

IMPROVING THE TRAINING EFFICIENCY OF VARIOUS QUALIFIED BOXERS WITH THE HELP OF MODERN EXERCISES.

Ibrahimov Mironshokh Muhammadovich

Bukhara State University Sports Theory and methodology

department assistant professor

mirik.ibragimov@mail.ru

Abstract: in the article boxers of various skills using the current exercises training efficiency increase methods illuminated , in the future to be in competitions high the results captured when entering help gives .

Key words: Boxing, training process, efficiency, preparation exercises, skills, higher education institution.

Introduction. Speed, power and tactical thinking solution doer place catchy modern in boxing training process efficiency of success main to the factor turns. Top to the results of achievement important in terms of one preparation from exercises is to use.

Preparation exercises - boxing technique imitating elements or simplifying , for athletes more complicated actions to master and necessary physical adjectives to develop help giving special working issued exercises . They general physical preparation , special preparation and specialized technician preparation between to oneself typical bridge become service makes , easy from training more complicated training to their assignments one flat to pass provides .

Research purpose. Various sports to their titles has boxers training in the process presenter from exercises used without training efficiency increase

Methods of research organization. The study was carried out in order to determine the possibility of redistributing training resources for boxers in the direction of reducing training work in pairs and replacing them with special preparatory exercises, as well as increasing the level of functional and general physical fitness through special preparatory exercises specific for boxing , which are performed in an aerobic mode . In addition, in order to achieve a sports result, it is assumed that special preparatory exercises should be carried out in training work at all stages of training, in combination with special work during the training of highly qualified athletes.

As a result of the experience, athletes can meet the training load standards for children's sports schools, Olympic reserve colleges, and schools of high sports performance, which were previously developed and are used today.

The experimental results of the proposed redistribution of training resources made it possible to perform up to 67% of the total training load in aerobic mode through a system of preparatory exercises.

According to the results of the control standards, which were held twice a year, it was possible to monitor and control the functional and general physical condition of the group. The control standards confirmed the slow, but continuous growth of the results in almost all indicators, which supported our experience. Special work in pairs on improving technical and tactical skills occupied up to 14% of the total volume of all training work. This is significantly less than the traditional distribution of training loads used in children's sports schools, colleges of Olympic reserves, schools of high sportsmanship, and in training camps of our national teams. The competition regime was carried out in traditionally accepted volumes.

The changes in the physical qualities of the athletes in the studied group according to the test results were as follows .

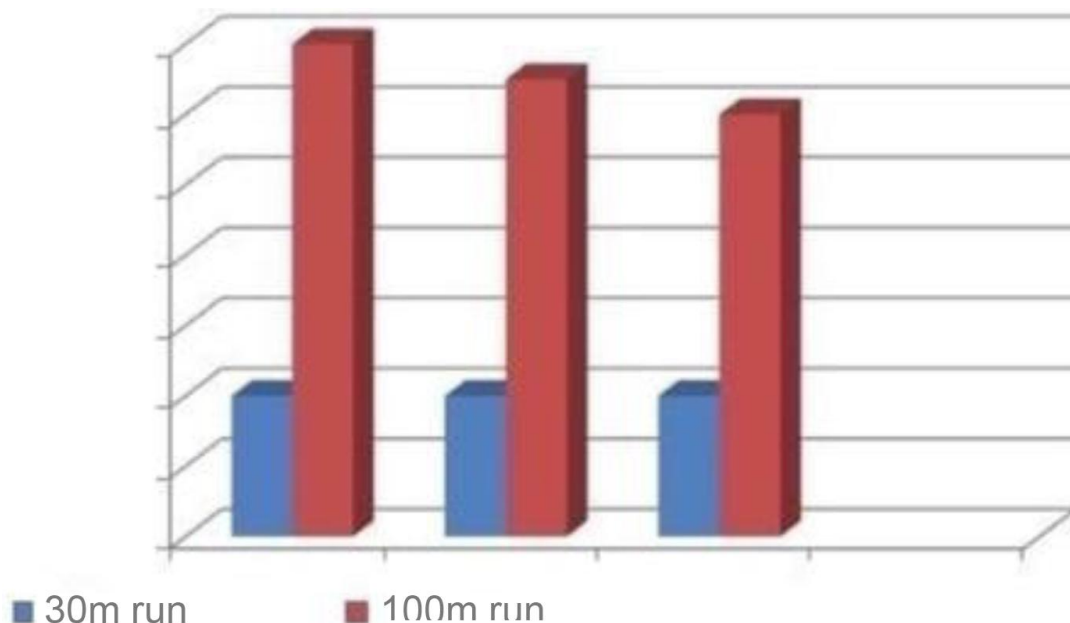


Figure 1. Short - distance running results .

