INTERNATIONAL JOURNAL OF FORMAL EDUCATION

Volume: 3 Issue:1 | January–2024 ISSN: 2720-6874
http://journals.academiczone.net/index.php/ijfe

Control and Level of Rapid Forces in the Training of Boxers

Ibragimov Mironshokh Mukhammadovich,
Teacher of the Department of Sports Theory and Methodology of Bukhara State University
Turayev Mirkhan Mirzo Ogli
Bukhara State University Sports activities (boxing) Student of the 3rd stage

Annotation: This article highlights the need to optimize the training process of highly qualified boxers, the issue of achieving the goal with less time and energy consumption through the selection of optimal management effects to affect the training process.

Key words: boxers, training, special training, power and speed, ability, strength, physical fitness

Boxing specialists are responsible for solving and finding the relevant problems in the training of athletes, especially the performance indicator (dynamics) of athletes and determining all the main indicators of the athlete's physical fitness.

The basis of special training of athletes depends on the quality of physical training, the nature of this sport and the level of division of training of athletes.

For boxers, the quality of physical training, and first of all speed and power, are related to each other, and the two fights in this class training process are speed and power. The quality of speed and strength of boxers has been studied based on many studies.

In boxing, the level of development of speed power plays an important role, depends on the factors that increase the speed and the technical skills of boxers and comparative movements.

Currently, in domestic and foreign literature, a large collection of information has been collected about boxers' sports performance and skills, as well as special training exercises and the quality of basic strength.

However, the quality of the constantly accumulating strength, which the boxer cannot spend in a short time, is comparable to the execution of knevmative binding exercises depending on the movement of the task given to him.

This is mainly due to the deadlift, as it takes less weight to lift the barbell than it does to swing the barbell up to the chest. This confirms the maximum lifting of the projectile, and one of the main indicators is the emergence of explosive force that occurs in the neuromuscular apparatus of athletes.

According to observations, the explosive power of boxers should be very well developed. Yu.V. Verkhoshansky identified 4 (four) properties of explosive power: absolute muscle power, initial muscle power, muscle rapidity power, and absolute deceleration. It should be noted that during training, absolute and speed forces are closer and closer to each other than initial force and absolute speed muscle contraction.

Muscle contraction between strength and speed is of particular importance for those who systematically do sports. Absolute strength is the main basis of the muscle, it serves for the movement of speed and at the right time it opposes external factors.

The quality of quickness serves boxers for their results in improving their sports skills, increasing the maximum tension of quickness, while having the ability to "explode"

Volume: 3 Issue:1 | January–2024 ISSN: 2720-6874
http://journals.academiczone.net/index.php/ijfe

The development of explosive power depends not only on the athlete, but also on the performance of individual muscles and many muscles. As an athlete performs a number of exercises, more than one "primary" motivational quality appears. Power and speed are the qualities that drive these qualities to a higher level, which gives explosive power its quality character.

In the sports literature, "explosive forces" are understood as a set of qualities, which mainly consist of the reduction of strength and speed in the muscles and the reduction of time, and the development of movement.

Explosive power generation is related to muscular force and velocity reduction, a relationship that has been studied in many other types of human performance studies. It is established that strength, measurement and measurement time are not directly related to the speed of the character in the jump. At the same time, the emerging power dynamics is inextricably linked with the growth of explosive power.

As shown in the studied literature, the relationship between power and speed is not the same in human movement. Yu.V. Verkhoshasky, the strength and speed of muscle contraction are measured by the increase in external resistance: the greater the strength, the lower the speed

A number of experts have come to such a conclusion that muscle strength and speed movements are mutually dependent, and the more attention is paid to strength, the more speed movement increases. According to Yu. V. Vershinskyi, it is shown that strength muscle and speed movement are not mutually exclusive.

The above-mentioned conflicting opinions mean that either they have different forms or the quality of forces is measured in different ways. It should be emphasized that what aspects of the physical qualities of complex research are important and necessary. We will learn that they are opposed to each other in the scientific approach and in the process of wrapping them.

The emergence of the quality of strength and speed is due to its dual function. To further develop it, it is necessary to perform strength and speed exercises. Yu.V. Verkhoshansky said that the development of other factors will be delayed by increasing the quality of speed power. Necessary factors for this development are adequate and scientific methodical approach.

