

Principles of Training Boxers

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ABSTRACT

One of the main tasks of this science is to use different methods and techniques in training qualified specialists in physical education and sports, as well as in other fields. We also considered it appropriate to cover boxers based on principles in our research.

We will try to reveal the dictionary meaning of the word principle. The principle is the general theoretical laws that represent the laws of training, education and training of a boxer.

When studying the socio-pedagogical features of training boxers, it is appropriate to take the following principles as a basis. This issue is widely covered in the studies of Doctor of Pedagogical Sciences, Professor R.D. Khalmukhamedov. We also used these studies extensively in the process of writing this dissertation.

1. Pedagogical (didactic) principles.
2. Principles of improving sports skills.
3. Principles of sports training.

By implementing all these principles, which represent the main laws of considering the socio-pedagogical process in organizing the training of boxers, the coach helps the boxer to acquire special knowledge, skills and abilities quickly and efficiently and spend much less effort.

All principles are interrelated and complement each other. If one principle is not taken into account, none of the others can be fully implemented. It is possible to achieve a great effect in the training of a boxer only if they are used together.

However, the importance of the above principles is not the same at different stages of the formation of a boxer's sports training.

Pedagogical (didactic) principles are more important at the stage of primary education. As the skill of a boxer increases, the importance of sportsmanship and the principles of sports training increases.

Below we will discuss each of the principles mentioned above separately.

Pedagogical (didactic) principles are divided into the following aspects, based on the specific characteristics of the socio-pedagogical training of boxers:

- the principle of consciousness and activity;
- the principle of demonstrability;
- the principle of regularity and sequence;
- the principle of comprehensibility and individualization.

The principle of consciousness and activity.

Boxing, as a martial arts sport, is characterized by actions performed by opponents in a standardized situation in which time is scarce. Therefore, the very nature of the activity creates the need for a creative approach to the implementation of methods, to consciously choose and change the tactical options of the battle, that is, to apply the principle of consciousness and activity. This principle is based on the integral connection between the actions performed and the mind of the boxer.

The principle of demonstrability.

The essence of the principle of demonstrability is the maximum use of athlete analyzers to solve the tasks of teaching and training in boxing. The principle of visualization is based on the fact that the acquisition of movement skills depends on perception through the senses. It represents the boxer's need to provide vision, movement and other ideas about the movement being studied. Receptive types are distinguished - visual, motor and acoustic (harre). These three types are combined in different people, and each can be more dominant. It is necessary for the coach to know which triggers are perceived more by this or that student. This helps him to effectively implement the principle of demonstration.

The principle of regularity and sequence.

This principle requires the athlete and coach to be reasonable and follow the sequence in learning the basics of boxing. On the basis of the regular and sequential acquisition of technical-tactical skills and qualifications in the necessary volume during the training sessions, the necessary conditions are created for the all-round development of the boxer and universalization in the acquisition of boxing techniques. The sequence of learning is a necessary condition for training and training a boxer. In this case, the boxer acquires new tasks based on previously mastered material. Each new topic should be inextricably linked with the previous one.

The principle of comprehensibility and individualization.

The principle of comprehensibility and individualization is to take into account the group, age-specific and individual differences of boxers when choosing optimal loads in the training process.

If the trainer knows and takes into account the nature of work, study, and living conditions of the participants, their level of training and mental characteristics, he can choose a reasonable training method for each of them.

In the training of boxers, the issue of improving their skills is of course in the main place. Without it, an athlete cannot achieve the status of a qualified boxer. He cannot show himself in the republican and international arenas. For this reason, it is necessary to pay special attention to

the following as socio-pedagogical principles of improving boxers' sports skills.

- the principle of consistency and variability of qualification;
- principle of compatibility;
- compensation (compensation) principle;
- the principle of joint conduct in a directed manner.

A boxer's mastery of solid movement skills is one of the main indicators of his sportsmanship.

A complex of "misleading factors" to the strength of the boxer's skills in the conditions of a competitive fight - the opponent, the boxer's own asthenic emotions, fatigue, the reaction of the audience, an unfamiliar competition situation, etc. has a negative effect. The main difference between a highly qualified boxer and a lower-qualified boxer is that regardless of the scale of the competition, the intensity of the fight and the individual characteristics of the opponent, his actions are characterized by maturity, correct and accurate execution. Therefore, the trainer should check that the training material is well mastered by the participants, that is, that a solid skill is formed.

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