

The Main Methodological Instructions for the Development of Speed-Strength Qualities of Boxers

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Article Information

Received: March 29, 2023

Accepted: April 29, 2023

Published: May 31, 2023

Keywords: *boxing, Speed-power, gloves, muscle, exercises, training.*

ABSTRACT

In this article, instructions are given on the proper organization of wide use of all conditions, as well as the development of speed and strength qualities, so that they can regularly practice boxing and show themselves in competitions.

As the main means of developing speed-strength skills, exercises characterized by high strength of muscle contraction are used. In other words, such a ratio of strength and speed characteristics of movements is characteristic for them, in which significant strength is manifested in the shortest time. Such an exercise is called "speed-strength". These exercises differ from strength exercises in that they increase speed and therefore use less significant weights. Among them are many exercises performed without external weights.

The composition of speed-strength exercises provided for in physical training programs is wide and varied. It includes various types of jumping (athletics, acrobatics, balance gymnastics, etc.), throwing, pushing, throwing and quick lifting of sports equipment or other objects, high-speed movements of a cyclic nature, a series of actions in games and fights. includes arts that are performed at high intensity in a short time (in particular, jumping and speeding in games, punching movements in boxing, throwing a partner in wrestling), etc. For a tightly regulated effect on speed-power ability, from this extensive set of exercises, mainly those that are easier to regulate in terms of speed and weight are used. Most of these exercises are used with normalized external weights, periodically changing the level of weight, because repeated repetitions of movements with standard weight, even if they are performed at maximum speed, gradually (see often in a relatively short period of time) leads to stabilization of muscle tension levels, which limits development. speed-power skills. To prevent such stability, additional weights are used and changed during high-speed movements performed under normal conditions without external weights or with standard weights. For example, weighted belts and belts are used to perform

jumping and running accelerations, weighted cuffs with arms are used for game movements, weighted gloves are used for boxing punches, and shells of different weights are used for athletics throwing. Because repeated repetitions of movements with standard weights, even if they are performed at the maximum possible speed, gradually (often in a relatively short time) lead to stabilization of the level of muscle tension, which leads to the development of speed-power abilities limits.

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A special group consists of special exercises with the immediate overcoming of impact weights aimed at increasing the power of movements associated with the most complete mobilization of the reactive properties of the muscles.

It is characteristic that in them conditions are created for the use of kinetic energy of freely moving weight in the first stage of movement (due to jumping from a certain height or free fall of the load on the cable); in the second, during the amortization phase, this energy is transferred to the muscles as if (during landing or when braking by swinging a free-falling load), which leads to their low, forced extension and stimulates in the third phase. the next strong contraction (overcoming the load on the block, jumping up or swinging).

If such exercises are performed without delay in the amortization phase and in accordance with the rules developed to normalize the load, they will allow you to show the greatest "explosive" strength. For brevity, they can be conventionally called "shock-reactive exercises".

The central methodological problem of the development of speed-strength skills is the problem of the optimal combination of speed and strength characteristics of movements in exercises. Difficulties in solving it arise from the inverse relationship between the speed of movement and the level of weight to be overcome. The resulting contradictions between the characteristics of movement speed and strength are eliminated on the basis of balancing them, so that the greatest possible force of external force is achieved with the priority of movement speed.

It is known from biomechanics that the greatest mechanical force during muscle contraction is usually achieved when the speed of contraction and the amount of weight overcome are about 1/3 of the limit. At the same time, many movements should be performed at high speed and with different weights, according to the conditions of physical training and their effective use in life. In the process of training speed-power skills, priority is given to exercises that are performed at the highest possible speed under certain weight conditions and can maintain the correct movement technique (so-called controlled speed); external loads are limited in most cases to limits that do not exceed 30-40% of the individual maximum. Exceptions are

In particular, strict moderation of external weights, which are used in high-speed movements performed under natural conditions with little or no external weights (throwing a ball, other light objects, jumping, etc.) It is necessary when used to increase the requirements..). Here, additional loads are strictly limited - so that they do not damage the structure and do not deteriorate the quality of movements.

