



DYNAMICS OF CHANGE IN THE POTENTIAL OF MOVEMENT OF HIGHLY QUALIFIED BOXERS

Abdullayev Mehriddin Junaydulloyevich

Department of theory and methodology of Physical Culture of the Pedagogical Institute of Bukhara State University., f.f.d.(PhD), professor,

Avezov Xamza Istamovich

2nd stage Master of Physical Culture Faculty of Bukhara State University

Xodjayev Ravshan Ilxanovich

2nd stage Master of Physical Culture Faculty of Bukhara State University

RELEVANCE. A distinctive feature of modern boxing, in the opinion of many experts, is to give an active, dynamic, offensive character to the process of the competition, to increase the amount of complex and unexpected situations in the battle. The essence of rational techniques and their variability during the saving of movements has significantly increased, the set of technical and tactical actions has become more complicated, and at the same time their informativeness to the opponent has decreased. Victory in the battle was possible only with the fact that there was a universalization of the sports competition, with increased speed, accuracy and stability of the target touch of the blows (I.P. Degtyarev, YE.I. Ogurenkov, V.A. Teymazav, N.A. Godadov and etc.).

The object of research: the training process of highly qualified boxers.

Subject of research: methods of application of preparatory exercises in the training of highly qualified boxers.

The purpose of the study: to analyze the dynamics of changes in the movement potential of highly qualified boxers.

In accordance with the purpose and assumption, the following tasks of our master's dissertation work were identified:

Analysis of scientific and methodological literature on the subject;

To study the theoretical and empirical conditions for the replacement of traditional means of training highly qualified boxers with contactless training exercises;

Substantiate the content of contactless training programs for the stages of special physical and special training of highly qualified boxers;



From the beginning of the 20th century, boxing became more and more popular, increasing the number of its fans from year to year. There is an urgent need to develop theoretical and practical methods of conducting the most rational boxing competitions [1,2,3]. We have proposed a number of methodologies as a solution to these problems and analyzed the results of our research. The changes in the physical qualities of the athletes in the study group based on the test results are shown in Figures 1,2,3,4,5,6

