

STRUCTURE, CONTENT AND PLANNING OF YOUNG BOXERS' TRAINING

Xusanboy Mamatqulov

Fergana State University, teacher

Annotatsiya: Mazkur maqolada yosh bokschilar o'quv-mashg'ulot jarayonining tuzilishi, mazmuni va rejalashtirish tamoyillari ilmiy-uslubiy asosda yoritilgan. Mashg'ulot jarayonini samarali tashkil etishda yosh xususiyatlari, jismoniy va psixofiziologik rivojlanish darajasi, yuklama me'yori hamda bosqichma-bosqichlik tamoyillarining ahamiyati tahlil qilingan. Shuningdek, mikrotsikl, mezotsikl va makrotsikl asosida rejalashtirish masalalari ko'rib chiqilgan.

Kalit so'zlar: yosh bokschilar, o'quv-mashg'ulot jarayoni, rejalashtirish, mikrotsikl, mezotsikl, makrotsikl, yuklama, sport tayyorgarligi.

Аннотация В данной статье на научно-методической основе освещены структура, содержание и принципы планирования учебно-тренировочного процесса юных боксеров. Проанализировано значение возрастных особенностей, уровня физического и психофизиологического развития, нормы нагрузки и принципов поэтапности в эффективной организации тренировочного процесса. Также рассматривались вопросы планирования на основе микроцикла, мезоцикла и макроцикла.

Ключевые слова: юные боксеры, тренировочный процесс, планирование, микроцикл, мезоцикл, макроцикл, нагрузка, спортивная подготовка.

Abstract: This article covers the structure, content and planning principles of the training and training process of young boxers on a scientific and methodological basis. In the effective organization of the training process, the importance of age characteristics, the level of physical and psychophysiological development, the standard of loading and the principles of Step-By-Step are analyzed. Planning issues based on microcycle, mesocycle and macrocycle have also been addressed.

Keywords: young boxers, training process, planning, microcycle, mesocycle, macrocycle, loading, sports training.

Introduction

Boxing requires a high level of physical, technical, tactical and psychological preparation. Especially when working with young athletes, it is important to organize training on a scientific basis.

The correct organization of the training process for young boxers is the main condition for their healthy development, the gradual formation of sports skills and the achievement of high results. The following are general concepts about training a young boxer:

The main thing in the process of general training and training of boxers is the training and education of young trainees. A young trainee is a boxer who has passed the first stage of training and participates in official competitions to obtain the III sports category. This stage usually lasts from 8 to 12 months. What kind of technical school a young fighter goes through, how physically prepared he is, how quickly he can find his fighting style, and what kind of upbringing he receives as an athlete will determine his future career in sports.

Therefore, the first year of training is a crucial period not only for determining the athlete's boxing abilities, but also for determining the level of his psychological readiness, aspirations, interests, mood, discipline, and hard work. All this falls on the responsibility of the coach. He must demonstrate high professional skills to arouse and maintain interest in boxing among young fighters, identify the athletes' abilities, and develop them.



A coach working with young athletes must be a highly qualified coach and teacher, have a good knowledge of his sport, have deep knowledge of issues related to psychology, pedagogy, physiology, be a politically knowledgeable and highly cultured specialist.

It is necessary to organize a group of young athletes on the basis of the best selection. In this, the level of mental and physical qualities of the athletes is mainly determined. The level of development of many qualities of interest to the coach can be determined using sports and active games, relays with objects and obstacles, special exercises for speed, coordination.

The main tasks facing training groups of young athletes:

- to arouse interest in boxing and to cultivate a love of hard work in sports;
- to strengthen health, comprehensive physical training;
- to develop the qualities necessary for a boxer (agility, speed, strength, endurance, etc.);
- study the basics of boxing techniques, mechanics of movements, strikes and defenses;
- study simple technical and tactical movements, mainly at long and medium distances, and their elements at close range;
- mastering the skills of special exercises performed on projectiles;
- getting acquainted with some theoretical information about boxing;
- gaining combat experience by participating in internal competitions;
- fulfilling the III category standard.

7.1. Methodological instructions for conducting training sessions according to the program for young athletes

General physical training

Regular general and special physical training is the basis for mastering boxing techniques and tactics. The boxer's future career in sports will depend on how well he masters special physical exercises.

The main task of using physical training equipment is general physical development, strengthening the musculoskeletal system, developing joint mobility, coordination of movements, the ability to maintain balance, as well as improving the functioning of the cardiovascular system and respiratory organs.

When choosing exercises of a certain volume and intensity, it is necessary to remember that we are starting to work with young boxers, usually teenagers. Therefore, we must take into account their age-specific anatomical, physiological and psychological characteristics.

Each participant must master the skills of alignment exercises.

