Innovations in Developing Power Quality in Young Boxers

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ABSTRACT

This article analyzes the results of a questionnaire survey aimed at improving the speed-strength qualities of young boxers (on the example of BOSM coaches).

Keywords: Loading, functional, physical training, exercise, volume, intensity, load, technical, tactical, physical qualities, intensity, sports form, agility, respondent, individual, sports training

The intensification of competition in modern boxing competitions and, therefore, the sharp increase in training loads, pay serious attention to the fact that from the very beginning of the training phase, athletes form all the qualities and skills on a scientific basis. Because in order to achieve high results in today's boxing competitions, athletes need to be ready for large-scale and very heavy loads. At the same time, in the process of multi-year sports training, the athlete should be able to adapt to the functional and physical capabilities of the training exercises applied in spite of this training period. Otherwise, that is, if a large volume and too much intense exercise is given forcefully, signs of tension will appear in the body engaged in it. If you continue to use training in this direction, you can not only achieve a useful sports result, but also the possibility of developing complications in the body of the practitioner.

Physical and functional training is important in training highly qualified boxers. It is physical and functional training that is the basis for improving sports skills and ability to work. This problem has been interpreted in the scientific literature on the basis of different directions and approaches. It is known that in sports practice it is always the case that the planned exercise does not give the expected result in improving movement skills. One of the main reasons for this may be that the volume and intensity of this or that exercise used in training does not correspond to the functional capacity of the trainee. Therefore, the application of physical activity in the training process on the basis of regular study of the level of impact on the body of the trainee is a very important issue. Therefore, the issue of improving the ability of athletes to work and the formation of "sports uniform" requires special attention to two interrelated aspects of the function of movement:

-training and improving the athlete's technical and tactical skills;

-education of physical qualities in accordance with the characteristics of the chosen sport.

In fact, a highly formed “sports uniform” is, in terms of content, the ability to perform superiorly in a competition in a particular sport, which is directly related to the general and specific physical fitness of the athlete.

According to VNPlatonov, the concept of general physical training means that it is a process aimed at the comprehensive development of the qualities of the athlete's movement. Of course, this process plays an important role in training highly qualified athletes. However, the overall exercise planned for each sport is extremely important to take into account the specific characteristics of that sport. Because it is precisely because of these characteristics that more fast-power quality prevails in one sport, endurance is the leading factor in a second sport, or flexibility is a key factor in a third sport. At the same time, it does not lead to the conclusion that a certain physical quality is very important in one sport and not important in another. On the contrary, each quality will have a more or less decisive ‘share’ in a particular sporting situation. It is this principled approach to the issue that serves as the basis for the formation of a high level of working capacity. In other words, the balance of general and specific physical qualities and their compatibility with the characteristics of the selected sport allows the effective performance of work ability.

Proper planning of the content of trainings during the training, selection of exercises appropriate to the topic of the lesson will increase the effectiveness of training talented young athletes.

The training of young athletes is a multi-stage complex pedagogical process that requires the organization of training on a scientific basis. It is important that the volume and intensity of physical and technical-tactical exercises used in the lessons are planned and applied in accordance with the age, physical and functional capabilities of the children involved. The volume, intensity, repetition, and duration of this exercise should be based on biological laws. If the exercise load is too high for the child’s capacity, such a load can adversely affect that child’s body. Conversely, if the loading capacity is less than the shape the slowing down of the anish process is inevitable.

Some coaches forcibly use special and specialized exercises in order to accelerate the development of physical qualities in a short period of time, to train faster qualified athletes. True, in some cases, that is, if a child's hereditary and individual physical abilities are abundant, such a child may soon become a good athlete. However, in most cases, such a large load of exercise can lead to rapid fatigue, stress, and even illness of the child. In sports practice, there are cases when regular exercise, similar to each other, extinguishes the interest of a child who has just started to play sports, in which he loses his devotion to sports, and eventually he stops playing sports. Therefore, in the training of young athletes, especially in the initial training phase, the use of movement games is very useful and very important for the development of physical qualities, the formation of technical and tactical skills.

Table 1

The results of a questionnaire to study the experience of strength development in the training of young boxers n = 30

T/p	Саволлар	Ҳа	йўқ	қисман
1	Ўқувчиларни спорт тўгарагига танлашда кучни ривожлатирувчи ностандарт машқлардан фойдаланасизми?	6	20	4
2	Машғулотлар давомида кучни ривожлантирувчи ностандарт машқлардан фойдаланасизми?	14	16	0
3	Кучни ривожланганлик даражасини тестлар ёрдамида баҳолайсизми?	8	7	15

4	Машғулотнинг тайёргарлик қисмида кучга оид машқлар қўллайсизми?	11	13	6
5	Машғулотнинг асосий қисмида кучга оид машқлар қўллайсизми?	3	18	9
6	Машғулотнинг якуний қисмида кучга оид машқлар қўллайсизми?	7	21	2
7	Кучни ривожлантиришда мунтазам назорат ўтказиладими?	13	9	8

To date, we conducted a survey among coaches to find out how much the process of training young athletes in sports practice includes action games.

The table shows that out of 30 trainers surveyed, 6 (20%) answered “yes” to 1 question, 20 (66.7%) answered “no” and 4 (13.3%) answered “partially”. He replied.

These results show that during the selection process, most trainers do not use non-standard strength-building exercises. It is known that there are non-standard exercises specific to each sport, and their use in the selection process helps to determine the child's motor skills specific to this sport. Importantly, the solution of a particular movement task during action games is done on a voluntary basis based on independent decision-making. The opportunity given to the child in the performance of this action creates a favorable environment for the demonstration of his abilities.