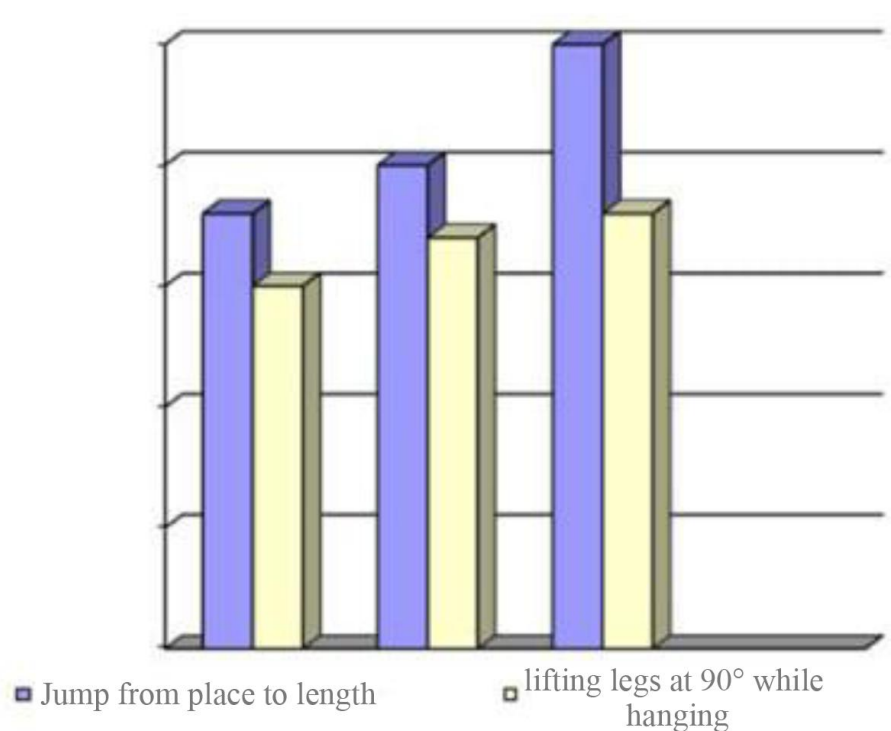


Figure 2. Strength training results .

During the year-long experiment, as a result of the tests, the strength indicators in the pull-up from a hanging position on the horizontal bar increased, the average indicators of all boxers in the experimental group increased by 69%, the average indicators in raising legs from a hanging position increased by 57.6%. Speed indicators also increased: in running at a distance of 30 m: the average indicators of all boxers in the experimental group increased by 8%, in running at a distance of 100 m - by 5%.

