



The Efficiency of The Experimental Methods of Improving Complex Technical and Tactical Actions of Boxers

Usmanov Mansur Kurbanmuratovich

Deputy Dean of Physical Culture Department, Termez State Pedagogical Institute, Uzbekistan

Correspondence: E-mail: mansur@terdupi.uz

ABSTRACTS

A distinctive feature of sports is the obligatory presence of the fact of competition (rivalry, competition) in sports activities. This causes (i) the main goal of doing sports to achieve the highest possible sports result; and (ii) one of the main directions for improving the system of training qualified athletes, in particular boxers, from the use of evidence-based methods. This study can be used as a reference for the technical and tactical actions of the boxer.

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1. INTRODUCTION

Since the main criterion for evaluating the effectiveness and success of the training process of a qualified athlete is the result shown by him in competitions, the higher the level of his sports achievements, the higher the qualification and the more complex the process of his training in its structure (Xalmuxamedov *et al.*, 2021). In this regard, there is a need to develop and apply new approaches to studying the changes in the body of those involved to model its condition under training conditions that are close in intensity and load to the extreme conditions of the competition.

At the Republican Boxing Coaches Seminar (2020), the head coach of the national team of Uzbekistan M. G. Kurbanov pointed out the need to individualize the training of the country's leading boxers and increase the volume of intensive specialized training in modes that simulate competitive activity. One of the effective methods for improving the individual technical and tactical skills of boxers is individual training with a trainer on the paws.

Studying the scientific and methodological literature on this, we revealed contradictions, this is an increase in the requirements for the performance of boxers and the lack of scientific and methodological developments in the field of technical and tactical training of boxers in individual work with a trainer on the paws. Several points in this study are in the following:

- (i) The problem of the research: Insufficiency of scientific and methodological developments on the technical and tactical training of boxers in special preparatory exercises on the paws, taking into account the modern development of boxing (Mansur, 2019).
- (ii) The object of study. The process of training highly skilled boxers, using the paw at individual work.
- (iii) The subject of study. Methodology for improving the technical and tactical training of boxers in sports improvement groups with the help of lead-in and special preparatory exercises on the paws.
- (iv) The study aims to improve the technique of technical and tactical training of boxers by forming complex technical and tactical competitive actions with the help of special complex schemes of basic technical and tactical actions developed in individual work with a trainer on boxing paws and special lead-up exercises. The formation of competitive actions of boxers in exercises on boxing paws allows for optimizing the motor rhythm when performing attacking, defensive, and maneuvering actions, which, in turn, increases the efficiency of the learning process, reduces its time, and improves competitive activity.

2. METHODS

2.1. Data collection

Our evaluation of the intervention was a simple two-armed randomized controlled trial with randomization at the children's complex technical and tactical actions. Boxers' level randomization was preferred here because both the LH and the RH wanted to test the spill-over effects of the highly qualified boxers on the experimental methods of enhancing complex skills in boxing.

2.2. Participants

A total of 20 children (10 children with right hand and 10 left-handed children in the control group) participated in the study. Age and gender were important factors in the research. The two groups did not significantly differ in age. The right-handed (RH) group scored significantly worse on the Movement total score ($t = 12.60$, $p < .001$). In the left-handed (LH) group, 10 children scored below the 5th percentile, indicating that they had serious general problems,

6 children scored between the 5th and 15th percentile (borderline), and 3 children scored above the 15th percentile. In the control group, 1 child was identified as borderline.

3. RESULTS AND DISCUSSION

Research objectives are:

- (i) To identify a set of conditions that positively affect the achievement of sports results in boxers at the stage of sports improvement.
- (ii) To develop complexes of special preparatory exercises in individual work with a trainer on the paws in the course of improving the basic boxing technique and the methodology for their implementation at the stages of preparing boxers for competitions,
- (iii) To experimentally substantiate the effectiveness of applying the methodology for improving complex technical and tactical actions with the help of special preparatory exercises and in individual work with a trainer on the paws based on indicators of functional state control, development of physical qualities, special physical and technical and tactical preparedness of boxers.

As a result of the study, we can get scientific novelty and theoretical significance, as presented in the following:

- (i) a system for improving the technical and tactical training of high-class boxers was formulated based on the use of complexes of training tasks in individual work with a trainer on the paws;
- (ii) the volume and intensity of training loads of a technical and tactical nature of boxers in individual work with a trainer on the paws at the stage of preparation for competitions have been scientifically substantiated.

