



Innovative Methods of Developing Motor Abilities in Young Boxers

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ABSTRACT

The presented article presents innovative methods aimed at developing the motor abilities of young boxers. The types of simple motor reactions used in the training process of young boxers have been studied in detail. Studied methodical approaches in the development of power abilities representing the main base at the stage of sports improvement.

Keywords:

Boxing, sensory type, motor reactions, simple reactions, motor type of reaction, innovative methods, methodology for developing power potentials.

In the Republic of Uzbekistan, there is an increase in the number of people involved in boxing, which requires a radical revision of the management system for long-term training of young athletes aimed at increasing innovative technologies to achieve the effectiveness of their sportsmanship.

In the leading countries of the world in the field of the theory and methodology of boxing, on the basis of previously conducted research aimed at identifying criteria for means and methods of selection and orientation of children to boxing at the stage of their sports improvement in preparation for responsible competitions is an urgent problem of children's sports.

Monitoring of scientific and methodological literature revealed that in the methodology and theory of boxing, 4 fundamental qualities are conditionally distinguished: endurance and speed, strength and agility.

Speed is characterized as a complex of functional properties of the body, at ease and mainly determining the speed characteristics of movements and the time of motor reaction.

Assessing the manifestation of speed:

- ✓ Latent time of motor reaction;
- ✓ The speed of a single movement;
- ✓ The frequency of movements.

The speed (speed) of the motor reaction is usually estimated by the latent time /0.14 - 0.26 sec/. There are complex and simple reactions. A simple reaction is a response by a pre-known movement to a pre-known but unexpected signal. For example, a well-known defense in response to a well-known opponent's strike. The time of visual-motor reaction in young athletes varies between 0.10 - 0.25 seconds. In the formation of the speed of a simple reaction, the most well-known method is based on repetition or faster response to an unexpected signal or to a change in the environment.

Depending on what the boxer focused on, 3 types of simple reactions can be distinguished. Let's take a closer look at each of the types.

Touch type. The boxer in this case focuses on the appearance of the signal. For example, an attack with the help of some kind of blow. The athlete expects a signal while mobilizing all his attention (while the motor centers of the cerebral cortex are in a retarded state). In this

case, the athlete is too constrained, his movements are sluggish and delayed in response to the signal. Often this happens in episodes when a boxer is waiting for a strong blow from his opponent and fearing it. In boxers, on average, the latent period of the sensory type of reactions is approximately 0.20 seconds.

Motor type of reaction. In this case, the boxer will focus his attention on the preparatory stage of the beginning of the movement. In this case, the motor centers of the cerebral cortex are excited and are in the starting state. Excitation reaches the motor cortex of the cerebral hemispheres of the brain and meet there the already prepared neural formulas of response movement, and the corresponding motor impulses instantly rush to the organs of movement.

Features of the formation of the speed of a complex reaction can be analyzed on the example of 2 types: reactions to a moving object (RDO) and selection reactions.

The reaction to a moving object is of significant importance in boxing, this is due to the fact that the opponent (that is, the target) is constantly in motion, while changing the distance and his location, carries out torso movements, makes blows and defends, etc.

The choice response is combined with the choice of the necessary motor response from a number of probable ones in accordance with the change in the behavior of the partner. Example: the opponent will be able to attack with any blow, and the boxer at the same time makes a choice, to hold a defense or a counter blow.

The prediction reaction is based on the ability of a young athlete to predict the actions of the opponent probabilistically. Therefore, the attention of a young boxer should be concentrated on the perception not of the action itself, but of the movements that prepare it.

As a means of forming the speed of movements, exercises are used, the implementation of which is possible with maximum speed. Funds must meet certain criteria:

The technique of the exercises should be such that they can be performed at maximum speeds;

Methods and means should be mastered by the athlete very well. This is necessary to ensure that during the movement volitional efforts are aimed at the speed of implementation;

The duration should be such that by the end the speed of execution does not decrease due to fatigue. Speed exercises are considered to be of the highest power, the duration of which does not exceed - 15 seconds.

Speed in boxing is detected when performing single blows when attacking and counterattacking, or when performing a defense, a series of blows, combining blows and defenses, preparatory and false actions, movements and movements, switching from one action to the next.

