



Revealing the Stability of the Parameters of the Impact Technique in Young Boxers

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Annotation: The article shows that the study of the level of learning ability to strike in boxing, identifying the stability of the skill and adjusting the trial process based on the identification and subsequent correction of errors, will increase the effectiveness of the process of teaching strikes from different positions in boxing.

Keywords: Efficiency, boxing, strike, competitive activity, training, perseverance, courage.

Introduction:

Modern boxing is in a turbulent stage creative upsurge aimed at activating actions, both in attack and defense. Boxing is one of the means of physical development and education of young people.

There are many different types of fighting techniques in boxing. The most important technique is strikes from various positions. Ultimately, success in battle depends on the accuracy of the strike. Schoolchildren begin to study boxing in the 5th grade. However, we did not find literature data that reflect the level of learning ability of schoolchildren to strike from various positions, which are studied under the program. Knowing the level of learning and the dynamics of the development of striking technique will allow coaches to select and use in the classroom tools that provide training at a higher level.

Purpose: To improve the methodology for assessing the typical features of strikes from various positions in the activities of young boxers.

Research objectives.

1. To study the technique of striking movements of boxers of different tactical types and qualifications.
2. Establish interrelations of power and time characteristics of punching technique among young boxers of various tactical types.
3. To develop a methodology for assessing strikes from different positions in the competitive activity of young boxers and test the effectiveness of strikes in practice.

Material and methods:

To solve the tasks, the following research methods were used:

- 1) determination of the impact reaction time on a device that determines the time of sensorimotor reactions;
- 2) tapping test (determining the frequency of movements);
- 3) determination of the field of view;



- 4) pedagogical research;
- 5) the method of motor tests.

During the experiment, studies of sensorimotor reactions (vestibulometry, time of a simple and complex choice reaction), measurement of the field of view and frequency of strokes were carried out; pedagogical research, including fixing the accuracy of reproducing technical actions, the number of accurate hits on a target of 50x50 cm (out of 10), the number of hits on a target (4 hits of 10 points), the accuracy of imitation hits in a movement performed at a fast pace.

1. Analysis - scientifically methodical literature.
2. Pedagogical observations.
3. Testing.
4. Method of mathematical statistics.
5. Pedagogical experiment.

In the course of the study, the literature on the research topic was studied. The analysis of scientific and methodological literature was carried out for setting tasks, selecting research methods, and discussing the results. Pedagogical observations of the actions of boxers were carried out in the course of training sessions to visually determine errors in punches from the left and from the right. The results were recorded in a specially designed protocol card.

Testing was carried out when hitting the target with the left hand from the shoulder from the middle distance, on the right and left sides of the target, at an angle of 45°. The blows were made in series, ten blows on each side. The number of hits on the target was taken into account, and the percentage of hitting the target was calculated. Digital material was recorded in protocols.

All data of the digital material were subjected to statistical processing, using a comparison of two samples and pairwise unrelated. We calculated: the arithmetic mean, which is defined as the ratio of individual readings to the number of cases, standard deviation.

Organization of the study: The studies were carried out during 2021-2022 on the basis of the Uchtepa district of Tashkent, Youth Sports School No. 1. The objects of the study were boxers without categories (Group 1) and qualified boxers with II-I categories (Group 2).

In the period from September to September 22, all subjects were engaged in the general plan. In September 2022, the first testing was carried out, according to the results of which the control and experimental groups were composed: I - experimental group, II - control group. Each group consists of 14 people. After processing the results of the first examination, a methodology for managing the process of mastering knowledge and a program for correcting errors when performing blows from the shoulder from the spot was introduced, the following methods were used: storytelling, demonstration and detailed training of the full indicative basis of actions, in the classroom with the experimental group. In the control group, training was conducted according to the generally accepted teaching methodology (storytelling, demonstration, teaching). The attention of the trainer is mainly focused on the passage of the material.

After the pedagogical experiment, which lasted until May 2022, a second survey was conducted to assess the effectiveness of pedagogical influences.

The studies were carried out in the preparatory and intercompetitive seasons, in the conditions of the gym and in the research laboratory.



Result and discussion:

- 1) At the stage of studying blows from different positions with the left hand from the shoulder, we revealed the dynamics of changes in testing indicators in the experimental and control groups. The initial indicator when hitting from the right and left sides (out of 10 hits) averaged 6 hits on the target. After the experiment, the effectiveness increased in the experimental group to 8 accurate blows from the right side.
- 2) As a result of the experiment, a number of errors affecting the technique of impact. Half the mistakes was the result of not knowing the technique of impact, the rules for performing the impact; and learning disabilities. Incorrect holding of the hand (43%), lack of accompanying movement of the striking hand (7%). Significant errors in the performance of the strike were: a sharp lowering of the non-impacting arm down during the impact, the arm is not accompanied to the target (43%), after the proposed lead-in exercises and simulators, the error was completely eliminated in the experimental group. Also, a significant error that occurs when hitting, which reduces the percentage of hitting the target, is when the hit is performed purely mechanically, without the use of attention and concentration (70%). The experimental technique had a positive effect on the technique of learning strikes from different positions using the resulting errors.
- 3) By the end of the experiment, the quality of mastering the technique of hitting with the right hand from an average distance from a place in the experimental group turned out to be higher than in the control group. The subjects of the experimental group outperformed the subjects of the control group in all respects.
- 4) The data obtained allow not only to determine the state of technical readiness of young boxers by the effectiveness of the tests, but also conditionally divide by the nature of movements into stereotypical (standard, with a quantitatively measurable result) and situational (non-standard, with a qualitative assessment). The former include reaction time, frequency of hand movements, field of view, etc.; to the second - the accuracy of the impact, the accuracy of hitting the target when hitting from complex initial positions, the time for the correct solution of the problem, etc.

Thus, as a result of the study, the dependence of indicators of technical skill on the physiological characteristics of the functional systems of the body of young boxers was shown. The speed of hand movement and dexterity, being the main qualities of boxers in improving technical training, can be trained by the influence of means aimed at their development.

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