions it will be impossible, because in a fight a young boxer basically 3 minutes 3-round fight, consisting of due to speed, endurance, coordination and other adjectives manifestation do, protect, move walking, kicks give technique in use skill show necessary.

Employees many numerical general and special exercises with buried throw to the target corresponding it is not. His boxing with participate in for time is less, therefore for so exercises choice they must be complex develop to tasks answer give necessary. This: cross, short distance running, agility develop for exercise (sports games), partners with exercises, special gymnastics, filling and tennis balls to each other increase,

balance, sense of environment, relaxation and freedom of movement education for exercise.

Ball on tires, pneumatic bag, rope with the performed exercises technique to occupy separate attention focus necessary.

Special physical training for Specialized (special) training is used (2 hours 3-4 times a week). Usually training first partially coordination and speed to teach aimed at exercises applied, at the end and in shells performed exercises and flexibility and power adjectives to develop for, as well as speed, coordination, agility difficult to develop for this adjectives to develop for mobile and sports games to use possible) special gymnastics is applied.

General and special physical training when planning, student boxers all learn and exercise do deadline during his/her loading size into account take necessary. Exercises at the beginning general physical prepare special prepare the more attention is focused. Student boxer technique excel practice more and more technique good quality master help giver special physical training according to exercises more input necessary, specialized training slowly special exercises with filling will go.

Explore results and discussion. Boxers physical and special adjectives directed develop for own to composition leading exercises entered lesson models (training) exercises) step by step current do and its/her content working released.

The obtained data, student boxers training process theoretical and practical base, non-contact leading exercises application based on their physical readiness formation rational management opportunity about rules with expansion, training cargo parameters specification and injury reduction opportunity gives.

Conclusion. Analysis of the results of the introduction of special control exercises into the training of student boxers shows that they allow athletes to control and manage the dynamics of physical fitness during training. The study revealed that their physical fitness indicators changed during the specially developed training methodology.

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