To 2 questions, 14 trainers (46.7%) answered “yes” and 16 (53.3%) answered “no”. The answer “partially” was not recorded.

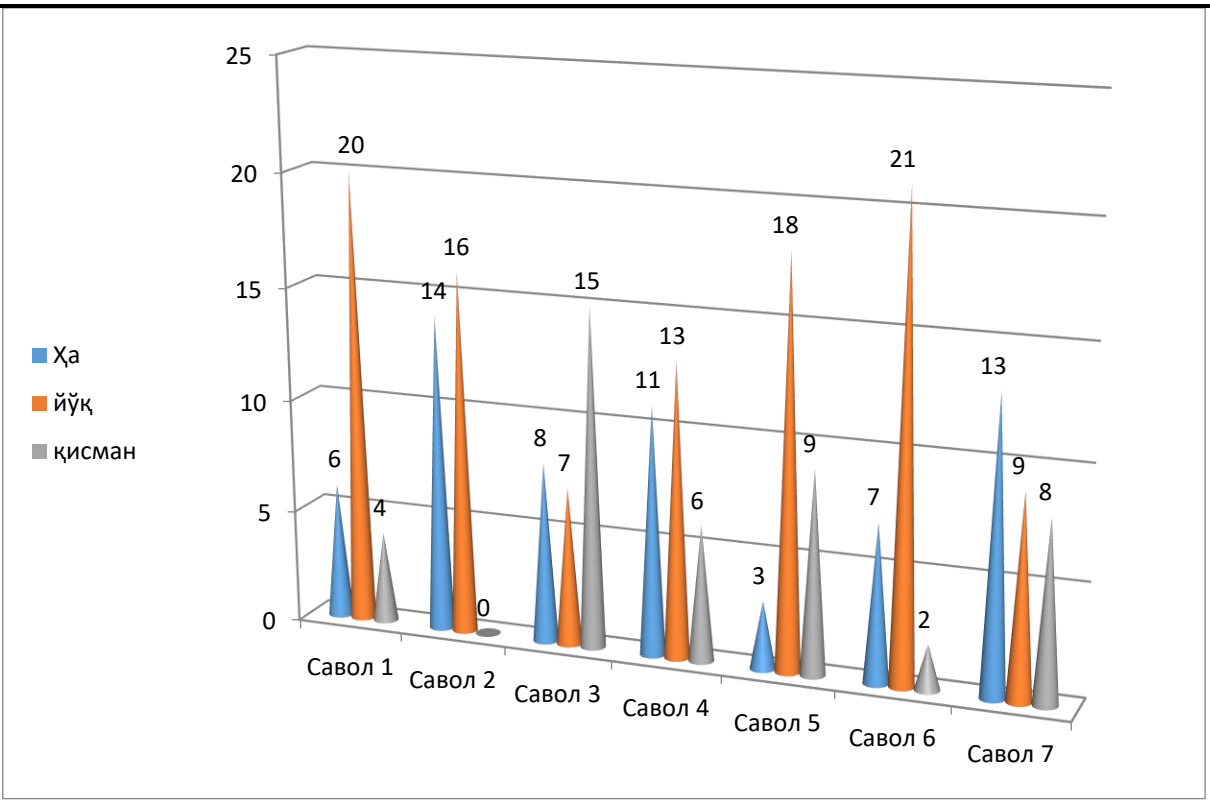
This means that almost two-thirds of the trainers who participated in the questionnaire answered “yes” and “no”, indicating that they were training on the basis of a pedagogical approach belonging to two categories. While the former use non-standard exercises to develop physical qualities, the latter can be concluded to use only standard and traditional exercises in training without taking advantage of this opportunity. Consequently, the second group of trainers does not pay attention to the critical practical significance of non-standard exercises.

The answers to question 3 were also observed in the form mentioned above, but in a smaller percentage (see Table 1). The number of those who answered “partially” to this question was higher, at 50%.

Questions 4, 5, 6 are directly related to the process of training, coaching and preparation of athletes and play an important role in the professional and pedagogical activities of coaches and, in particular, in improving the effectiveness of training. In particular, the respondent trainers asked, "Do you use strength training in the preparatory part of the training?" 36.7% answered “yes”, 43.3% “no” and 20% “partially”.

In the main part of the training, only 3 trainers stated that they would use non-standard exercises in strength development. 60% of trainers answered “no” and 30% - “partially”.

In the final part of the training, the number of trainers using non-standard exercises was relatively high (43.4%). 30% of trainers answered "no". 26.7% of respondents reported partial use of movement games in the final part of the session (see Figure 1).



PICTURE 1. The results of a questionnaire to study the experience of strength development in the training of young boxers n = 30

The results obtained during the survey and their comparative analysis show that the majority of respondents tend to pay more attention to general or specific exercises, which are mainly of standard importance in the training of young athletes, especially in the development of physical qualities. In this regard, it was observed that non-standard exercises are given a secondary place as a convenient tool. Another important thing during the interview with the trainers of the respondents in the survey was that many of them did not have full knowledge about non-standard exercises conducted in the form of a very popular competition.

The results of the questionnaires among young trainers showed that many trainers do not pay much attention to the use of non-standard sets of exercises in the development of strength quality in children.

In 9-10-year-old boxer children, it was observed that the indicators reflecting the strength of the lumbar and abdominal muscles were not sufficiently formed.

Based on the above, it can be concluded that the non-standard strength exercises used in the competition method led to a significant increase in arm flexion-writing muscles, abdomen, waist and arm strength in the experimental group. In contrast, such a situation was not reported in the control group. The study proved that the use of a selected set of non-standard strength exercises in a competitive order gives good results. This means that the introduction of such exercises in boxing schools will have a great impact on the training of qualified boxing reserves.

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