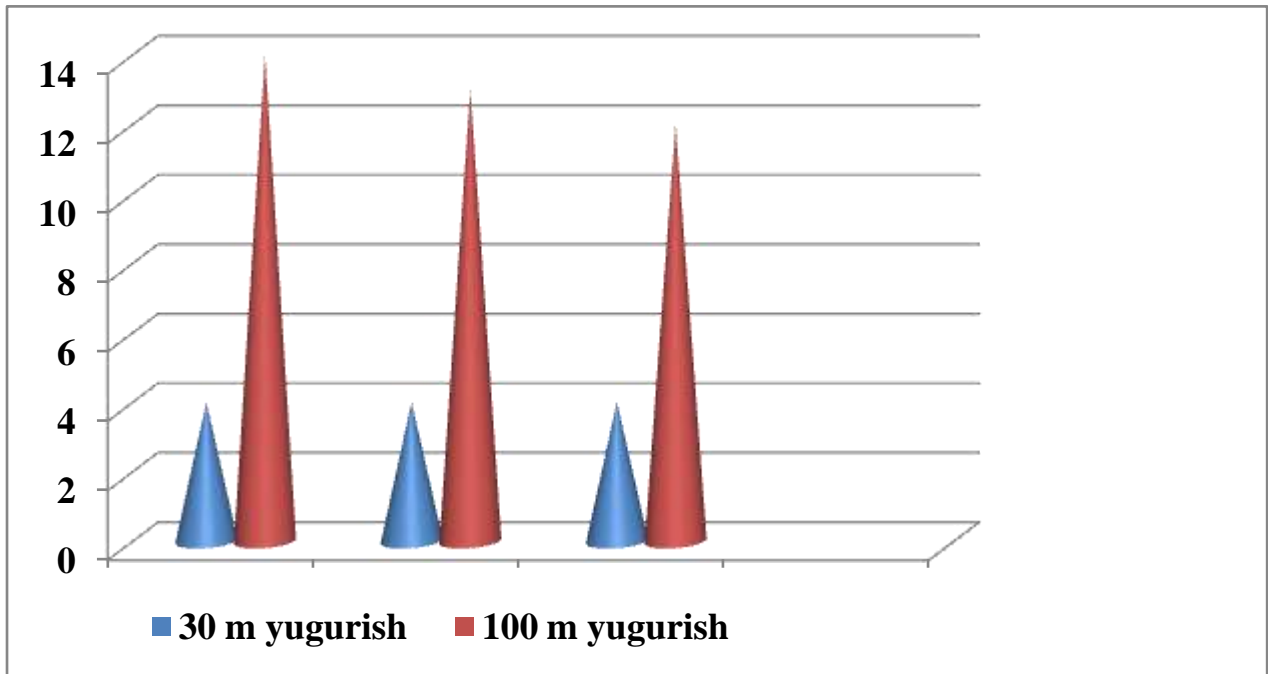


Figure 1. Results of running short distances

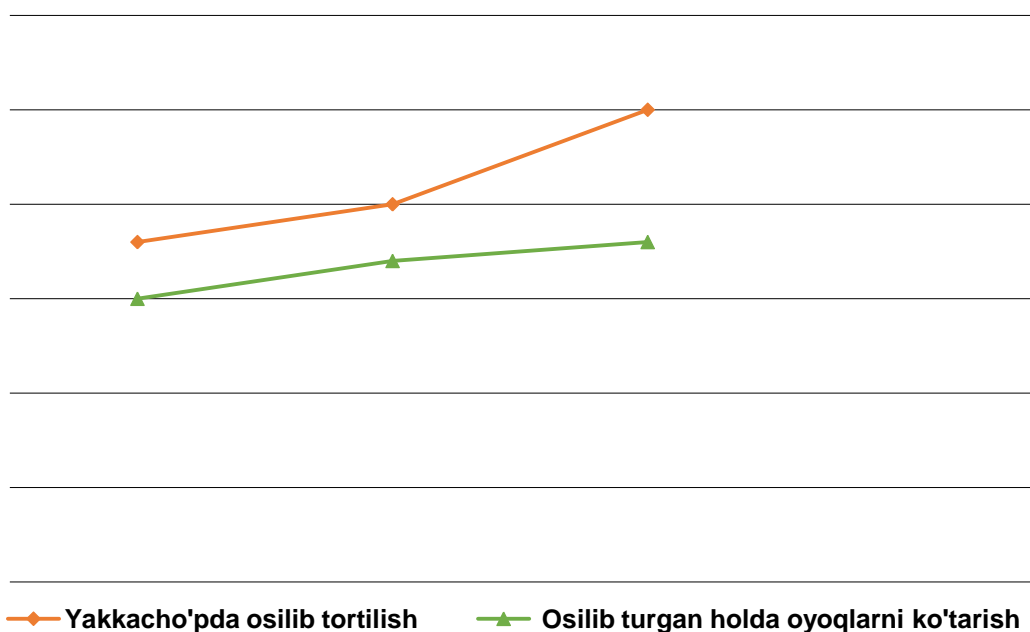


Figure 2. Results of strength exercises



During the annual experiment, as a result of testing, the strength of the pull-ups in the solitary position increased, the average performance of all boxers in the experimental group increased by 69%, the average performance in lifting the legs from the hanging position. Increased by 57.6%. Speed also increased: running for 30 m time: the average performance of all boxers in the experimental group increased by 8%, running average of 100m increased by 5%