Currently, there are groups in 3 main areas of development of the quality of speed power. The first group includes performing strength exercises with a large load, the second group - performing strength exercises with a lower load at maximum speed, and the third group - jumping exercises.

It is well known that high load training is good for developing explosive power, and at the same time, it is possible to increase maximal strength with greater confidence, even when performing maximal speed movements, than during the training period with low load.

According to other researchers, Yu.V. According to Vershinsiki, during training, large loads develop muscles and speed dynamics have a strength dimension, not a reduction. The examples given by this author are factually correct.

Research shows that the effect of directed forces on the neuromuscular apparatus of athletes during training and the weight of the shatan is set to the maximum and close to the maximum, in which the speed indicator improves with the performance of the athlete at the maximum level, the characteristic of explosive power doesn't change much.

Sports practice and many studies show that muscle resistance, which is effective in developing the quality of speed and strength, is 70% of the volume and up to the maximum. This is based on information and special studies revealed in all directions.

Volume: 3 Issue:1 | January–2024 ISSN: 2720-6874
http://journals.academiczone.net/index.php/ijfe

According to a number of authors, it is necessary to systematically develop and improve the quality of speed, strength, and explosive power during training. It has been established that the development of the power of speed in all directions should start from adolescence, that is, from school age.

The strength of speed gained at school age has a special place. By this, it can be understood that a short voltage affecting the speed force in the adolescent's body, the awakening of the large inversion mechanism, the movement, the activity of controlling the means of stimulation, their constant exchange in the body, the brain stops and wakes up. fast exchange, contraction and relaxation of muscles are well done in the processes of relaxation.

The possibility of speed power involves the complete improvement of the mechanism of neuro-coordination, the interrelation of movements is related to the departments of dynamic and kinematic elements.

Neuromuscular coordination of youth improves during speed strength training. This is effective in increasing the speed of strength of young people and teenagers. The best way to increase speed and power for teenage athletes is to do different types of jumping exercises.

General conclusions show that the effect of speed power is one of the complex trainings. In the conducted research, it was found that the change of strength muscles and the quality of speed power increase, the improvement of the quality of speed power in boxers was achieved a sharp increase (from 12 years to 16 years) - it is 57%.

At the age of teenagers (17-20 years old), the growth rate decreases and is 36.6%. At the age of 21-22, the quality of speed power is 9.6%. It has been established that performing exercises in a dynamic order is more effective in increasing explosive power than in a static order. Statistical exercises are not guaranteed to increase explosive power.

Speed strength training results in the contraction of the working muscles, making it possible to increase the speed of the forces. Speed strength training has its own characteristics.

In many sports, the degree of improvement in the quality of speed power depends on the results of the sport. A.A.Ter-Ovanesyan, N.G.Ozolin, V.M.Dyachkov, G.I. Chernyaev, V.V. Kuznesov, V.M. Zatsiorsky and others. In these scientific works, it has been shown that the speed and strength of athletes are related to each other.

From a physiological point of view, the quality and qualities of speed and strength depend on the tradition of muscle contraction, and its increase is carried out at the expense of increasing muscle strength and exercising with effort.

In recent years, the use of biochemical means and the structure of sports to increase the speed of boxers includes the following: improving the reactive ability of the neuromuscular apparatus, realizing the ability to achieve mechanical contraction of muscles, and creating conditions for dynamic loads while starting the tension engine.

References

1. Ostonov J. S., Ibragimov M. M. Bokschi sportchilarda psixologik muhofazaning ijtimoiypsixologik xususiyatlari //Science and Education. – 2022. – T. 3. – №. 4. – C. 1534-1539.
2. Saliyev S. A., Ibragimov M. M. WAYS TO DEVELOP BOXERS'PHYSICAL SKILLS //International Scientific and Current Research Conferences. – 2022. – C. 98-102.
3. Sattorov A. E., Ibragimov M. Methods and tools for the formation of special skills in the process of conducting individual lessons for boxing coaches //Web of Scientist: International Scientific Research Journal. – 2022. – T. 3. – №. 02. – C. 1302-1307.

