



Education and Improvement of Physical Qualities of Boxers

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ABSTRACT

This article examines ways to improve the physical and mental qualities of boxers and work on them. Also improving the technical and tactical skills of highly skilled boxers with the help of non-contact exercises in this article. Through non-contact exercises, athletes must build confidence in their will, strength and capabilities. Further development of technical and tactical skills of boxerstirishga is aimed at clarifying the actual problems of increasing the duration of the oriented methodology.

Keywords:

Improving the system of physical education, tactical training, technical training, targeted training.

Introduction

Today, one of the main directions of the state policy of the Republic of Uzbekistan in the field of sports is to increase the competitiveness of Uzbekistan's sports, which serves not only to form healthy lifestyle standards, but also to strengthen the national unity and patriotism of the citizens of our country. The Resolution of the President of the Republic of Uzbekistan dated June 3, 2017 "On measures to further develop physical education and mass sports" was approved. In this regard, there is a need to further improve the quality of training of highly qualified athletes, which determines the level of national sports and the country's competitiveness in international sports arenas. The most important task of sports science is to search for new, more perfect ways to improve the training efficiency of high-class athletes. There are many research studies in the field of sports science in the world.

World practice shows that results are achieved in modern sports of high

achievements, a very high level of development of a wide complex of various motor, sensorimotor and mental qualities that form the basis of sports and technical skills, these deposits due to the sale of contributions to the athlete, on the one hand, the development of physical and mental qualities high level, on the other hand, is implemented as an ability that determines the stability of the medium conditions of educational and competitive activity. By mastering a certain method of activity, the athlete develops special abilities. The method of activity is formed according to the specific characteristics of each athlete and an individual style is developed. Most of the domestic and foreign researchers and specialists in boxing believe that further progress in training methods depends on the increasing role. The importance of non-contact exercises in the training process of boxers and the relevance of improving the theory and methodology of sports in this regard and the timely implementation of theoretical-research materials and extensive experience of sports

practice (I.P. Degtyarev, E.I. Ogurenkov, V.A. Taimazov, R.D. Khalmuhamedov, N.A. Khudodov, V.N. Shin, etc. Despite the existing research of the above authors, the problem based on controlling the individual technical and tactical skills of boxers, using non-contact exercises as the main means of training, has not been resolved.

The analysis and generalization of the majority of modern domestic and foreign literary sources showed that the most important pedagogical task is the scientific-methodical justification of management of improvement of the technical and tactical skills of highly qualified boxers with the help of non-contact exercises. Today, comprehensive and effective development of physical education and sports, as well as proper participation of Uzbekistan's athletes in major international sports competitions, is one of the priority tasks of our state's policy. Development of new training methods against the background of high sports achievements of boxers of Uzbekistan today. The practical task of searching for more effective means of increasing the efficiency of the competitive activity of our boxers is gaining importance. However, this is a very difficult task, because it requires not only a good knowledge of the features of the modern training method, but also the ability to relate them to the athlete's own characteristics.

The relevance of this problem is determined by the Decree of the President of the Republic of Uzbekistan dated March 9, 2017 "On the preparation of athletes of Uzbekistan for the XXXII Olympic Games and the XVI Paralympic Games in the city", Tokyo (Japan) 2020", from January 24 to 2020 "in the Republic of Uzbekistan on measures to further improve and popularize physical education and sports", aimed at ensuring the successful participation of the national teams of Uzbekistan in the Olympic and Paralympic Games, world, continental and Asian sports competitions. In the system of training athletes, which is relevant today, great interest in the problem of individualization is the effectiveness of sports activities and related to solving the specific problems of increasing

reliability. To date, it has not been sufficiently developed and experimentally substantiated. In connection with the theoretical and practical importance of the selected contradictions and the need to solve them, research problems were formulated. These methods are the use of non-contact exercises as part of the educational process of highly qualified boxers and determining the effectiveness of their individual technical and tactical skills.

The purpose of the study

Improving the methodology of increasing the efficiency of general physical, special physical training of highly qualified boxers.

Research results and their discussion

Pedagogical experience was presented to train boxers in order to reduce training in pairs and replace them with special delivery exercises, as well as increase the level of functional and general physical fitness through special nutrition exercises specific to boxing, making it possible to perform them in an aerobic mode. In addition, in the preparation of high-class athletes, participation in training activities to achieve sports results and special exercises during all periods of training is envisaged. As a result of the conducted experiment, it was found that the athletes can perform the general volumes of training loads developed earlier and used today for children's sports schools, schools of Olympic reserves, and schools of higher sports skills. As a result of the experiment we proposed, the redistribution of training means made it possible to carry out up to 67% of the total educational work through the system of exercises carried out in aerobic mode.

Over the course of the one-year experiment, the average performance of all experimental group boxers increased by 69% in hanging tests, and 57.6% in hanging leg raises.

The level of speed also increased: at the same time for 30 m: the average performance of all experimental group boxers increased by 8%, the average performance for 100 m increased by 5%.

During the same experiment, the speed of hitting the punching bag for 10 s increased by an average of 18% in the experimental group, and by 6% for 2 min. This indicator is very effective.

All the boxers of the experimental group had an increase in the average values of the explosive power in the core push: left hand-6%, right hand-7%.

During the year of testing, the average strength of all boxers in the experimental group increased, the flexion and extension of the arms (push from the ground) increased by 51.3%.

The dynamics of performance of the master of sports standard reflects the reliable growth of the level of technical and tactical skills of boxers. The dynamics of performances of boxers of the experimental group at major international competitions reliably shows the increase in the level of performance and success in competitions of various levels. This means that when this method is used in practice, complex exercises have a positive effect on the growth of physical and special qualities of boxers, on increasing the level of technical and tactical skills, and it can be recommended for practice. The analysis of special literature and practical work experience shows that the formation of technical and tactical skills of highly qualified boxers depends on their level of motor and physical training. It is also determined by the number of fights in training and competition mode every year. In the experiment, it was determined that non-contact delivery exercises are the most appropriate content of the educational impact on athletes in different periods and at different stages of their technical-tactical skill formation. The high intensity of the educational process is ensured by the uniformity of the educational effects and strict control of their size and intensity.

A formative experiment justifies the need to replace traditional training tools with non-contact delivery exercises designed for different stages and periods of the learning process. The obtained data allow to expand the theoretical and practical basis of the training process of highly qualified boxers with highly

qualified rules, they created an environment of possibility to rationally manage the formation of technical and tactical skills based on the use of non-contact delivery exercises, setting parameters of the training load and reducing injuries and injuries. The developed method of using leading exercises in the training process of boxers is recommended for the wide use of athletes of any skill at all stages and periods of training. Its use increases competitive credibility and ability to succeed in winning competitions of various scales.

Conclusion

The results of the experiment allow us to hope that the direction proposed to improve the technical and tactical skills of boxers, improve their physical qualities and functional training is more promising for modern boxing. It also gives hope that boxing training will become more attractive to many of the younger generation. Significantly less injury during training. Improvement of communication in hand and footwork, achieved through delivery exercises, coordination skills, dexterity, general improvement in the plasticity of movements related to various movements in the air, allows us to hope that the qualities developed during this training will remain in these athletes for life. The ability to process motor information faster and the habit of making quicker decisions may also help these athletes later in life.

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