



GENERAL AND SPECIAL PHYSICAL FITNESS OF BOXER ATHLETES

Baxriev Jamshid Erkin o'g'li
Lecturer at the Termiz State University

Anatization

It is also important to implement the principle of unity of general and special training of an athlete. The younger the age and sports skills of a teenage athlete, the more importance should be attached to his all-round preparation, because the need for harmonious growth of children in all aspects is important in youth sports. It is also necessary to take into account the fact that young athletes quickly get tired of the same job and lose interest in it, switch to another sport, change their playing position, etc.

Keywords. General physical training, special physical training, boxing technique, body preparation, physical exercises, training period, physical qualities.

General physical training is the basis for mastering boxing techniques and tactics. Depending on how well a boxer acquires the skills of special physical exercises, his future career in the sport will depend on it.

The main foundation of general and special physical training is built in the preparatory period of training of athletes. During its first, general training period (its task is to prepare the body for the special loads of the special training stage), special attention should be paid to the development of general physical qualities: endurance, strength, quickness, agility. Cross-country skiing, road running, swimming, sports, weightlifting, and gymnastics are used for this purpose. At the same time, special quickness and strength are developed with the help of exercises performed with weights, shells and flat gloves. At this stage, it is necessary to use a large amount of general development, general training and special training exercises, with increasing intensity (from medium to high) until the end. In the second, special training stage, the same general physical training equipment acquires a more specialized character.

The general physical training tools of a boxer include general training exercises in other sports (athletics and cross-country skiing, swimming, weightlifting, basketball, football, etc.) including general preparatory exercises.

The general physical fitness of a boxer is the foundation and necessary basis for achieving high results. It mainly provides the solution of the following tasks:

1. All-round harmonious development of the boxer's organism, increase of its functional capabilities, development of physical qualities.
2. Increase the level of health.
3. Proper use of active rest during intense training and competitive loads.

General physical training includes a variety of tools. Among them are exercises performed on shells and with shells, exercises performed with a partner on special trainers, other sports: acrobatics, athletics, sports games, swimming and ho kazo. general developmental exercises from Auxiliary physical training



is designed to create a special basis necessary for effective performance of a large volume of work aimed at the development of special movement skills.

It has a rather narrow and specific direction and solves the following tasks:

1. Development of qualities that are more typical for boxing.
2. Selective development of muscle groups involved in boxer's movements.

As advanced means of auxiliary physical training, such exercises are used, which, according to their kinematic and dynamic structure, are suitable for the main actions of a boxer during competition.

Among such exercises, the following can be distinguished;

- execution of various boxing techniques by pointing;
- exercises performed on special training devices;
- exercises with a boxer dummy.

The main task of using physical training tools is general physical development, strengthening of the musculoskeletal system, greater mobility in the joints, development of movement coordination, balance skills, as well as the work of the cardiovascular system and respiratory organs. improve.

Choosing exercises of a certain volume and intensity, it should be remembered that we are young boxers, usually teenagers. Therefore, we should take into account their age-specific anatomical, physiological and psychological characteristics.

General developmental exercises include walking, standing, sitting, and lying exercises for the arms, shoulder girdle, body, legs, and neck muscles. exercises with objects for complex development of muscles (short and long ropes, gymnastic sticks and balls, tennis balls and basketballs, dumbbells); acrobatic exercises, resistance exercises with a partner, balance exercises, skiing, skating, rowing, swimming, rubber exercises.

Groups of young practitioners (leaders).

1. Moving in different directions (without a partner) with single and joint steps in a combat stance.
2. Stepping forward, backward and to the sides to determine the combat distance at which it is possible to strike.
3. Actions (methods) of attacking and counter-attacking with single and double blows and defending at a long distance.
4. Practice shots on shells.

The coach should recommend such exercises to the boxers, which should ensure the development of the physical qualities that are lagging behind in the development of each boxer. It is necessary to deal with them not only during special group training, but also on days when they are free from boxing training.

Special physical training. Special physical training is aimed at developing physical qualities typical for boxers. It should be carried out at the same time as mastering boxing techniques and improving them. The trainer chooses the exercises in such a way that the young boxer should be able to acquire technical skills and skills in a certain range. He cannot be required to do long-term endurance exercises or frequent quick-power movements, because in a fight, a young boxer can demonstrate speed, endurance, coordination and other qualities, defense, must show skill in using the technique of moving



and striking.

The special physical training of a boxer is aimed at developing the qualities of movement in strict accordance with the requirements imposed by the features of the boxers' competitive activity. Special physical training of boxers is mainly conducted on the boxing mat and is aimed at developing the most important movement qualities in movement skills. That's why competition exercises involving various possible complications are used as the main means of special physical training. Such complex exercises increase the impact on the boxer's body.

For example, choosing a partner in a heavier weight class, doing training competitions with changing partners. All these exercises provide an opportunity to develop one or another mechanism of energy supply, have a complex effect on the training of the boxer and at the same time increase his physical and technical-tactical readiness.

Special attention should be paid to mastering the technique of exercises performed with a ball, rubber bands, pneumatic punch, rope.

In the course of special training, it is necessary to emphasize the development of the boxer's special endurance in conditional and free fights with the help of projectiles and exercises performed on simulators. The volume and intensity of special and special training exercises will increase.

When planning general and special physical training, it is necessary to take into account the share of a young athlete during the entire training and training period. At the beginning of training, more attention should be paid to general physical training than to special training. As the boxer acquires the technique, it is necessary to include more special physical training exercises that help the mastering of the technique. the indicator increases.

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