Volume: 3 Issue:1 | January–2024 ISSN: 2720-6874
http://journals.academiczone.net/index.php/ijfe

4. Ибрагимов М. БОКСДА ТАКТИК ҲАРАКАТЛАРНИНГ АҲАМИЯТИ: 10.53885/edinres. 2022.26. 82.028 Ибрагимов М. Бухоро давлат университет 2 босқич магистранти //Научно-практическая конференция. – 2022. – С. 90-92.
5. Ибрагимов М. БОКСЧИ-ЁШЛАРНИ САМАРАЛИ ТАЙЁРЛАШНИНГ ЎЗИГА ХОС ЙЎЛЛАРИ: 10.53885/edinres. 2022.91. 90.084 Ибрагимов Мироншох, Бухоро давлат университети Жисмоний маданият назарияси ва услубиёти кафедраси ўқитувчиси //Научно-практическая конференция. – 2022. – С. 603-606.
6. Mukhammadovich I. M. The Importance of Functional Training in the Training of Boxers //Nexus: Journal of Advances Studies of Engineering Science. – 2022. – Т. 1. – №. 6. – С. 15-19.
7. Mironshoh I., Sardor S. MAKTABGACHA TA'LIM MUASSASALARIDA BOLALAR JISMONIY TARBIYASINING ASOSIY XUSUSIYATLARI //Innovations in Technology and Science Education. – 2023. – Т. 2. – №. 8. – С. 349-356.
8. IBRAGIMOV M. M. BOXING AS AN IMPORTANT MEANS OF FORMING A HEALTHY LIFESTYLE IN STUDENTS //Journal of Modern Educational Achievements. – 2023. – Т. 4. – №. 4. – С. 77-79.
9. Ilxanovich X. R., Muxammadovich I. M. Methods of Training Young Boxers According to the System of Tasks //Vital Annex: International Journal of Novel Research in Advanced Sciences. – 2023. – Т. 2. – №. 3. – С. 153-159.
10. Mukhammadovich I. M. The Main Methodological Instructions for the Development of Speed-Strength Qualities of Boxers //Web of Synergy: International Interdisciplinary Research Journal. – 2023. – Т. 2. – №. 5. – С. 550-554.
11. Ibragimov M. M. EDUCATION OF THE PHYSICAL QUALITIES OF A BOXER //Innovations in Technology and Science Education. – 2023. – Т. 2. – №. 9. – С. 1726-1733.
12. Ilkhanovich K. R., Mukhammadovich I. M. Ways to Build Endurance in the Beginning Boxing Training Group //Best Journal of Innovation in Science, Research and Development. – 2023. – Т. 2. – №. 6. – С. 277-280.
13. .Karomatovich I. A., Amurllaevich K. A. Functional Training of the Human Body Interrelationship with the Situation //Miasto Przyszłości. – 2023. – Т. 35. – С. 380-382.
14. Karomatovich I. A., Ugli S. M. K. Planning Training Loads of Highly Skilled Height Athletes //Web of Synergy: International Interdisciplinary Research Journal. – 2023. – Т. 2. – №. 4. – С. 394-397.
15. Karomatovich I. A. et al. Effectiveness of Using Pedagogical Technologies in Training Boxers //Web of Synergy: International Interdisciplinary Research Journal. – 2023. – Т. 2. – №. 4. – С. 415-418.
16. Ilxomovich M. F. YOSH FUTBOLCHILARNI TEXNIK VA TAKTIK TAYYORGARLIGINI OSHIRISH SAMARADORLIGI //FAN, TA'LIM VA AMALIYOTNING INTEGRASIYASI. – 2022. – Т. 3. – №. 6. – С. 97-102.
17. Ilxomovich M. F. FEATURES OF THE PROCESS OF TRAINING YOUNG PLAYERS IN BEGINNER TRAINING GROUPS //ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ. – 2023. – Т. 17. – №. 3. – С. 97-101.
18. Abduyeva, Sitorabonu Savriddin Qizi. "Peculiarities of Training 13-14-Year-Old Handball Players." *Athena: Physical Education and Sports Journal* 1.2 (2023): 46-51.

Volume: 3 Issue:1 | January–2024 ISSN: 2720-6874
http://journals.academiczone.net/index.php/ijfe

19. Abduyeva, Sitorabonu. "Teach Handball to 19-20 Year Olds Using Action Games." *Центр Научных Публикаций (buxdu. uz)* 8.8 (2021).