

IMPROVEMENT OF TECHNICAL-TACTICAL, SENSORIMOTOR AND THINKING PROCESSES OF HIGHLY SKILLED BOXERS

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Abstract:

During technical and tactical training, highly qualified boxers are trained to improve their individual combat style, strengthen technical tools and tactical movements, develop special thinking and sensorimotor skills (time, distance, impact, anticipatory reaction, concentration, distribution and transfer, decision-making speed and coherence) a personalized training and exercise plan was created to ensure balanced development. The structure of the trainer's actions during individual training with flat gloves has been systematized.

Keywords: Boxer, technical and tactical training, sensorimotor, trainer, flat gloves, competition, training fights, strikes.

Introduction

Technical and tactical improvement in modern sports competitions and conditions of preparation for them should be ensured by the high level of development of physical and mental qualities, as well as the functional capabilities of the organism.

The sportsman's competitive activity includes competitive actions and their actions in the competition process that combine their complex forms. In many sports, attention is paid to individual competition actions, but in the sport of boxing, a complex of relatively rapidly changing actions depends on the tactics of the competition. finds its expression. Actions of the competition are a set of legal relationships that unite the boxer's actions, which are gradually formed during the competition, into integrated forms. structure.

In the process of the competition itself, the preparation for the battle and the model of activity are naturally determined, clarified and adjusted according to the situations that will arise during the competition. is entered. This gives a special emotional tension to the actions of athletes in the competition.

During technical and tactical training, boxers of high caliber improve their individual fighting style, strengthen their unique technical tools and tactical movements, develop special thinking and sensorimotor skills (time, distance, impact, anticipatory reaction, concentration, distribution and transfer of attention, decision-making speed and consistency), as well as willful qualities - initiative, self-control, they need to educate ability.



In the process of technical-tactical improvement, high-level boxers improve a wide range of technical-tactical movements (mastering the three tactical instructions for fighting at all distances - high speed, strong punches, skillful deception and their implementation in a fight against various opponents), breadth of tactical thinking and sensorimotor skills. develop the strength of self-control.

Since individual work with him (individualization of sports improvement) is of great importance for the improvement of the athlete's skills, it is very important to know how to individualize the training of senior and high-level boxers.

In order to individualize the process of improving the sports skills of a senior boxer, the trainer should thoroughly study his technique and tactics, physical development, psychomotor qualities, personal and nervous system characteristics. For this, various tests, simulators and observations during training and competitions are used.

The trainer observes the boxers in training fights and competitions, and determines the personal characteristics of each of them and determines the following:

- a) at what distance is it more convenient for the boxer to move, that is, where he moves more freely, confidently and actively, where he is more able to use his methods;
- b) what strikes and defenses he prefers to use, which methods he can perform better than others;
- c) this boxer's style of fighting is characteristic, that is, he uses attacks or counterattacks, single or series of blows more successfully at long or medium and close distances;
- d) what character traits the boxer has, whether he is active, brave enough during the fight, cold or overly curious, aggressive, restless, etc.;
- e) what characteristics of the nervous system affect the boxer's behavior and behavior (power of excitation and inhibition processes, restraint, mobility of nervous processes).

Analyzing conditional and free fights and competitive fights (general coordination of movements, level of physical fitness, characteristics of physical and mental qualities), the trainer fills in the description of boxers and determines the direction in which it is necessary to work on improving the fighting style of each athlete.

In order to properly organize the process of sports improvement, the teacher prepares a technical-tactical description, in which, based on the observations of the boxer, what methods he uses better than others, what is his individual fighting style (attack, counterattack and combination), takedown, strong blow, high speed of the fight what are the tactical guidelines - the boxer's preferred distance, basic qualities (strength, speed, endurance, courage, determination, the will to win), how he adapts to different opponents; it shows what mistakes he makes, what his technique is behind, and what tactical tools he has acquired.

In accordance with the above, a plan for individual training and training of the boxer will be developed. This plan should include:

- a) a list of tactical methods that a boxer should acquire;
- b) a list of exercises (or their description) that should help the boxer to develop one or another quality;



- c) a list of tactical methods and actions that a boxer should perform;
- d) list of partners for conditional and free fights in accordance with the tasks set before the boxer;
- e) schedule of trainings and content of each of them. Such a plan is exemplary in many respects. During the training, it may happen that the material of a certain section is mastered faster than expected, while in another section you have to stop more.

Individual plans for the improvement of boxers based on observations cannot be considered immutable and final. In the course of further work, after receiving new information, identifying new aspects in the actions, techniques and tactics of boxers during the fight, the trainer must set new goals for them, and sometimes it is necessary to completely change the general direction of the work. Thus, at this stage of the training of boxers, the task of the trainer is to determine the specific and technical-tactical characteristics of their physical movements and determine a specific direction of improvement.

