

Scottish International Conference on Multidisciplinary Research and Innovation – SICMRI 2025

IMPROVEMENT OF THE TECHNIQUE OF MOVEMENTS IN THE RING OF YOUNG BOXERS

Mukhtorov Abdurakhim Abdukhamid ugli

Master's student of Alfraganus University

Abstract: Boxers' maneuvering in the ring consists of a complex of various movements and deceptive actions, with the help of which the boxer forces their opponent to make mistakes, make thoughtless decisions, and thereby creates favorable opportunities for capturing a comfortable position, conducting attacks, counterattacks, and as a result, allows for accurate strikes and aiming at the target.

Keywords: Technical-tactical actions, weekly load, general physical training, special physical training, training and competition, special training, pre-competition training.

Introduction. In boxing, which has become a very popular sport in the world today, great attention is paid to the problems of managing the training process of boxers of all age groups and weight categories based on the assessment and control of various aspects of their training. One of the main aspects of athlete training is the improvement of the maneuvering technique of boxers at the pre-competition stage. It should also be noted that in the practice of training young boxers, there is no uniform approach to the use of maneuvering movements, the organization of management of the training process, taking into account the improvement of maneuvering technique in the ring. Boxers' maneuvering in the ring consists of a complex of various movements and deceptive actions, with the help of which the boxer forces their opponent to make mistakes, make thoughtless decisions, and thereby creates favorable opportunities for capturing a comfortable position, attacking, counterattacking, and as a result, this allows for accurate strikes and targeting.

It should also be noted that in the practice of training young boxers, there is no unified approach to the use of maneuvering movements, the organization of management of the training process, taking into account the improvement of maneuvering technique in the ring.

The purpose of the research is to experimentally develop and verify the methodology for applying maneuvering movements in the technical and tactical training of young boxers at the pre-competition stage in the training process.

Research methods. Analysis and generalization of scientific and methodological sources (of domestic and foreign authors) of best practices of training and competitive practice, pedagogical observations of the training and competitive activities of junior boxers, pedagogical testing in order to determine the level of training of junior boxers, pedagogical experiment, methods of mathematical statistics.

The object of the research is the training process at the pre-competition stage of training of young boxers.

The subject of the research is the methodology of applying maneuvering movements of young boxers at the pre-competition stage in technical and tactical training.

Organization of the research. 30 athletes aged 15-16 participated in the preliminary experiment conducted during the training camps of the Tashkent city team. These young boxers participated worthily in the republican championships and received the 1st rank in boxing. During the preliminary experiment, the methodology for applying previously developed maneuvering

Scottish International Conference on Multidisciplinary Research and Innovation – SICMRI 2025

actions at the pre-competition stage of technical and tactical training of junior boxers was tested. This methodology yielded positive results.

Results of the research. Analysis of the available literature showed that maneuvering movements are an important element of the technical and tactical training of boxers. At the same time, in the considered works, only general recommendations for maneuvering are given, and the methodology for the formation of maneuvering skills is not disclosed.

When developing the methodology, we relied on the works of such specialists as V.M.Romanov, G.O.Zeroyan, V.A.Oskolkov, V.I.Filimonov, V.A.Strelnikov, V.A.Gaskov. In addition, when choosing the content of the methodology, the theoretical provisions set forth in the works of L.P. Matveev and V.N. Platonov were used.

The methodology for applying maneuvering movements in the pre-competition stage of technical and tactical preparation of young boxers includes the following:

1. Preliminary control of the level of development of physical and specific qualities of young boxers.
2. Training sessions according to the models developed by us.
3. Final control of the technical and tactical training of young boxers using tests to determine the level of conditioning and coordination indicators of the trainees, the level of mastery of maneuvering movements.
4. All periods of preparation for the main competitions are divided into 3 stages: the first - physical training (2 weeks); the second - special physical training (2 weeks); the third - special training.

When training boxers according to the proposed methodology, the main attention was paid to "boxing school" exercises, namely, correct and most effective movements in the ring in order to create favorable conditions for attack or defense. This requires stepping, endurance, and the coordination of strength of the arms, legs, and body.

The exercises include: forward jumps, leg movements crossing each other to the left, right, forward-backward: upward jumps with turns of 90, 180, 360 degrees, and execution of the given punch combination after a certain cycle of movements at the instructor's command. All movements by boxers were performed by attaching weights (1-1.5 kg) to the legs, which increased the load on the leg muscles and, consequently, developed muscle endurance and maneuvering speed in the ring during movements.

In the first 2 weeks of the training process for junior boxers, we used exercises aimed at general development.

Their composition included the training model we selected for ring movements - No. 1, 2, 3, 4, 5, 6.

In the first 6 weeks of the pre-competition period, in order to more effectively improve ring movement, the boxers of the experimental group were offered exercises of an aerobic nature, performed at a rapid pace, in the warm-up part of each training session.

For the subsequent 2-week period of the pre-competition stage, boxers of the experimental group were offered exercises of a specialized nature, in which models of exercises No. 2, 4, 5, 7, 9 were used.