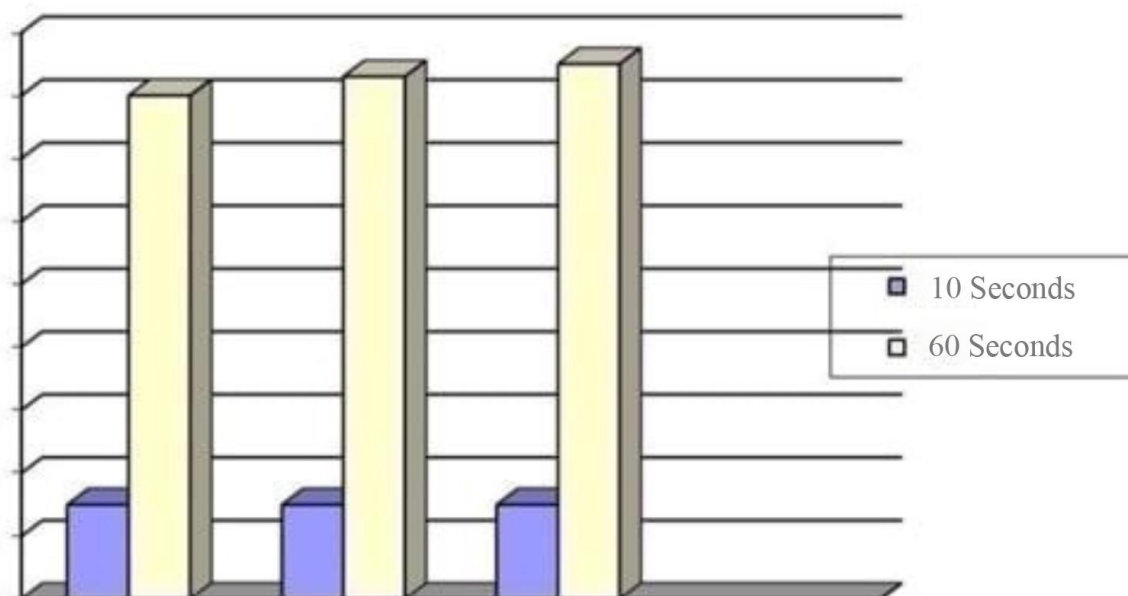


Figure 3. Number of punches on the punching bag

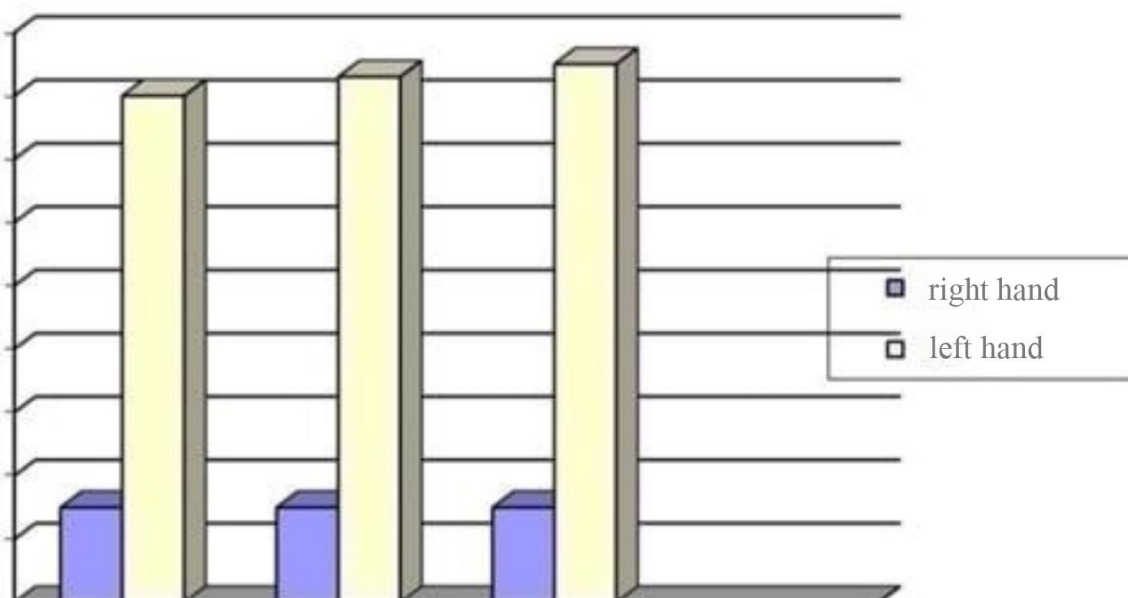


Figure 4. Results of the nuclear throw.

During the same experimental period, the speed of punches delivered to the punching bag increased by an average of 18% in the experimental group of boxers for 10 seconds, and by 6% for 2 minutes.

The average performance of all boxers in the experimental group during the shot put also increased: with the left hand – 6%, with the right hand – 7%.

During the year-long experiment, during the tests, the average indicators of strength abilities of all boxers in the experimental group - bending and straightening the arms while leaning on the floor - increased by 51.3%. The average endurance performance of all boxers in the experimental group also increased (3000 m run) - 4.7%.

Pedagogical experience materials indicate that boxers' movement and physical training have significantly improved.

Boxers' movements and physical preparations dynamics .

No.	Test	Variations in results				t	r
		beginning		completion			
		x±m	σ	x±m	σ		
1.	Running 30 m, s	4.8±0.01	0.04	4.5±0.03	0.09	6.0	<0.001
2.	Running 100 m, s	13.1±0.05	0.15	12.2±0.08	0.26	11.7	<0.001
3.	Running 3000 m, s	698±5.2	17.2	675±3.7	12.3	3.59	<0.001
4.	Hanging weight , number of cycles	15.4±0.5	1.5	26.6±0.6	1.8	18.7	<0.001
5.	on the floor bending the arms while leaning , number of cycles	61.0±2.1	7.1	90.3±2.0	6.6	10.1	<0.001
6.	Hang with your legs bent at 90°. lifting , number of cycles	12.0±0.4	1.2	18.0±0.5	2.0	9.4	<0.001
7.	Long jump , cm	227±1.2	4.0	260±1.2	4.1	19.4	<0.001
8.	Left-handed shot put , cm	768±11.5	38.3	809±11.2	37.1	2.55	<0.05
9.	Right-handed shot put , cm	847±11.2	37.2	907±11.3	37.4	3.77	<0.01
10.	Hitting the bag , times, for 10 seconds	87±0.8	2.6	103±0.8	2.6	14.1	<0.001
11.	To the bag shock , 60 s , times	543±5.8	19.2	588±5.4	17.8	5.68	<0.001

The convincing increase in individual and group performance in all studied indicators speaks of the reliability of the approach used to select general and specific mental training tools, and the approach based on the preferential use of preparatory exercises.

The modern level of boxing requires training twice a day, helping to reduce nervous and physical stress in boxers.

Our research suggests a gradual development of preparatory exercises, which, throughout the annual cycle, fulfill the tasks corresponding to the stage of training. The methodology of preparatory exercises, depending on the stage of training (UJT, MJT, TTT), comprehensively develops the boxer's physical and special qualities, technical and tactical skills, while maintaining the necessary level of their development and further stabilizing and improving them.

Conclusion . The methodology of using preparatory exercises in the training process of boxers, which we have developed, can be widely recommended for use by athletes of any qualification at all stages and levels of preparation. Its use increases the confidence of competition and the likelihood of successful participation in tournaments of various scales.

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