Figure3. The number of punches given to the boxing

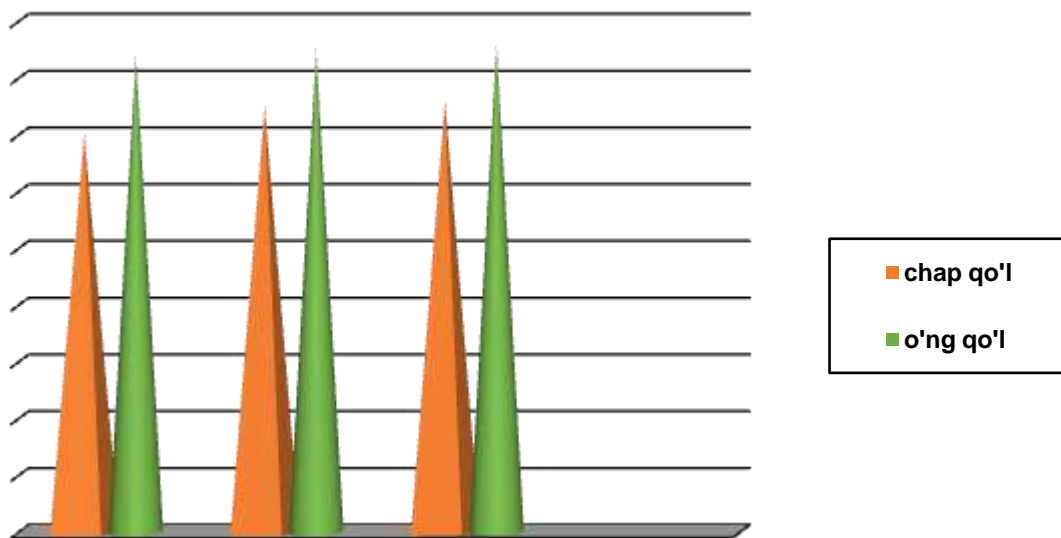


Figure 4. Results of nuclear launch.

During the same experimental period, the rate of punches to the boxing bag for 10 seconds increased by an average of 18% in the experimental group of boxers, and by 2% in 2 minutes.



During the shot put, the average performance of all boxers in the experimental group also increased: with the left hand - 6%, with the right hand 7%.

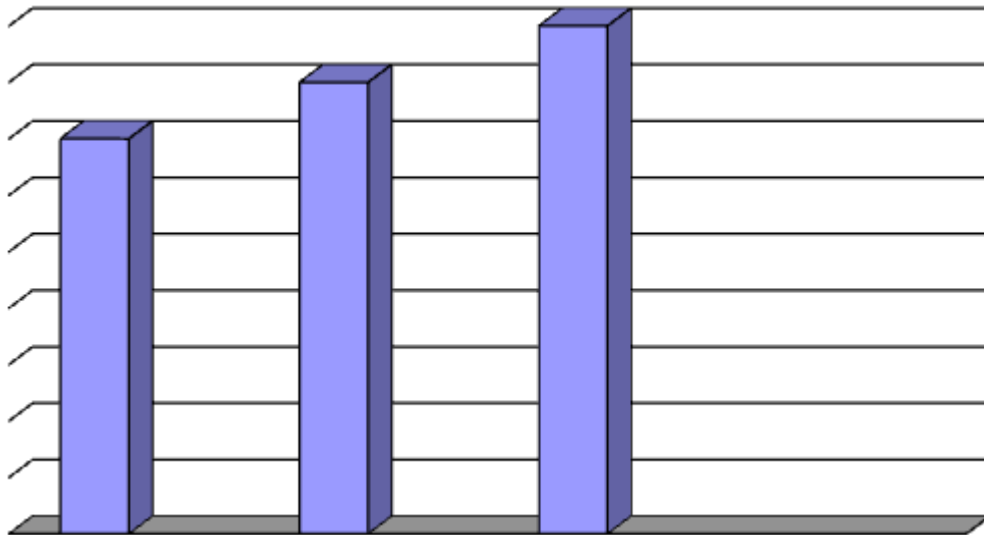


Figure 5. Power skills (quiet performance on the floor).