The practical significance is the results of the study are concluded in the development and implementation of the methodology in the training process. The technique can be used in the process of practical work of coaches and instructors in teaching technical and tactical actions of boxers of sports improvement groups.

The experiment was conducted based on the Sports School of the Boxing Department of Termez from September 2018 to November 2021. To participate in the experiment, 12 boxers were selected, from which two groups were formed - experimental and control. They included athletes of the Candidate Master of Sports and the 1st sports category of equal weight categories.

Before the pedagogical experiment, tests and competitions were held with the subjects of the experimental and control groups ([Mansur, 2022](#)). In the competitions held before the experiment, the differences between the subjects in the results of competitive fights were determined - the subjects of the experimental group competed with the subjects of the control group.

According to the results of the group competitions, the participants of the experimental group do not differ from each other, just like the participants of the control group, they have three wins and three losses. In the control group, the training process was carried out using traditional methods.

In the experimental group, classes were conducted using traditional means, as well as using the tools and methods developed by us. The features of the methodology we used in the experimental group were shown in **Table 1**.

Intensity is controlled by heart rate; (M) small - up to 160 bpm; Average -180 beats. / min; (B) - over 180 beats. / min. OFP, SP, STTM - means of general physical training, special training, and improvement of technical and tactical skills. Special individual lessons were developed to improve technical and tactical skills, develop physical qualities, and functional training.

Individual lessons were divided into three types of organization and content of training sessions: (i) training sessions (aimed mainly at teaching students' new things); (ii) improving classes (aimed at providing a solution to the problems of improvement in specific activities); (iii) developing (suggesting the directed development of physical qualities - OFP OR SFP);

Table 1. Solutions of training problems.

No	Training task	Time of the main part of the lesson	Methodological Solution	
			Beginners, untrained athletes	Trained sportsmen
1	Formation of alactactic endurance	Start	3-8sec/before (recovery) x 1-2 (B); OFP. joint venture	(5-10 sec/) 1x4 (B) SP
2	Education explosive strength		(10-15 sec / until cooldown) x 2-3 (M); OFP	(20-30sec / 1min.) x 2-4 (M) OFP SP
3	Formation of responsiveness and movements		(2 min, / 1 min.) x 1-2 (m) OFP, SP	(3 min, / 1 min.) x 3-4 (m) STTM
4	Formation of the frequency of movements		(10-12 sec. Before recovery) x1-3 (B) OFP; joint venture	(20-25 sec/ 1min) x3-4 (B) SP
5	Formation of the ability to learn new things		(2sec / 1 min.) x 2 (m) OFP, SP (new-simple)	(3sec / 1 min.) x 1-2 (m) SP (new)
6	Development of motor adaptation		(2min/1min) x 1-2(m) SP, game	(3min/1min) x 1-2(m) SP, game
7	Learning new TTM		Formation of representation. fulfillment of the basis of the action as a whole	(M), joint venture, game individualization technique
8	Improvement of TTM	1/3 of the duration of the main part of the lesson	In-depth study of action, consolidation	Bringing to automatic execution
9	Education of lactic endurance		(20-60 sec / until you recover) x1-3 (B) OFP, SP	(20-2min.) x3-4 (B) SP
10	Raising fast strength		(10-15sec/ until you recover) x 2-3 (B) OFP, SP	(20-25sec/1) x 3-4 (B) SP
11	Improvement of TTM		Consolidation against the background of fatigue	Automatism against the background of fatigue
12	Aerobic endurance training		(1-2 min. / 1min) x2-4 (C) OFP, SP	(1.5-3 min. / 1 min) x3-6 (C) OFP, SP
13	Nurturing slow strength		Repetition Method to Failure/Recovery (20 min)	The method of repeated and maximum efforts, to failure/recovery (up to 30 min.
14	TTM improvements		Consolidation against the background of fatigue	Automatism against the background of fatigue
15	Aerobic endurance training		(2min / 1min.) x 2-4 (S), SP	(3min / 1min.) x 3-6 (C), SP
16	Nurturing slow strength		To failure (up to 7 min)	To failure (up to 10 min)
17	Formation of flexibility		Stretching exercise (3-7 min.)	Stretching exercise (3-7 min.)
18	Game and integral training		Targeted and comprehensive 3-10 min (C)	Targeted and comprehensive 3-20 min (C)

For a comprehensive solution to the development of all the necessary qualities of training, the following schemes of individual lessons were used (see **Table 2**):

Table 2. Training P-50-60%.

