

Improvement of Tactical Training of Boxers

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Annotation

The article discusses a promising direction for solving this problem by developing a methodology for improving the tactical training of boxers. The features of the tactics of close combat, the specifics of tactics depending on the manner of conducting a boxing match are presented.

Keywords: boxer training, boxing, closes combat, sportsmanship, tactics, methodology.

Introduction. The level of sportsmanship of qualified boxers is determined by a complex of various factors: indicators of physical, technical, theoretical, psychological and other aspects of training, each of which solves specific problems. So, if physical fitness ensures the development of muscle strength, speed of movement, endurance, special dexterity, accuracy of performing shock techniques; increase in body stability, then technical training is designed to form the skills of rational execution of attacking and defensive techniques in various unexpected situations in accordance with their spatio-power and spatio-temporal parameters of motor actions [1, 2]. Theoretical training is aimed at mastering the system of special knowledge, which makes it possible to identify the features of the technique of shock and defensive techniques; the sequence of their assimilation; compliance of their content and methods of implementation with the morphofunctional state of the body. Psychological preparation solves the problems of an athlete's readiness for neuromuscular loads, activities in stressful situations of confrontation with an experienced opponent [3, 4].

Tactical training occupies a special place among the different aspects of a boxer's sports training, which determines the formation of skills to perform a technique at the moment that ensures its maximum effectiveness [5, 6]. This determines the duration and complexity of tactical training, as a large number of technical attacking and defensive techniques, a variety of options and methods for their implementation; the different nature of relationships, combinations, the high dynamism of boxing, the constant change in the conditions of competitive activity impose specific requirements on martial artists, the fulfillment of which necessitates purposeful, systematic activities for self-development and self-improvement of the training of qualified boxers [7, 8, 9].

The most difficult type of confrontation with a strong experienced opponent is close range combat. At the first stage of tactical training, a combatant strives to perform a strike action, focusing on an open target, without taking into account the enemy's readiness to instantly change the distance, provide reliable protection and deliver a counterattack [10, 11]. This indicates the unpreparedness of this attack.

Tactical preparation is perfected when the boxer, having delivered an attacking blow to the opponent, prepares for his response by deflecting, dodging, crouching and other defensive actions, immediately following the final phase of the attacking hold. The ability to carry out an effective counter strike testifies to the expansion of the arsenal of the formed orientation skills in the spatio-temporal field of the ring; control and prediction of the opponent's actions, which allows the martial artist to determine the direction, shape and strength of the impending strike action by the location of the opponent's feet, the location of parts and links of the body in space, the combat stance.

Tactical preparation is perfected at the time when the boxer, having delivered an attack to the opponent, prepares for his response by deflecting, dodging, crouching and other defensive actions, immediately following the final phase of the attacking hold [12, 13, 14]. The ability to carry out an effective counter strike testifies to the expansion of the arsenal of the formed orientation skills in the spatio-temporal field of the ring; control and prediction of the opponent's actions, which allows the martial artist to determine the direction, shape and strength of the impending strike action by the location of the opponent's feet, parts and links of the body in space, combat stance.

Close combat is characterized by a minimum spatio-temporal field of activity necessary for various maneuvers, which places higher demands on coordination training, primarily on indicators of the development of special dexterity and accuracy of movements. This necessitates the identification of the specifics of the sports activity of a qualified boxer during the confrontation with the opponent and the skills of using tactical techniques.

Features of close combat tactics. This type of confrontation between boxers is characterized by the use of powerful impact actions with rotational and rotational-translational movement of the body. This creates an effect not only for the spectators, fans, but also for the judges. Outstanding martial artists carry out mainly strong single blows, inflicting them selectively, in unprotected zones from different directions.

The strongest melee masters mainly use strikes from below to the head and torso, as well as from the side to the head and torso, which are presented in a much larger volume. However, blows from below to the head are incomparable in terms of power, therefore, in the practice of outstanding martial artists of foreign countries, they are constantly in the arsenal of attacking techniques.

A feature of carrying out strong accented blows from below and from the side to the head and torso

is the use of muscle strength of large muscle groups of the back and shoulder girdle. The rotational movement of the body contributes to the increase in the power of the impact action, as well as the timing of the final phase of the attacking strike with the right hand with the extensor movement of the body.

Player boxers prefer tactics that are significantly different in their focus on the intellectual outplaying of the opponent:

- the desire to win on points;
- the absence of a knockout punch in the combat program;
- a small number of attacking techniques;
- construction of tactics of conducting a duel on the mistakes and misses of the opponent;
- wide use of maneuvering around the ring;
- the use of a large number of protective actions;
- use of impact actions on waste.

The tactics of boxers acting in a counterattacking form are different in that they:

- have a knockout punch and a significant part of the victories are won by knockout;
- have a small number of attacking actions in their arsenal, using them mainly on counterattacks;
- prefer a large amount of positional actions;
- wait for a convenient situation for a knockout;
- prefer single and double direct blows;
- Great attention is paid to maneuvering, the use of attacking actions on the waste.

Boxers of the universal type use their own tactics, which differ:

- the use of a large number of deceptive actions and feints;
- a long positional struggle in order to choose a convenient moment for a powerful strike action;
- active use of defensive techniques and attacking strikes on the waste;
- Use of tactics of playing out.

The underestimation of the importance of the special tactical readiness of qualified boxers is one of the main reasons for the unsuccessful performances of Russian martial artists on the world stage. For most of the strongest athletes, the intuitive perception of tactical techniques used by the enemy is more developed than understanding, but without understanding the mechanism of the impact of

tactical techniques, it is impossible to consciously strive to improve tactical skills. Understanding is related to cognitive abilities, while perception is based on sensation.

A high level of tactical preparedness is one of the main conditions for the effectiveness of competitive activity. The essence of the tactics of conducting a boxing match is to choose the moment of the opponent's psychological unpreparedness for a powerful impact action. Through optimal tactical training, it is possible to significantly expand the biological limitations of the body by streamlining its activities during the entire period of sports training. The increase in sportsmanship indicators is largely due to the degree of harmonization of the intellectual, psycho-emotional and volitional spheres.

Conclusions. Thus, the tactical training of qualified boxers is an important structural component that ensures the growth of sportsmanship. Mastering tactical techniques is a complex, lengthy process that must be carried out simultaneously with technical training. To achieve the goal of competitive activity, it is necessary to choose the moment of the enemy's least protection and conduct an accurate, strong, targeted, attacking technique. These skills are formed as the technique of shock and defensive actions is improved, taking into account their spatio-temporal and spatio-power parameters of the situation that has arisen, the manner of conducting combat by the enemy.

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