Another methodological approach is based on the use of the tonic effect created by eliminating the increased load immediately (a few minutes) before performing speed-strengthening exercises. For example, short lifts with high weights before jumping or throwing can contribute

to increased strength in jumping or throwing. A contributing factor here is probably primarily the residual neuromuscular arousal produced by the previous intense strain. This effect is not permanent; it is achieved only by adequate regulation of the tonic load and the subsequent rest interval.

The effectiveness of speed-strength training is to some extent proportional to the frequency of including them in weekly and longer training cycles, but in the process of increasing them, at least the achieved result can be maintained or better increased. level of movement speed (with a certain weight). Based on this, the total volume of speed-strength exercises, in particular, the number of their repetitions in a separate lesson, is normalized. The dynamics of movement speed also serves as one of the main criteria for regulating the rest intervals between repetitions: when the movements begin to slow down, it is recommended to increase the rest interval, if this helps to restore the required speed, or stop repetitions.

The short duration of the speed-strength exercises and the limitation of the weights used in them allow you to perform them in a row and in several sequences in each lesson. At the same time, the need for maximum concentration of will, full mobilization of speed-power capabilities, and the need to prevent deterioration of the speed characteristics of movements during repetition significantly limits the amount of load. This refers to the basic rule of using speed training: "often (in the sense of the frequency of training in weekly and other cycles), but it is better to do gradually" (in the sense of limiting the amount load in one lesson).

A prerequisite for the effective use of basic speed-strength training at maximum intensity is to master such speed training techniques under light conditions (at a controlled speed, without external weights or with small additional weights) and to prepare the musculoskeletal system for intensive loads. In the first stages, such training is mainly carried out with local and regional strength exercises without limiting stress, and then general shock strength exercises. An indispensable condition for high-quality and injury-free performance of high-intensity movements within each individual training is a thorough warm-up, the means of which are auxiliary gymnastics and special training exercises, with a gradual increase in the speed and speed of movements. When using speed-strength exercises of shock-reactive effect, especially careful preparation and strict moderation of the load are required. The concentrated use of this type of exercise is justified by the very clear moment of instantaneous transition to the most powerful winning movements after completing the age-related maturation of the musculoskeletal system and undergoing systematic multifaceted physical training. . Even in the training of skilled athletes, the limit volumes of such loads are relatively small; according to experimental data, it is recommended to normalize them approximately within the following limits: the number of repetitions in one series (in the course of successive repetitions of an individual exercise) - 5-10; the number of series in one lesson - 2-4; active rest intervals between series - 10-15 minutes; the number of classes containing such loads in the weekly cycle.

Developing strength skills as a long-term process. The whole process of self-reinforcement and development of the ability to increase speed is usually continuous. None of its sides can fall at any stage without spoiling the final effect. At the same time, the specific means and methods of developing these abilities, the ratio of strength per se and speed-strength exercises, as partially mentioned, vary from stage to stage.

Rest intervals during training can be different:

1 to 20 min. up to and more. For example, after each 3-minute training session for improving technical and tactical skills, a boxer is given a one-minute ("hard") rest, during which the athlete's body is only partially restored. If a boxer has had a tough qualifying sparring session in training, then the rest can be up to 20 minutes and the boxer will be fully recovered. The duration of the optimal rest interval between training sessions may vary, but should not exceed 48 hours.

Not only the duration, but also the nature of the rest, has a significant impact on the subsequent recovery rate of the boxer. Active relaxation is common in boxing practice. Its essence is that after performing a sufficiently large amount of special training work, the boxer does not take a slow rest, but switches to another, relatively non-special movement activity and performs it with a small intensity. It has been proven in the experiment that the athlete recovers faster during active rest than during slow rest. As a means of "active" recreation of the boxer, the trainer should use sports games, athletics, swimming, etc. You can go to active rest both during the boxing training itself and after it, when the athlete is having a slow rest, playing basketball, football, and doing light training.

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