



PSYCHOLOGICAL-PEDAGOGICAL AND SPECIAL TRAINING OF YOUNG BOXERS

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Annotation: This article discusses the effectiveness of a set of exercises aimed at improving the training of young boxers. The results of the experiment show the positive dynamics of all the exercises used.

Keywords: boxing, speed-strength qualities, special training, special exercises.

Introduction. Sports activity, in its essence, is a confrontation with someone, with oneself or with circumstances and identifying a leader. Getting into a sports team, the child begins to learn aspects of the struggle for survival, which is especially important for all types of martial arts. Educational and training activities with young athletes are built with the aim of educating the need not just for the process of the game, but for the process of competitive activity. The ability to fight, resist, search for advantages over an opponent through the knowledge of one's own strengths develops [1]. In this case, a rather serious problem arises - the psychological preparation of a young athlete for competitive activity [2, 3].

Boxing in the Republic of Uzbekistan is rapidly developing and is one of the favorite sports among young people. In recent years, there has been a tendency in Uzbekistan for early involvement of boys and girls in various martial arts, in particular boxing [4, 5].

When involving children in sports activities, it is necessary to remember that the main task in this case is physical training, which includes rehabilitation, education, as well as physical and mental improvement [6, 7, 8]. Methods of achievement should directly depend on the age characteristics of the organism of young athletes, therefore, physically and mentally healthy children should be allowed to train.

Classes in martial arts sections begin at 6-7 years of age. However, the lack of the necessary methodological base and programs often leads to an incorrect training process that does not correspond to the age of the pupils [9, 10, 11]. As a result, numerous injuries, improper moral and volitional development, psychological breakdowns are recorded, which further leads to the loss of gifted and promising athletes [12, 13]. When accepting a child into a section, you need to correctly assess his physical development, his age characteristics, see if this sport is suitable for him from a psychological point of view and whether he can cope with the loads that the coach will offer him. In order to achieve results in boxing, a child must have stable motivation, and not attend training at the suggestion of parents [14, 15, 16].

To date, there is a tendency to reduce the age limit for boxing. Classes are recommended from 12 years old, but now they are held with 6-7 year old children. You can participate in competitions from the age of 12.

Athletes can only compete in their age group. Before the competition, testing must be carried out to identify training (general, special and technical-tactical).

Boxer training is a pedagogical process aimed at achieving the highest level of combat capability in the conditions of sports competitions, a process based on general pedagogical provisions and principles. It is subordinated to the main tasks facing the system of physical education: to improve health, to physically develop students, to form and improve their necessary motor skills, to educate them to be honest, decisive, and purposeful. This process is inextricably linked with learning [17, 18, 19].

Boxing as a sport action is characterized by a direct collision of opponents, requiring maximum neuromuscular tension in a relatively short time [20].

By systematically training, a boxer develops the ability to maintain intense attention throughout the fight, instantly navigate in constantly changing situations, make decisions correctly and in a timely manner and implement them in battle, decisively and persistently achieve the goal, show dexterity, strength, speed and endurance, act reasonably, dexterously and efficiently with minimal muscle effort. The speed and accuracy of the response, the ability to consciously and in an organized way to fight, correctly reacting to the behavior of the enemy, which is important in defensive actions, which are based on defense and counterattacks, are developed.

The most important task of a boxer's training is the education of will, as well as the ability to navigate in battle, ingenuity in the choice of combat means and dexterity, which allows the boxer to quickly and correctly implement the decisions made in battle.

When determining a boxer's state of fitness, the coach is usually guided by medical data on the functional state of the boxer's cardiovascular and respiratory systems and some other objective indicators of his general physical condition, as well as his subjective feelings. But the main criterion for assessing the state of fitness in boxing is the data of the trainer's pedagogical observation. The main indicators of a boxer's fitness are his high combat effectiveness, energy, tirelessness, coherence and more expedient actions in battle.

In accordance with this, the maximum results in boxing are achieved by: comprehensive education of the qualities of a boxer; improving the boxer's technical skills; tactical training of the boxer.

In order to develop speed-strength qualities in the training process, it is necessary to use a variety of exercises for special speed-strength training:

1. For the muscles of the legs: various types of jumps (length from a place, length from a run and jumps up); throwing various projectiles (stuffed balls, cores, stones, weighing from 1.5 kg to 4 kg); squats: shallow fast (with weights up to 20-30% of your own weight, 3 sets of 8-10 repetitions).
2. For the muscles of the body: rotational exercises with various types of weights (for example: barbells and a sports expander); shallow quick torso bends with weights up to 10-15% (weights, dumbbells) and 60-80% of their own weight (barbell).
3. For the muscles of the shoulder girdle and arms: exercises with dumbbells (swings of straight arms forward, to the sides, 3 sets of 6-8 repetitions are performed, the weight of the dumbbells is 1 kg); exercises with a barbell bar (bodybar) (bench press on a horizontal bench); exercises with stuffed balls (imitation of strikes 3 rounds of 1 minute, with a break between rounds of 30 seconds). With such projectiles, actions are performed that imitate a blow, therefore they are used in training only after a sufficiently confident mastering of the technique of blows. The weights of the weights are as follows: for dumbbells - 0.5-1 kg of weight, for the neck and stuffed balls - 3-8 kg; pull-ups on the crossbar; flexion and extension of the arms in the lying position.

For the development of speed-strength qualities, all the above exercises are performed by young boxers with an extremely high repetition rate and speed. At the first manifestation of fatigue, the execution immediately stops and rest is performed until complete recovery.

Conclusion. Based on the above, we can conclude that young boxers 12-15 years old have significant changes in the development of speed-strength qualities. In our opinion, these changes occurred as a result of a purposeful educational and training process conducted by the coach in the classroom. It

should be noted that such a significant shift in the results of testing became possible also due to age-related features of the development of physical qualities, since qualitative and quantitative changes in physical conditions occur in schoolchildren in stages, in the corresponding age periods. It is at the age of 12-15 years that the most intensive increase in terms of strength and speed of reaction is noted, which must be used during a special training of boxers of this age group.

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