

DEVELOPMENT OF STRENGTH PHYSICAL QUALITIES IN BOXERS METHODOLOGY

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Abstract: In this article, in order to maintain the high positions achieved by Uzbek boxers, attracting a large number of talented young people to boxing training and taking into account the specific features of the training techniques of the leading countries in the boxing sport, the physical characteristics of boxers it is necessary to develop their qualities.

Keywords: Boxing, physical quality, strength, knockout, physical training.

Physical training is the basis for achieving high results in boxing. It is characterized by the physical qualities of a boxer, as well as the development of body forms and functions to a certain extent. The stronger and more capable the body is, the better it accepts training loads, adapts to them faster and remains in a state of training for a long time. Technical, tactical and mental skills and qualities of a boxer cannot be effective and long-lasting without good physical training in fighting conditions. Therefore, physical training, together with the process of improving the elements of the boxer's technique and tactics, is the leader in training as a whole. Practice shows that after the initial high-quality training, only boxing limits the athlete's capabilities.

Failure to properly assess the importance of various exercises in the training of a boxer leads to one-sided development, a decrease in sports results, and in a number of cases it causes the growth of sports skills to stop. All this reduces the interest in training and does not allow the boxer to fully reveal his natural abilities.

The coach and the boxer should take care of achieving a high level of physical fitness in all periods and stages of the training process. At the same time, the boxer's physical training should become more specialized as his skills and training grow. On the one hand, it helps to develop special physical qualities and skills more fully, and on the other hand, it emphasizes bringing all aspects of the athlete's training and development to the same level by supplementing special training. The level of physical training of a boxer changes as his sports skills increase, so training of the athlete's physical qualities should be carried out in accordance with the requirements of the sport.

In boxing, it is not possible to speak only about the manifestation of strength, because the conditions and nature of the tensions developed during the training process are very different. The dynamic power of a boxer is manifested in action, that is, in dynamic mode. This is, for example, in strikes, defenses, sliding movements, etc. power to be developed. Depending on the nature of the tension, dynamic strength is divided into explosive, fast and slow forces in boxing. Explosive power means the manifestation of power with maximum acceleration. Such power is developed in the boxer's accented punches. Quick force is manifested in movements in which the speed of movement is more important and small inertial resistances to this force are characteristic. Sluggish (slow) strength is manifested in relatively slow, sluggish movements performed almost without acceleration. In boxing, a simple example of the manifestation of weak power is to overcome the opponent's resistance with direct force when hugging and holding at a close distance. Boxers' different work routines and fighting styles, especially when they perform striking actions, require different displays of power. A "fast-paced"

boxer needs strength that overcomes his inertial forces and the opponent's resistance to deliver a series of relatively weak punches in rapid succession.

Such a boxer tries to deliver the next one as quickly as possible after completing each punch. Therefore, he should not give emphasized strong blows, because in this case he can definitely "stop" and lose favorable conditions for relentlessly squeezing the opponent. In the "knockout" boxer, on the contrary, his main the edge is the ability to hit hard, with an "explosive" nature, emphasized by the power at the limit (highest) and near the limit. "Explosive effect" is achieved due to the involvement of the maximum number of functional units of each working individual muscle, the rational use of muscle groups for this specific blow, their high muscle coordination and the boxer's ability to strike in a very short period of time. A "knockout" boxer is characterized by a relatively low intensity of the fight, because he performs strong single or double blows (rarely series) with relatively large breaks between attacks. It depends on a number of reasons, in particular, the physiological capabilities of the muscles. The work of these muscles is based on alternating contraction and relaxation, on the other hand, the relaxation of the muscles takes more time than its contraction. Therefore, in a high-intensity fight, the "knockout" boxer has less favorable conditions for the emphasis on powerful punches, because his muscles have less time to relax. A slow (slow) display of power (especially during strong grappling and physical contact with an opponent) is characteristic of a "strong" boxer. Usually, the voltages in his blows are poorly differentiated - they are given with the same force and low speed, they have "explosiveness".

While the level of preparation is good, the lack of speed leads to the formation of a style of fighting with the help of power in such a boxer, and such boxers strive to win at the expense of physically defeating their opponent. The "player" boxer takes a defensive position before and after the punch, and therefore the opportunity to land a maximum powerful punch is reduced. By developing an "explosive" impulse in striking, he achieves efficiency in striking movements due to quick and precise strikes. Due to the fact that explosive, fast, and slow power are manifested in boxing in different ways, the coach should use appropriate tools and methods to train each type of power in his practical activities, and should pay attention to the types of power that are suitable for a particular boxer's fighting style. should focus. In addition, it is necessary to remember that the magnitude of the displayed force depends on the level of training of the athlete - in the case of high training, the number of muscle fibers involved in the work increases and the synchronized functioning of muscles improves.

The training of the boxer's strength should be carried out in two directions:

1. Extensive use of general-developing strength exercises, weights, exercises performed with overcoming the opponent's resistance in and without gymnastic shells.
2. Training strength with the help of special training and special exercise equipment.

Special training exercises should be selected in such a way that the characteristics and structure of neuromuscular tension should be similar to the boxer's special exercises. They include: directly overcoming the opponent's resistance by pushing ("push-push" wrestling exercises, holding the opponent with force, elements of the fight; overcoming the inertia of the personal body in defenses and transitions to blows in defense, and vice versa; in bags, in flat gloves, in a pair with an opponent, training of striking power, etc. Rapid (instantaneous) development of maximum tension of the main muscles of the boxer; rapid transition from one to another and changing the tension from minimum to maximum and vice versa many times, "muscle explosion" ” to perform many times and then train the ability to instantly relax muscles, throwing and bouncing stones, core, balls of various weights, dumbbells, exercises with an expander, ax, work with a shovel, pickaxe or plow, exercises with a barbell can be used.

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Exercises with the help of optimal weights, which should be performed with maximum accelerations, are the most effective means of training explosive and quick strength in a boxer through both holistic and analytical methods. The coach must choose the size of the weight taking into account the weight category and level of training of the boxer. When training strength with the help of exercises performed with weights, the boxer should repeat the task until the movement speed decreases significantly, until the structure of the movement is broken, and until the sensitivity of the muscle is lost in other ways. After that, the boxer should perform relaxation exercises and exercises to actively stretch the muscles involved in the previous movement. Then it is necessary to repeat the same movements many times with the maximum speed and accuracy characteristic of the specific movement.

In order to eliminate the consequences of adaptation that may occur after the boxer performs the same exercises for a long time, the coach should change the complex from time to time.

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