



Development of Speed-Strength Qualities in Beginner Boxers

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Abstract: This article discusses the organization of the training process using different methods of exercises for the development of speed-strength abilities in beginner boxers.

Keywords: beginner boxers, ability, punch, exercise, explosive power, muscle mass.

Introduction. Boxing, with its variable and conflicting nature of the relationship of rivals in battle, high emotional stress and various effects on the body of athletes, is one of the most difficult types of martial arts [1].

One of the main criteria of modern refereeing is delivering accurate and accentuated blows throughout the fight, so the development of speed-strength abilities has become a priority in competitive activity [2, 3]. The ever-increasing competition in the sports arena makes ever higher demands on the level of development of the physical qualities of boxers.

Speed-strength abilities are the basis that determines the level of physical fitness of a boxer [4, 5]. Their insufficient development significantly increases the time for the formation of special skills in a boxer when mastering boxing techniques and reduces the effectiveness of their use in a competitive fight. A boxer with undeveloped speed-strength abilities with a shortage of time in a fight will be late in performing attacking and defensive techniques, losing the necessary power and intensity of actions, which will inevitably affect the effectiveness of the fight [6, 7].

The central problem of educating the physical qualities of beginner boxers is the optimal combination of speed and power characteristics of movement in exercises, so that the possible power of externally manifested force is achieved with the priority of movement speed [8, 9, 10]. There are high requirements for physical qualities, moral-volitional and technical-tactical training of a boxer. At the same time, physical preparation is of the utmost importance for a boxer. This is especially true for the method of developing speed-strength abilities, which remain leading in boxing [11].

In the training process, a number of factors are identified that affect the development of speed-strength abilities during boxing [12, 13]. Speed-strength abilities are characterized by non-limiting muscle tensions, manifested with the necessary, often maximum power in exercises performed at a significant speed, but usually not reaching the limit value [14, 15, 16].

Speed-strength abilities include:

1. fast power;
2. Explosive power.

Fast strength is characterized by unlimited muscle tension, which is manifested in exercises that are performed at a significant speed that does not reach the limit value. It manifests itself when boxers apply tactical punches and feints, as well as in false movements, instant defenses, and multi-strike series.

Explosive strength reflects the ability of a person in the course of performing a motor action to achieve maximum strength indicators in the shortest possible time (for example, at a low start in sprinting, in track and field jumps and throwing).

Speed-strength abilities approximately equally depend on both hereditary and environmental factors. They do not appear on their own, but through some kind of motor activity.

Exercises - as a means of developing speed-strength abilities in beginner boxers. The correct choice of means for the development of strength, based on the criteria of compliance with the specialized exercise, is in itself a significant guarantee of the success of the training.

The first includes exercises that are performed in compliance with all the rules of the competition. In general, the competitive period in this sport is an integral stage of preparation, as it serves as a good indicator of the errors present in the preparation of an athlete.

The second category includes such exercises that allow you to develop muscle strength in close relationship with other leading motor qualities.

The third ones allow to locally develop the strength of individual muscle groups in close relationship with another leading motor quality in accordance with the internal structure of a sports exercise, when it is methodically impossible to maintain its external structure. An integral part of the training process are exercises with special boxing equipment that develop the necessary physical qualities and improve technical skills.

Jump rope exercises. This type of exercise is one of the main in the preparation of boxers. Long jumps and jumps over the rope contribute to the development of "explosive" strength of the legs, strengthen the internal organs, and develop coordination, clarity of movements.

Exercises with a bag develop the skill to properly hold the impact surface of the hand during a strike, rationally use muscle efforts in strikes at different distances, calculate the impact force, especially when delivering several strikes quickly. The desire to inflict as many strong blows as possible in a certain period of time contributes to the development of special endurance.

Wall pillow exercises. Used in classes most often with a group of beginner boxers. This projectile is used primarily for direct strikes. The fixed and flat surface of the projectile makes it easier to calculate the length of the blows. The wall pillow is struck with hands - from a place, with a step forward and to the side.

Exercises with a ball on elastic bands (pinchball). Rubber is attached to the ball; one of them is attached with its free end to the bracket at the top, and the other - at the same distance - to the floor, as a result of which the ball can vibrate horizontally. Hitting the ball causes it to move back and forth.

Exercises with a small hanging ball (point ball). A tennis ball is suspended from a horizontal platform at head level and single hits are applied to it. You need to hit the ball with the impact surface. Exercises on this projectile help to develop the accuracy of hitting and the timeliness of strikes, speed and selectivity.

Exercises with boxing paws. With the help of boxing paws, they improve punches, develop speed of reaction, accuracy and orientation. Exercises with boxing paws are used at all stages of a boxer's training. The trainer holding the paws substitutes them for strikes at different distances.

There are four main groups of methods for developing strength abilities:

1. Methods of repeated exercise using non-limiting weights include the use of non-limiting weights with a maximum number of repetitions (to failure).
2. Methods of repeated exercise using marginal and near-limit efforts:
 - in exercises performed in overcoming and yielding modes of work, aimed at increasing the maximum muscle strength;

- the use of medium and large efforts to failure in exercises aimed at increasing muscle mass;
 - Percussion method aimed at increasing explosive strength.
3. Methods of repeated exercise using static body positions: Isometric effort method (increasing strength in a static mode). Depending on the tasks solved in the development of strength abilities, the method involves the use of isometric stresses of various magnitudes.

The method of training strength with the help of training devices.

4. Non-specific methods of education of strength abilities:

1. Muscle electrical stimulation method aimed at strengthening the musculoskeletal system.
2. Education of self-strength abilities with passive muscle stretching. In addition, experts highlight the method of circular training, which provides a complex effect on various muscle groups.

The game method, which has been known for a long time, provides for the development of strength abilities mainly in game activities, where game situations force you to change the tension modes of various muscle groups and fight the growing fatigue of the body.

Conclusions. When developing speed-strength abilities, it is necessary to take into account the following features:

1. Anatomical and physiological features of athletes, it should be noted that gradual quantitative and qualitative changes occur in the body. Especially adolescence, which is characterized by rapid, uneven growth and development of the body. A distinctive anatomical feature of the adolescent organism is the outstripping growth of the bones of his skeleton compared to muscle mass.
2. An analysis of the literature data shows that the basis of speed-strength abilities is a whole combination of factors. Their contribution to the externally manifested mechanical force and the speed of movement performance varies from the specific conditions of motor actions and the conditions for their performance.
3. The guarantee of success for beginner boxers depends on the correct choice of means and methods for developing speed-strength abilities. The general physical training of a boxer is aimed at the versatile development of his physical abilities. It helps to increase the level of functional capabilities of the body, the development of endurance, strength and speed-strength abilities, coordination ability.

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