Methods of development of power potencies. Means of developing strength are considered exercises with increased resistance or strength exercises. Depending on the nature of resistance, strength exercises are divided into groups:

External resistance exercises. When they are performed, the following are used:

- weight of objects;
- countering the enemy;
- resistance of elastic objects;
- resistance of the external environment;

Exercises that are weighed down by the weight of your own body.

The level of weights is distributed according to the following criteria:

- as a percentage of the maximum weight;
- by the difference from the highest weight (example - 15 kg less than the maximum weight);
- by the number of probable repetitions with one approach. For example, a weight that can be lifted from the force 10 times, etc.) (Table 1).

Table 1 Resource requirements by component

No	Designation of weight (resistance)	Number of possible repetitions in one set (PM)
1.	Utmost	1
2.	Periphery	2-3
3.	Big	4-7
4.	Moderately large	8-12
5.	Average	13-18
6.	Small	19-25
7.	Very small	Over 25

During the formation of endurance, it is necessary to solve several problems for the comprehensive development of the functional properties of the body, which determine the overall endurance and its special types. The solution of the tasks set is impossible without voluminous, rather monotonous and hard work, during which you will certainly have to continue the exercise, not paying attention to the fatigue that has occurred. Related to this are the special criteria for the volitional qualities of athletes. The formation of such a quality as endurance can be implemented in general with the process of forming diligence and readiness to endure significant loads and very heavy feelings of fatigue. A significant emotional load is experienced in a fight by a boxer.

A special motor quality for young boxers is the motor quality of agility and is characterized as a complex complex quality that does not have one criterion for its evaluation. A measure of agility can be the coordination complexity of motor actions and the accuracy of movements. Agility in boxing is expressed in the speed of transformation of movements in accordance with the requests of the changed conditions of the fight.

With the strengthening of sports specialization, the main line of the methodology for the formation of coordination abilities is the introduction of the factor of unusualness in the performance of habitual actions, in order to ensure growing demands for coordination of movements.

Table 2 Resource requirements by component

No	Content of the methodical technique (according to L.P.Matveev, A.D.Novikov)	Examples
1.	Introduction of unusual starting points.	Fighting in different stances: high, low, left-right-sided. The command of combat is not in its stance.

2.	"Mirror" performance of exercises.	Fighting in different stances: high, low, left-right-sided. The command of combat is not in its stance.
3.	Change the speed or pace of movements.	Perform combat operations at different speeds and at different paces.
4.	Change the spatial boundaries in which the exercise is performed.	Conducting training in the hall and in the open air. Sparring in a reduced (separated by ropes) ring. Sports games on a smaller court
5.	Changing the way you do the exercise.	Performing blows, sewing, movements in various ways.
6.	Complication of exercises with additional movements	Execution of a series of blows: in a jump, after a jump with a turn of 360°; after a few somersaults over the head; after a series of turns, etc. A.
7.	Changing the opposition of those engaged in paired or group exercises.	Fighting with partners of different styles (weight, height, etc. Conducting a fight with two partners; "wall to wall". The use of different tactical combinations.
8.	Perform familiar movements in combinations unknown in advance.	Performing combat operations in various combinations previously unknown
9.	Complication of coordination of movements with the help of tasks such as juggling.	Juggling a tennis ball: b - driving a tennis ball on the floor; - - throwing and catching against the wall: - catching a tennis ball released with the other hand
10	Variation of tactical conditions.	Fighting with various sparring partners.
11	The introduction of additional objects of action and special stimuli that require an urgent change of actions.	Fight with the use of partners "wall to wall"; game exercises with an increased number of balls; conducting training sessions in front of spectators
12	Directed variation of external weights.	Work with hammers, dumbbells, gloves of various weights, with weights, shock absorbers
13	The use of various material-technical and natural-environmental conditions of classes to expand the range of variability of motor skills.	Performing exercises on various projectiles (pneumatic and bulk pears, bags, alternating places of study) in the fresh air and in the hall, at different sports facilities)

Summing up the results of the study on young boxers at the stage of their sports improvement, where the introduction of the methods of sports improvement of exercises for general physical training developed by us, exercises of special, orientation and on special equipment for the development of the necessary physical qualities are the basis for further successful improvement of sportsmanship in young boxers.

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