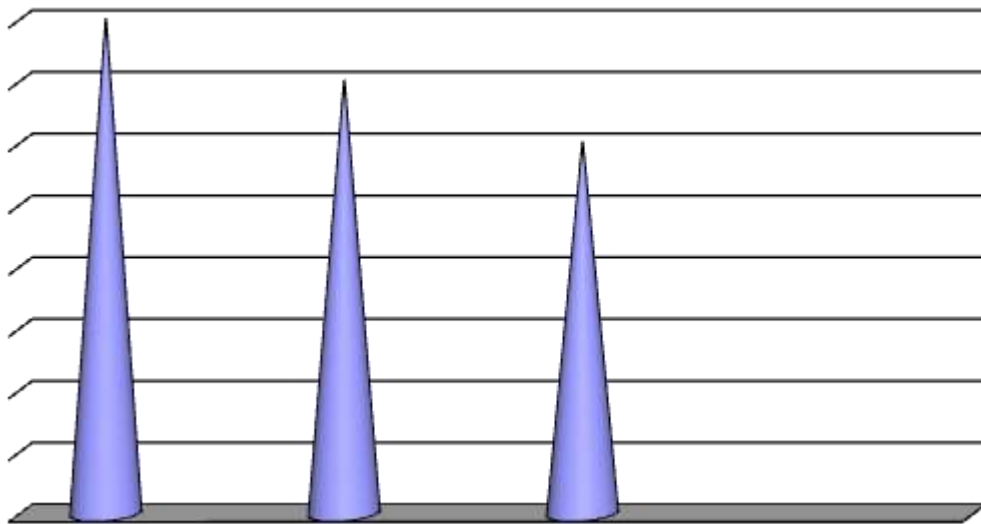


Figure 6. Endurance (running 3000 m, minutes)

During the year-long experiment, during the tests, the average strength of all the boxers in the experimental group - bending and straightening the arms from the base (silent performance on the floor) increased by 51.3%.

The average endurance of all boxers in the experimental group also increased (running 3000 m) - 4.7%.



Pedagogical experience shows that boxers' physical and physical fitness is significantly improved (Table 1).

Dynamics of movement and physical training of boxers during the experimental period (2020-2022)

№	Test	Results change				Results change	r
		beginning to end		beginning to end			
		x±m	σ	x±m	σ		
1.	Running 30 m, p	4,8±0,01	0,04	4,5±0,03	0,09	6,0	<0,001
2.	Running 100 m, s	13,1±0,05	0,15	12,2±0,08	0,26	11,7	<0,001
3.	Running 3000 m, s	698±5,2	17,2	675±3,7	12,3	3,59	<0,001
4.	Hanging, number of cycles	15,4±0,5	1,5	26,6±0,6	1,8	18,7	<0,001
5.	bending the arms from the base while lying down, the number of cycles	61,0±2,1	7,1	90,3±2,0	6,6	10,1	<0,001
6.	Leg lift, number of cycles	12,0±0,4	1,2	18,0±0,5	2,0	9,4	<0,001
7.	Long jump from place to place, cm	227±1,2	4,0	260±1,2	4,1	19,4	<0,001
8.	Throwing the core with the left hand, cm	768±11,5	38,3	809±11,2	37,1	2,55	<0,05
9.	Throwing the core with the right hand, cm	847±11,2	37,2	907±11,3	37,4	3,77	<0,01
10.	Blow to the boxing bag, for 10 s, times	87±0,8	2,6	103±0,8	2,6	14,1	<0,001
11.	Blow to the boxing bag, for 120 s, times	543±5,8	19,2	588±5,4	17,8	5,68	<0,001

The convincing growth of individual and group performance in all the studied indicators speaks to the reliability of the approach used to select general and specific physical training tools, the approach based on the priority use of preparatory exercises.