The selection of certain tools allows the boxer to improve in selected movements, techniques, in the ability to use them in different conditions, and helps the development of his will and combative thinking. The choice of technical and tactical tools also depends on the fact that the speed of modern boxing is much higher than before and requires a high level of improvement of technique and tactics, a high speed of movement and reaction, thinking and perception. The one who has mastered technique and tactics, and who is physically and willfully prepared, will win.

At the current level of boxing development, techniques and tactics are effective only if the athletes are very fast and durable. In the ring, it is necessary to make one or another tactical decision or to change them, to strike immediately before the opponent's defense, or, on the contrary, to defend against his sharp attacks and counterattacks, accurately calculating the time and distance. All this encourages the boxer to work on certain methods and improve them during training, to improve the range of actions characteristic of him, that is, to develop their qualitative aspects to the maximum. Improvement of methods, development of thinking, will, simple and complex reaction, sense of time, sense of distance, fine classification of conditioned reflex connections force the boxer to work carefully and for a long time. A boxer, having developed his fighting qualities at a high level, will have the opportunity to use these tools in battle and win not by force, but by skill and art.

When improving the boxer's technique and tactics, the trainer should pay attention to the speed of movements, accurate and timely execution of blows and defenses, the need to perform this or that action.

What is needed to improve the individual skills of a boxer? First of all, he needs to master the technique consciously. Explaining the fundamentals of the technique several times and demonstrating the methods, the trainer should achieve that the boxer not only correctly repeats what was shown, but also needs to be able to explain any detail of the method being improved, and then to be able to train independently.



First, exercises are performed under the supervision of a trainer, who gives the necessary explanations and instructions; later, when the boxer has mastered the structure of the fighting action, he can practice independently.

A boxer must repeat the movement being perfected many times: first at a slow, steady pace, then at an accelerated pace, and finally at a controlled or freely modified pace. It is necessary to change the conditions under which the method is executed or combined. Exercises are repeated for a long time, from one training session to the next. The same method should be used many times under the changing conditions of conditional and free combat.

It is necessary to improve the technique by gradually increasing the difficulty of the material in a certain sequence. Mastering the punches, the boxer improves the overall structure of the movements in flat gloves, throws, as well as in exercises with a partner. Then the conditions gradually become more complicated. The partner's resistance, which is simple at the beginning, gradually increases: first he uses only defenses, then he complements them with counterattacks. Finally, boxers practice sparring, in which their partner resists the boxer (on assignment) weakly, then actively. This is done in order to strengthen the correct structure of movements, to learn to use them in time, to choose a favorable moment for striking, and to accurately calculate the distance and time.

If the movement is performed incorrectly in complex conditions or the boxer loses the sense of timing and distance, it is necessary to return to much simpler and less difficult exercises.

To strengthen one or another method, the following should be used:

- empty resistance of the opponent (according to the task);
- exercises with a weaker opponent;
- constant (in certain periods) exercises with the opponent (studied conditions);
- exercises with a stronger opponent;
- exercises with replacement of opponents (various conditions).

It is necessary to follow such a sequence both when improving individual actions and when improving the speed of transition from one action to another. If it is not followed (for example, if the boxer is forced to immediately use the movement being improved against a much stronger opponent, or if the opponent is not given the task of relaxing the resistance), the boxer's movements are distorted and he is unable to move under the influence of difficult conditions and fear of the impact, making many mistakes, the movement does not master the correct structure and time from one movement to another cannot pass. On the contrary, if the conditions are gradually complicated, the boxer will quickly improve, consolidate the skill acquired in training and successfully apply it in any combat situation.

In the first stage of training of boxers, the main attention should be paid to the technique of moving, hitting and defense of all boxers of the group. Using exercises performed in flat gloves, shells, pairs, in order to make a correct punch, the trainer should achieve that the boxer can deliver punches quickly, accurately, sharply enough without strain, without making mistakes in calculating the distance and time, without losing balance and getting into the initial position that is convenient for further actions during the punch. .



It is necessary to take into account the characteristics of boxers when giving the blow correctly. The coach must identify the following:

- a) which strokes should be developed and improved;
- b) from which distance it is more convenient for the boxer to give the blows selected for improvement;
- c) in what form it is better to give these blows - in the form of an attack or a counter-attack;
- d) with what types of defense these strikes are combined.

After that, the trainer determines the sequence of training tasks for each boxer.

Many repetitions and polishing of techniques (slides, strikes, defenses, feints, counter-kicks, combinations) in increasingly difficult conditions give the boxer the speed and immediacy of movements, the sense of time and distance, the speed of perception and reaction, the consistency and correct distribution of attention. makes it possible to develop to a high level and thereby bring the execution of methods to a perfect level in free and competitive fights.

