

**IMPROVE THE LEVEL OF PHYSICAL FITNESS BY INCREASING THE TRAINING  
EFFICIENCY OF BOXERS**

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**ABSTRACT:** This article will give you a brief overview of the training efficiency of student boxers. In particular, the relevance of these forms of training efficiency and their impact on the general and specific physical development of boxers.

**KEYWORDS:** Physical quality, physical education, training, fitness, sports, physical education, physical development, physical maturity.

**INTRODUCTION**

Boxing, as a means of physical training, has a profound and comprehensive effect on the body of the athlete. Under the influence of boxing loads, the basic musculoskeletal system is strengthened: motor skills such as speed, accuracy, coordination of movements are developed, and all the basic functions necessary for life are activated. That's the decent thing to do, and it should end there. The essence of the art of boxing was to punch an opponent during a fight without letting him hit him.

In boxing, the athlete is defined by high activity and mobility activity. Boxing is also used outside of sports. Boxing is also used in martial arts, in theaters, on movie screens, and in public sports. National boxing types are also common. Universities of physical culture are the main center for training boxing specialists, coaches and athletes. The theory of boxing, which is taught at the University of Physical Culture, consists of a system of professional and pedagogical skills without historical methods. The task of the application of general physical training tools is to strengthen health, general physical development of exercise, strengthening bone-joint ligaments, basic load-bearing, development of musculoskeletal system and muscles, basic movement qualities - strength, speed, general and special endurance, development of coordination of actions, as well as improvement of the function of the cardio-respiratory (respiratory, circulatory) system.

Standing exercises and re-cleansing exercises while standing. Simultaneous and alternating, synchronous and asynchronous movements of the shoulder, elbow and elbow joints

**THE MAIN FINDINGS AND RESULTS**

The focus of special physical training in boxing practice is closely related to the technical and tactical diversity of combat techniques performed at different amplitudes, different speeds and strengths, in unusual situations. In this context, special physical training is aimed at solving the task of developing a wide range of physical qualities that will allow you to successfully perform the soul of the competition.

Exercises to develop strength, speed, endurance, agility, flexibility, and balance,

The above-mentioned material is required to be included in the training sessions of all levels during the entire training session, but the scope and intensity of the exercises will depend on the level of training of the trainers and the level of technical and tactical training of the trainers. Performing exercises to develop strength, agility, endurance, agility and flexibility from physical qualities, The development of agility in boxers can be done while working on special projectiles, as well as in pairs, when working with a partner.

It is impossible to talk only about the manifestation of force in boxing, because the conditions and characteristics of the stresses that develop during the fight are very diverse.

The dynamic power of a boxer is manifested in motion, that is, in a dynamic mode. This is the case, for example, in shocks, defenses, sliding movements, and so on power to be developed. Depending on the nature of the voltages, the dynamic force in boxing is divided into explosive, fast and slow forces.

Explosive force is the force with maximum acceleration. This strength is developed in the boxer's punches.

Rapid force is manifested in motions, in which the speed of sliding is more important, and this force is characterized by small inertial resistances.

Slow force is manifested in relatively slow, slow movements performed with almost no acceleration. In boxing, a simple hug is a simple example of a weak force that overcomes an opponent's resistance with direct force while holding or holding.

The different work routines and fighting styles of boxers, especially when they perform punching moves, require a different display of the evening.

Because the nature of explosive, fast, and slow force in boxing varies, the coach should use appropriate tools and techniques to train each type of force in practice, focusing on the types of force that are appropriate for a particular boxer's fighting style should focus.

Athlete general and special speed is distinguished. General agility is the ability to demonstrate speed in a variety of movements, such as sprinting, sports, and so on. It is manifested in the rapid onset of general agility, the speed of non-specific movements of the athlete, the rapidity of single and frequent movements, the ability to instantly move from one movement to another.

The organic link between general and specific speed is usually seen in junior athletes in the early stages of their athletic form formation. As an athlete's athletic skills and competencies increase, the "shift" of training from general developmental training to specific exercise decreases. Therefore, the use of general agility training tools in training to develop the boxer's special agility qualities is justified in the initial training phase of the athlete. As an athlete's athletic performance and exercise increase, further improvement of speed should be taken in such a way that general developmental exercises which are as close as possible to the basic specific exercises in terms of coordination, should be chosen wisely and diligently.

If you use the most sensible combination of multiple defenses, rather than a series of multi-shot attacks, the speed and effectiveness of the defense will increase. For example, two blows from the other side use a bottom-to-side diver instead of escaping by diving to the right and left in succession.

The optimal state of central nervous system excitability in the development of agility can be achieved only if the participants are not tired of previous activities. Therefore, speed exercises are performed at the beginning of the training.

In boxing, general training and special exercises are used to improve the athlete's overall endurance. Achieving a high level of endurance requires a certain selection of exercises and a system of their organization. Experimental studies have shown that special exercises that cause the most energetic changes in training and are performed at a rate of 180 beats per minute: sparring, free and conditional fights, in pairs to improve technical and tactical skills work, work in bags; when applied, the overall endurance of the boxer is significantly improved. The important thing is that these exercises should be performed in a certain sequence. One of the most effective ways to improve your overall endurance in boxing is to work out. The most effective way to increase endurance in training is to extend the round time to 5 minutes or more.

Special training exercises are used to improve endurance. General preparation exercises can also be used; cross country, sports games, etc. However, special exercises usually serve as a special

endurance training tool.

Accelerate the boxer's performance in basic sniper exercises, freestyle and conditional combat exercises to improve special endurance. For example, shells use a special type of load and a combination of work and rest in order to develop special endurance during exercise. The boxer performs 10-15 explosive short series at maximum speed and intensity during a round of training with a bag, and in the interval between series - performs calm movements.

#### CONCLUSION

Proper breathing is very important in training boxers' endurance. The importance of boxing activity is further enhanced by the fact that it does not allow one to breathe rhythmically in the ring. The boxer's breathing should be continuous and deep enough. Good breathing confirms good ventilation of the lungs and allows efficient use of vital lung capacity. It has been found that breathing patterns that focus on exhaling on strong shocks are the most effective. Not only does this help keep the lungs well ventilated. It may also increase the force of the blows. Even highly skilled boxers do not always breathe properly. The most common mistakes are shortness of breath, shallow breathing and exhalation, fatigue from shock, shortness of breath at close range. This leads to a reduction in oxygen consumption. Therefore, the coach should make sure that the boxers do not hold their breath while performing punches and defensive techniques. Boxers need to breathe continuously during a series of punches, but not every punch needs to be done with a quick exhalation. It is necessary to perform only the whole series of blows, or the blow with special emphasis.

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