General developmental exercises include walking, standing, sitting, and lying gymnastics combined with exercises for the arms, shoulder girdle, torso, legs, and neck muscles, which are special for boxers; exercises with objects for complex muscle development (short and long ropes, gymnastic sticks and clubs, tennis, softball and basketball balls, dumbbells); acrobatic exercises, exercises with resistance with a partner, exercises to unbalance, skiing, skating, rowing, swimming, exercises with rubber bands, etc. For the complex development of strength, agility, coordination, and endurance, exercises performed on gymnastic equipment are used: climbing a rope and a pole, walking on a beam, exercises on a horizontal bar, parallel bars, rings, jumps; athletics exercises (running and jumping high, throwing and throwing, running along the intersection, sprinting). The following sports are close to the activities of boxers: handball, tennis, basketball.

The coach should recommend such exercises to boxers that will ensure the development of physical qualities that are lagging behind in each boxer. They should be done not only during special group training sessions, but also on days off from boxing training.

Special physical training



Special physical training is aimed at developing the physical qualities inherent in boxers. It should be carried out simultaneously with the acquisition and improvement of boxing techniques. The coach selects exercises in such a way that the young boxer can master a certain range of technical skills and abilities. It is impossible to require long-term endurance exercises or frequent quick-power movements from him, because in a fight, a young boxer must demonstrate speed, endurance, coordination and other qualities, demonstrate skills in using defense, movement, and striking techniques, mainly due to 2-3 rounds of 2 minutes.

It is not advisable to overwhelm a young fighter with a large number of general and special exercises. He has little time to engage in boxing, so it is necessary to choose such exercises that meet the tasks of complex development. These are: cross-country, short-distance running, exercises for developing agility (sports games), exercises with partners, special gymnastics, exercises for raising balls and tennis balls to each other, balance, feeling the environment, relaxation and freedom of movement.

Particular attention should be paid to mastering the technique of exercises with a ball, rubber bands, a pneumatic hammer, a rope.

In the training process, separate sessions and days are allocated for general physical training, which are mainly not included in the schedule of section training. Specialized (special) sessions (2 hours 3 times a week) are used for special physical training. Usually, in the first part of the training, exercises aimed at developing coordination and agility are used, and at the end, exercises on projectiles and special gymnastics are used to develop flexibility and strength qualities, as well as for the complex development of agility, coordination, agility (mobile and sports games can be used to develop these qualities).

When planning general and special physical training, it is necessary to take into account the share of the young fighter throughout the entire period of training and practice. At the beginning of the training, more attention is paid to general physical training than to special training. As the boxer masters the technique, more special physical training exercises should be included in the training, which will help to master the technique qualitatively, and specialized training is gradually supplemented with special exercises.

1. Structure of training sessions

Training sessions for young boxers usually consist of 3 parts:

1.1. Preparatory part (10–20 minutes)

Purpose: to prepare the body for the main load.

Content:

- Light running
- General developmental exercises
- Joint warming-up exercises
- Special warming-up (shadow fighting, light punches)

At this stage, the heart rate is gradually increased.

1.2. Main part (40–60 minutes)

The most important part of the training.

Content:

- Technical exercises (strike techniques, defense methods)
- Tactical combinations
- Bag work
- Sparring elements
- Special physical training exercises

The main load is given at this stage.

1.3. Final part (10–15 minutes)



Purpose: to transfer the body to a state of recovery.

Content:

- Light running or walking
- Breathing exercises
- Muscle relaxation exercises
- Training analysis

2. Training content

The training content for young boxers consists of the following components:

1. General physical training (GPT)
2. Special physical training (SPT)
3. Technical training
4. Tactical training
5. Psychological training

At the initial stage, more attention is paid to general physical training. As sports skills improve, the share of special training increases.

3. Training planning

The training process is organized based on a long-term plan.

3.1. Macrocycle (annual plan)

Includes a one-year training period

Stages:

- Preparatory period
- Competition period
- Transition period

3.2. Mesocycle (1–2 months)

A stage aimed at a specific goal:

- Developing strength
- Increasing speed
- Improving technique

3.3. Microcycle (1 week)

Weekly plan. For example:

Day	Training direction
Monday	Technique + speed
Tuesday	UJT + endurance
Wednesday	Rest or light training
Thursday	MJT + impact strength
Friday	Sparring
Saturday	Tactical training
Sunday	Rest



4. Planning principles

The following principles are followed when organizing training for young boxers:

- Graduality
- Individualization
- Harmony of load and rest
- Systematicity
- Safety

Overloading young athletes can have a negative impact on the development of the body, therefore, the volume and intensity of the load are controlled.

Conclusion

The scientific organization of the structure, content and planning of training sessions for young boxers is an important factor in improving sports results. The correct structure of the training process, taking into account age characteristics and step-by-step planning effectively form the athlete's physical, technical and psychological preparation. Therefore, systematic and targeted planning is of paramount importance when working with young boxers.

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