No	Training task	Time of the main part of the lesson	Methodological Solution	
			Beginners, untrained athletes	Trained sportsmen
1	Formation of alactactic endurance	Start	3-8sec/before (recovery) x 1-2 (B); OFP. joint venture	(5-10 sec/) 1x4 (B) SP
2	Education explosive strength		(10-15 sec / until cooldown) x 2-3 (M); OFP	(20-30sec / 1min.) x 2-4 (M) OFP SP
3	Formation of responsiveness and movements		(2 min, / 1 min.) x 1-2 (m) OFP, SP	(3 min, / 1 min.) x 3-4 (m) STTM
4	Formation of the frequency of movements		(10-12 sec. Before recovery) x1-3 (B) OFP; joint venture	(20-25 sec/ 1min) x3-4 (B) SP
5	Formation of the ability to learn new things		(2sec / 1 min.) x 2 (m) OFP, SP (new-simple)	(3sec / 1 min.) x 1-2 (m) SP (new)
6	Development of motor adaptation		(2min/1min) x 1-2(m) SP, game	(3min/1min) x 1-2(m) SP, game
7	Learning new TTM		Formation of representation. fulfillment of the basis of the action as a whole	(M), joint venture, game individualization technique
8	Improvement of TTM		In-depth study of action, consolidation	Bringing to automatic execution
9	Education of lactic endurance		(20-60 sec / until you recover) x1-3 (B) OFP, SP	(20-2min.) x3-4 (B) SP
10	Raising fast strength		(10-15sec/ until you recover) x 2-3 (B) OFP, SP	(20-25sec/1) x 3-4 (B) SP
11	Improvement of TTM		Consolidation against the background of fatigue	Automatism against the background of fatigue
12	Aerobic endurance training		(1-2 min. / 1min) x2-4 (C) OFP, SP	(1.5-3 min. / 1 min) x3-6 (C) OFP, SP
13	Nurturing slow strength		Repetition Method to Failure/Recovery (20 min)	The method of repeated and maximum efforts, to failure / to recovery (up to 30 min.
14	TTM improvements	1/3 of the duration of the main part of the lesson	Consolidation against the background of fatigue	Automatism against the background of fatigue
15	Aerobic endurance training		(2min / 1min.) x 2-4 (S), SP	(3min / 1min.) x 3-6 (C), SP
16	Nurturing slow strength		To failure / to failure (up to 7 min)	To failure / to failure (up to 10 min)
17	Formation of flexibility		Stretching exercise (3-7 min.)	Stretching exercise (3-7 min.)
18	Game and integral training		Targeted and comprehensive 3-10 min (C)	Targeted and comprehensive 3-20 min (C)

Exercises on the paws at the SPT stage: The meaning of the proposed special exercises in improving complex technical and tactical actions in individual work with a trainer on the paws

lies in a comprehensive improvement of neuromuscular connections, an increase in overall coordination, a significant improvement in the interconnections during the work of arms and legs necessary for building a modern boxing match.

To improve complex technical and tactical actions, a special technique was used in exercises with a trainer on the paws. To understand how it is possible to master technical and tactical techniques in exercises on the legs and in special exercises with a trainer to the fullest extent, it is necessary to divide the technique and tactics into links and consider them in preparation as one continuous chain, thread. For the boxer to repeat the exercises (punch, series of punches, defense, and counterpunch) until he has memorized them, the trainer uses various positions on the paws. When the athlete master's specific techniques, the coach combines them in place into one technical-tactical form. Exercises on the paws allow you to quickly master the technique of specific boxing techniques at all combat distances and bring them to full automation. Detailed explanations are shown in **Table 3**.

Table 3. All the exercises described above are repeated, the boxer (repeatedly attacking) after the indicated oncoming blow carries out another second blow.

No	Boxer action	Trainer action on mitts	Boxer action	Trainer action on mitts
1	Front straight attack to the head, re-attack: the oncoming straight right to the head through the left hand of the coach		support of the right paw, imitation of a left straight attack to the head, support of the right paw	
2	Attack: direct left to the head; repeated attack: the oncoming direct right to the head		Support of the right paw imitation of the lateral left to the head	
3	Attack: direct left to the head; repeated attack: the oncoming direct right to the torso		support of the left paw, imitation of a left straight attack to the head, support of the right paw	
4	Attack: direct left to the torso re-attack: the oncoming direct right to the head		left paw support imitation left lateral attack to the head, right paw support	
5	Attack: the straight right to the torso re-attack: oncoming straight left to the head		The support of the right paw is an imitation of the lateral right to the head, the support of the left paw	
6	Attack: side left to the head; repeated attack: the oncoming direct right to the head through the left hand of the coach		support of the right paw, imitation of a left straight attack to the head, support of the right paw	
7	Attack with a right-side blow to the head, repeated attack: with a bias to the left - a counter blow with a straight right to the head		support of the right paw, imitation of a left straight attack to the head, support of the right paw	