In the process of individual improvement of boxers, the limitation of training material is of significant benefit. As a result of the selection of certain tools and targeted narrow individualized work, boxers improve in one or another fighting style, achieve the title of master of sports using a relatively narrow range of techniques and tactics brought to perfection. In order to further develop, a boxer should acquire a much wider set of technical and tactical tools compared to his specific fighting style, because fighting tools that give advantage in one-on-one fights with one opponent are not useful in other cases. To win skillfully, you need to be able to overcome the resistance of different opponents at different distances. It is necessary to use various preparation, defense, attack and counter-attack actions.

In order to determine the ways and methods of individual improvement of a high-level boxer, it is necessary to know what tools and techniques allow a boxer to win fights and exactly which opponents, as well as what tools and qualities a boxer lacks.

Also, it is important to find out exactly what are the deficiencies in the boxer's technique and tactics, what should be filled with them, and in which direction his technical and tactical tools should be changed.

For each boxer, it is necessary to develop a number of technical and tactical tasks of different content and complexity, in accordance with his characteristics and the tasks set before him. A boxer should perform each task not occasionally, but regularly, until the necessary skills and qualifications are formed. Tactical tasks that are common to all groups will not be enough, because each boxer, while performing them, will still act in a unique fighting style. Therefore, in order to expand the boxer's skills and abilities, to allow him to learn new material, it is necessary to distinguish certain tactical tasks for each athlete from the general material and choose the technique suitable for these tasks. If at the beginning of improvement it is especially important to polish, strengthen and improve the technique and tactics specific to this boxer, and all individual tasks are built on this basis, then it is necessary to offer the boxer what he lacks, which will be necessary for his growth in the sport.

Each boxer should practice separately the movements that expand his technical and tactical capabilities. For a boxer, special training is needed to learn active attacking moves, such as



moving forward with a defensive stance. Another boxer needs to acquire and improve the skill of "starting" the fight and the skill of fighting at medium and close distances. The third boxer needs to develop one or another physical and psychological qualities.

The list of tasks facing the boxer and trainer could go on and on. At this stage, the tasks of improvement are not only to polish the techniques available to the boxer, but also to master new tools necessary for this athlete to perform reconnaissance actions at different distances, to solve certain technical and tactical tasks in defense and attack.

Boxers' improvement in training should be carried out through general (various-district) and individual (limited) technical-tactical tasks for each boxer. They should be combined with each other, and individual tasks should be aimed at developing and improving the style of fighting that is unique to this boxer.

A variety of technical and tactical materials should be widely used in the training process of a boxer, because frequent replacement of various tasks helps to maintain a stable interest in training, expands the scope of knowledge of boxers, improves the specific coordination of movements, strikes, defenses and their coordination correctly. creates forms, enriches the boxer with technical and tactical tools.

The diversity of the technical and tactical material in the improvement process allows the athlete to determine his own path, and the trainer to determine the direction of individual work with him in the future.

In the practice of training highly qualified boxers, several sample schemes of training are used. Below are examples of the most common ones.

Systematization of the actions of a boxing trainer during individual training in flat gloves.

To improve the sports skills of a senior boxer, the trainer strengthens movement skills by conducting individual training in flat gloves.

So, the effectiveness of boxers' competitive activity largely depends on the extent of the use of technical methods.

Individual training with a trainer in flat gloves is one of the forms of training and improvement of technical methods and tactical movements.

The ability to indicate the types of defenses, attacks, attacks, counter-attacks and counter-attacks with the help of gestures is a component of coaching skills. Their use provides a basis for modeling combat conditions and effectively solving the tasks of technical and tactical improvement of boxers.

The results of the analysis of the movements of the boxing trainer during individual training with flat gloves show that during many years of practice, the main specialized movements are selected for interaction with the boxer (Fig. 1). They allow you to model combat situations that are often encountered in training.



Figure 1. Systematization of actions of a boxing trainer in individual training with flat gloves.

Actions of a boxing trainer in individual training with flat gloves		
Preparation	Attack	Protection
Scouting	Attacks	Protection
Deceptive	Simple	
Maneuverable	Complicated	Opposite
Remote	Counter attacks	Answer
Face to face		
From the wing		

The types of movements in individual training in the flat gloves of a boxing trainer consist of movements that have the characteristics of preparation, attack and defense. It should be noted that preparatory actions are divided into reconnaissance, deceptive and maneuvering actions. In turn, maneuvering actions are divided into ranged, face-to-face and flanking actions. Attack actions include attacking and counter-attacking, and can be simple or complex. Defense actions include defensive, counter and response actions.

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