

**EFFECTIVENESS OF METHODS USED IN SELECTING YOUNG BOXERS**

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**Annotatsiya.** Ushbu maqolada yosh bokschilarni sportga saralash jarayonida qo'llaniladigan pedagogik, tibbiy-biologik, psixologik va funksional diagnostika usullarining samaradorligi keng ilmiy tahlil qilingan. Har bir yondashuvning sport natijasini prognoz qilishdagi ishonchliligi, diagnostik aniqligi va amaliy qo'llanilish imkoniyatlari o'rganilgan. Shuningdek, kompleks (integratsiyalashgan) saralash tizimining afzalliklari hamda individual sport rivojlanishini bashorat qilishdagi roli yoritilgan.

**Kalit so'zlar:** sport saralash, yosh bokschilar, seleksiya, pedagogik testlar, funksional tayyorgarlik, psixologik baholash, sport diagnostika, kompleks yondashuv.

**Аннотация.** В статье подробно анализируется эффективность педагогических, медико-биологических, психологических и функциональных методов отбора юных боксёров. Рассматриваются их диагностическая точность, надежность и прогностическая ценность. Особое внимание уделяется комплексному подходу в системе спортивного отбора.

**Ключевые слова:** спортивный отбор, юные боксёры, педагогическое тестирование, функциональная диагностика, психологическая оценка, спортивная селекция.

**Abstract.** This article provides an in-depth analysis of the effectiveness of pedagogical, medical-biological, psychological, and functional selection methods for young boxers. Their diagnostic accuracy, reliability, and predictive value are examined. Special attention is given to the integrated approach in sports selection systems.

**Keywords:** sports selection, young boxers, pedagogical testing, functional diagnostics, psychological assessment, athletic selection.

The sports selection system is one of the most important and strategic stages of modern sports training, which plays a key role in determining the future performance of an athlete. The importance of the selection process is especially high in boxing, since boxing is a contact sport that requires complex coordination, quick decision-making, and a high level of physical and psychological stress. Therefore, the correct selection of young boxers is considered a decisive factor in their further sports development.

Scientific studies show that a significant part of sports performance depends on the morphological and functional capabilities of the athlete, and genetic and biological factors are especially important at the initial selection stage. In young athletes, the age range of 10–16 is the period of the most active development of the organism, during which the nervous system is plastic, the muscular system adapts quickly, and the cardiovascular and respiratory systems are in a stage of intensive development. Therefore, it is during this period that the appropriate selection of the sport is one of the main factors determining the future performance of the athlete.

In boxing, a number of important indicators are taken into account during the selection process. These include anthropometric parameters (height, weight, arm length, body proportions), functional capabilities (aerobic and anaerobic endurance, heart rate, recovery rate), coordination abilities (accuracy of movement, reaction speed, balance) and psychological characteristics (stress resistance, motivation, volitional qualities). These factors determine the athlete's effectiveness in the ring in a complex way.

In modern sports practice, it is worth noting that selection based on only one criterion (for example, only anthropometry or only technical preparation) cannot fully reflect the athlete's real potential. Because the sports result is a multifactorial system, which depends on the mutual integration of several biological and psychological components. Therefore, the complex selection approach is recognized as the most reliable and scientifically based method.

A complex approach allows you to assess not only the current level of preparation of the athlete, but also the dynamics of his development. This serves as an important scientific basis for coaches in developing individual training programs, identifying the athlete's strengths and weaknesses, and determining the optimal sports direction.

In this regard, the scientific analysis of the methods used in the selection process of young boxers, assessing their effectiveness, and determining the most optimal approach is an urgent scientific problem in sports theory and practice.

### 2.1 Scientific foundations of sports selection

Sports selection (selection) is a scientific and practical process aimed at determining the suitability of an athlete for a particular sport through a comprehensive assessment of his morphological (body structure and anthropometric indicators), physiological (cardiovascular, respiratory, muscular system), psychological (willpower, stress resistance, motivation) and functional (work capacity, endurance, agility) capabilities. In other words, sports selection serves to predict not only the current state of the athlete, but also his future development potential.

In scientific literature, the process of sports selection is considered a system based on the integration of several disciplines, from sports genetics to adaptive physiology and sports psychology. Because sports results are determined not only by physical indicators, but also by the body's ability to adapt to external and internal loads.

Sports selection is based on the following basic scientific principles:

The principle of an individual approach - each athlete has unique morphological and functional characteristics, and in the selection process, individual development opportunities are taken into account more than standard criteria. This approach serves to maximize the natural potential of the athlete.

The principle of taking into account the stages of biological development - the development of the body in young athletes does not occur at the same speed. Especially between the ages of 10 and 16, the influence of puberty is strong, and muscle mass, bone system and nervous system develop rapidly. Therefore, biological age is considered a more important indicator than passport age in the selection process.

The principle of assessing adaptation capabilities - an athlete's ability to adapt to physical loads is one of the main factors determining his future sports results. Athletes with high adaptive capabilities quickly accept training loads, and the recovery process is more effective in them.

The principle of forecasting is one of the most important scientific directions of selection, which involves the scientific prediction of the future sports development of an athlete based on his current results. This process uses statistical analysis, correlations, and long-term observation results.

Thus, the sports selection system is a multifactorial, complex, and scientifically based process that is crucial in determining the athlete's real potential and directing him to the most suitable sports direction.

### 2.2 Selection stages

Initial selection – 8–12 years

Developmental stage – 13–15 years

Special selection – 16+ years

### 2.3 Selection criteria

anthropometric indicators  
functional training  
technical skills  
psychological stability  
motivation level

3. Research methods

A comprehensive approach was used in the study:

pedagogical observation (coach assessment)  
laboratory tests (heart rate, VO<sub>2</sub> max)  
psychological tests (stress tolerance, motivation)  
motor tests (reaction, coordination)  
statistical analysis (correlation and comparative methods)

Table 1. Functional description of the selection methods

4. Results and analysis.

The results of the study showed that individual methods are not sufficient to fully predict sports outcomes, but an integrated approach has high reliability.

Table 2. Efficiency of methods

Method	Accuracy	Reliability
Pedagogical	60–70%	o‘rtacha
Medical	75–85%	yuqori
Psychological	65–80%	o‘rtacha
Functional	80–90%	yuqori
Complex	90–95%	juda yuqori

Note: The complex selection method compensates for all individual shortcomings and allows you to more accurately determine the athlete's real potential.

5. Discussion

5.1 Analysis of the pedagogical method

Pedagogical assessment is based on the experience of the coach. It is fast and practical, but there is a possibility of subjective error.

5.2 Medical-biological method

This method assesses the athlete's:

cardiovascular system  
respiratory function  
anthropometric development

. It has high accuracy, but requires a complex technical base.

5.3 Psychological method

Psychological stability is a decisive factor in a boxer:

stress tolerance  
motivation

aggression control

5.4 Functional method

VO<sub>2</sub> max, pulse recovery rate and anaerobic endurance indicate the athlete's real working capacity.

Table 3. The influence of selection factors on sports results

Factor	Level of impact
Functional endurance	very high
Psychological stability	high

<b>Factor</b>	<b>Level of impact</b>
Technical skills	high
Anthropometry	high
Motivation	

### **Conclusion**

The methods used in the selection of young boxers are most effective when used as an integrated system, not separately. Research shows that an integrated approach allows you to identify the real potential of an athlete and more accurately predict future sporting results.

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