Our practical research confirms the conclusion that the level of coordination and coherence in the work of these parts of the body allows the boxer to master and improve his technical arsenal more quickly and effectively.

The above-mentioned laws are an important incentive to find a methodology for a multifaceted, comprehensive training of boxers.

The modern level of boxing requires two or three training sessions a day, which helps boxers to be nervous and physically overworked.

In our study, it is proposed to gradually prepare the preparatory exercises, which, throughout the annual cycle, perform the appropriate tasks in accordance with the stage of training. Depending on the stage of training (UJT, MJT, JT), the methodology of preparatory exercises comprehensively develops the physical and special qualities of the boxer, while maintaining the required level of technical and tactical skills, as well as its subsequent stabilization and improvement..

The need to use this technique is that after the main stage of the competition, there is a stage of rest and basic training, in which the athlete's physical and functional qualities improve. As a result of pedagogical experience, technical and tactical skills are improved. The development of physical qualities in boxing should be combined with the development of many specialized and technical skills.

As a result of pedagogical experience, we have achieved a steady increase in the physical and special qualities of the test takers, an increase in the level of technical and tactical skills, and performances in major international competitions.

Most of the preparatory exercises in our method are performed in aerobic mode, which helps to increase functional capacity, and V.A. Koleda, V.A. This confirms the opinion of Medvedev and other authors that aerobic exercise has a positive effect on the body's protective functions and increase the overall nonspecific resistance to adverse events. At the same time, it helps to minimize boxing injuries.

The dynamics of changes in the physical training of boxers during the experiment confirms a convincing increase in all the basic physical and special qualities.

The dynamics of compliance with the standards of the master of sports reflects a convincing increase in the level of technical and tactical skills of boxers.

The dynamics of the performance of boxers in important competitions convincingly demonstrates the increase in the level of performance and the success of performances at various levels, which, when applied in practice, has a positive effect on the growth of



physical and special qualities, technical and tactical skills of boxers. it is possible to assume that it does and recommend it in practice.

The results of the experiment show that the proposed ways to improve the level of technical and tactical skills of boxers, while simultaneously improving their physical qualities and functional training - are more promising for modern boxing, and boxing is much less in the training process. due to the high level of injuries, it gives hope that it will remain more interesting for most of the younger generation. Improving the coordination of hand and foot work achieved through preparatory exercises, coordination skills, epiphany, general improvement of movement plasticity associated with a variety of movements in space, these qualities acquired during training are preserved in athletes for a lifetime. allows you to believe. The ability to process movement information more quickly and the habit of making decisions more quickly can also help these athletes in their later life activities.

In short. 1. Analysis of special literature and practical experience shows that the formation of technical and tactical skills of highly qualified boxers depends largely on their level of movement and physical fitness, and depends on the content and ratio of UJT, MJT and MT, as well as training and competition mode. determined by the annual amount of battles.

2. The obtained data expand the theoretical and practical base of the training process of highly qualified boxers on the basis of the use of contactless training exercises, regulations on the possibility of rational management of the formation of their technical and tactical skills, training allows you to specify the parameters of the loads and reduce injuries.

5. In the training process of boxers, the methodology of application of preparatory exercises, which we have developed, can be recommended for wide use by any qualified athletes at all stages and stages of training. Applying it increases the credibility of the competition and the chances of success in winning tournaments of various scales.

Based on the experience of experts and the results of our personal research, it is advisable to apply the exercises in cycles, in stages of training, in order to increase the technical and tactical skills, physical and special training of boxers. make a positive impact.

The set of exercises used in the MJT stage, aimed at improving technical and tactical skills and performed in aerobic-anaerobic mode, allows to increase the working capacity and special physical qualities of the boxer, which are necessary in modern boxing.

A set of fast-paced exercises used in the MT phase allows you to maintain a pulse mode of 200 beats per minute, which is close to high speed and race mode.



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