By marking one or another blow with his paw, the coach forces the boxer to use various defenses and starting positions to deliver certain blows, combinations, or a series of blows. These techniques are based on the most likely initial positions that are created during defensive and counterattacking actions in the ring. Automation of techniques does not in the least limit the boxer's conscious choice of the most beneficial actions in an instantly changing environment, as some trainers mistakenly think about it ([Усмонов, 2022](#)).

On the contrary, having mastered the memorized techniques, the athlete more closely observes and perceives the actions of the enemy and at the right moment instantly selects the necessary technique from the combat means, which he uses with lightning speed. For this purpose, 3 "schemes" were designed for individual improvement in exercises on the paws (the formation of predominantly technical actions, without belittling the role of tactical ones), and an important condition for their application is the observance of the principle "from simple to complex". Detailed information is in **Table 4**. In describing complex forms of combat, it is convenient to use the following terms: attack, defense, and re-attack.

A more difficult option is a repeated attack with three consecutive blows.

After the second, the boxer adds the third punch with the other hand: left-right-left or right-left-right. With two shock repeated combinations, the greatest emphasis is on the second blow, with three shocks - on the third. But the first blow can be the main and even decisive. A more complex form includes repeated actions of the first boxer, provided that the second counterattacks with two or even three punches. There can be many such options, and boxers use them depending on the current situation and the actions of the enemy. Detailed information is shown in **Table 5**

Table 4. Attack with two, and re-attack with two and three strikes of forms tactical forms of boxing.

No	Boxer action	Trainer action on paws
1	In the first exercise - this is a side left blow to the head or torso, from below to the head or torso	left paw rest
2	In the second - a blow with a straight left or side, from below to the head or to the body	left paw rest
3	In the third - lateral left to the head	left paw rest
4	In the fourth - lateral left to the head or from below in the body.	left paw rest
5	In the sixth - lateral right to the head or torso, from below to the torso.	right paw support
6	In the seventh - a blow from the left from below to the head or to the body or side to the head	left paw rest
7	In the eighth - lateral left to the head or from below in the body.	left paw rest

Table 5. Actions of boxers. Moving style of the boxer.

No	Boxer action	The action of the trainer on the paws
1	Attack: two direct blows to the head, left and right ("one-two"); repeated attack: from a direct left slip back, from the second - a slip to the left and an oncoming right to the head, followed by a side left to the head, etc.	left right paw support imitation of the left-right to the head: left-right paw support
2	Attack: side left and straight right to the head; repeated attack: with a bias to the left, an oncoming straight right to the head, from a side left - a dive to the right, followed by a side blow of the left to the head.	support of the left-right paw imitation of the right prima of the left lateral support of the right-left paw
3	Attack: straight left to the body and straight right to the head; repeated attack: with a bias to the left - oncoming right straight and lateral left to the head or left from below to the body.	support of the left-right paw imitation of the right prima of the left lateral support of the right-left paw
4	Attack: the direct right to the head and left from below to the body; repeated attack: oncoming direct right and direct left to the head.	support of the right-left paw imitation of the left-right from the side to the head support of the right-left paw
5	Attack: the lateral right to the head and left from below to the body; repeated attack: oncoming direct or lateral right to the head and direct left to the head.	support of the right-left paw imitation of the left bottom right lateral to the head support of the right-left paw
6	Attack: direct left to the head, and side right to the head; repeated attack with a step to the left with a straight right to the head through the left arm of the second and a short straight left to the head, or from below to the torso, or side to the head.	support of the left-right paw imitation of the prima of the left tank right in the head support of the right-left paw

4. CONCLUSION

Sports are characterized by the fact that competition (rivalry, competitiveness) must exist in all sporting events. This leads to two main improvements in the system for training qualified athletes, in particular boxers, through the use of evidence-based methods: I the primary goal of participating in sports is to achieve the highest possible sports result; and (ii) one of the main directions for improving the system. This research can be utilized as a guide for the boxer's technical and tactical moves.

5. AUTHORS' NOTE

The authors declare that there is no conflict of interest regarding the publication of this article. Authors confirmed that the paper was free of plagiarism.

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