Scottish International Conference on Multidisciplinary Research and Innovation – SICMRI 2025

At the final 2-week stage of training, training models No. 5, 7, 9 were used. Since we are talking about a controlled training process, we were required to know the question of determining the structure of its modeling. According to V.N. Platonov, the structure of the modeled mesocycle can be characterized as follows: by the ratio of interrelationships of various aspects of sports training (UTS, MTS, technical-tactical actions).

With parameters of training and competitive loads (volume and intensity of work, proportion of competitive loads in the total volume of work).

In the final test, in pull-ups, the young boxers of the experimental group had the best results compared to their peers in the control group. This is due to the fact that a large number of strength exercises were performed in the experimental group in parallel with technical training.

Lifting a barbell of one's own weight showed that the junior boxers of the experimental group performed this exercise on average 10 times, and the boxers of the control group performed it 8 times. This indicates a significantly weaker development of the shoulder extensor muscles, which, it is assumed, influences the strength of direct hand strikes. The Student's t-test was 2.2, which indicates the statistical significance of the difference in the results of both groups in the snatch in a lying position.

No significant differences were found in the indicators of the 100-meter race. This is due to the difficulty of training the speed of movements and is largely determined by the genetic characteristics of the athlete's body. For example, the average result in the experimental and control groups was 13.1 seconds. In our opinion, a significantly higher indicator of the development of speed of movements is observed at the age of 15-16.

The standing long jump characterizes the explosive strength of leg muscles. In this test, we can see that the junior boxers of the experimental group surpassed their peers in the control group. On average, the boxers of the experimental group performed this jump by 152 cm, the boxers of the control group - 146 cm, the Student's criterion showed the reliability of the differences in the indicators of the boxers of both groups.

The average statistical increase in the indicators of physical fitness of the experimental group at the end of the pedagogical experiment compared to the control group was 5.8%.

Conclusion. 1. Based on the analysis of scientific and methodological literature and best practices, the absence of a methodology for applying experimentally substantiated maneuvering actions in the training process of the pre-competition stage of technical and tactical training of young boxers was revealed. The application of this methodology is one of the ways to solve the problem of improving the quality of technical and tactical training of young boxers. Having studied the scientific and methodological works of specialists in the field of boxing theory and methodology, we determined that there are two methods of preparing boxers for competitions: 1 - modeling of competitive activity; 2 - creation of the "ideal boxer" model. We believe that both approaches are correct, in our opinion, it is advisable to use both methods in harmony in the training process. We believe that at the present stage of the development of boxing, there is no consensus on the quantitative, structural, and organizational structure of the training process of young boxers. The training of athletes is carried out based on the personal experience of coaches and educators.

2. It is necessary to include a large number of exercises aimed at maneuvering movements in the content of the pre-competition training stage of young boxers (25-35% of the total number of physical exercises). Since the formation of technical skills is still taking place in young boxers,

Scottish International Conference on Multidisciplinary Research and Innovation – SICMRI 2025

this allows creating a basic basis for their tactical training when the athlete participates in the competitions of adult boxers.

3. At the pre-competition stage of training of young boxers, the methodology for applying maneuvering movements developed by us at the end of the pedagogical experiment made it possible to increase the indicators of training of boxers within the following limits: the level of development of physical qualities - up to 25%, the level of technical and tactical training - up to 21%.

4. Analysis and generalization of scientific, methodological, and specialized literature on the problems of sports training at the stage of direct preparation of young boxers for major competitions showed that to achieve success, boxers must possess a wide variety of technical and tactical techniques, a high level of development of all special and psychological qualities, that is, they must be a universal boxer.

References

1. Islomov, M. – Boks asoslari va texnikasi. Toshkent: Sport, 2017.
(O'smirlar uchun boks texnikasining asosiy qoidolari va harakatlanish asoslari.)
2. Karimov, S. – Ringda harakatlanish va jang usullari. Toshkent, 2019.
(Boksda samarali harakatlanish va ringda pozitsiyani saqlash bo'yicha metodik qo'llanma.)
3. Smith, J. – Boxing: Techniques and Training. New York: Sports Publishing, 2015.
(Boksning texnik harakatlari va ringdagi harakatlarni rivojlantirish usullari haqida ingliz tilidagi kitob.)
4. Jones, T. – The Footwork of Boxing. London: Fighting Arts Press, 2018.
(Boksda oyoq harakatlari va ringda pozitsiyani o'zgartirish texnikasi.)
5. Isroilov, D. – Yosh bokschilar uchun harakatlanish texnikasi. Toshkent, 2021.
(O'smir bokschilar uchun maxsus mashqlar va ringda harakatlanish texnikasi.)
6. Avakyan, A. – Boks texnikasi va jang usullari. Moskva: Fizkultura i sport, 2016. (Boksda jang harakatlari va ringdagi strategiya bo'yicha rus tilidagi qo'llanma.)