



Technologies for Selecting Boxers and Preparing them for Competitions

Mustafaev Sherali Djurabevich*

Department of Theory and Methodology of Physical Culture, Termez State Pedagogical Institut, Islam Karimov street 288b, 19011, Termez city, Uzbekistan

*Correspondence: E-mail: sherali.mustafaev@mail.ru

ABSTRACTS

This article analyzes the technologies for the selection of boxers and preparation of boxers for competitions. Based on the Decree No. 331 of the Cabinet of Ministers of the Republic of Uzbekistan and the Presidential Decree on measures to organize the activities of the State University of Physical Education and Sports of Uzbekistan, the system of selecting qualified young athletes from the sport of boxing can take different forms. unites its elements and first of all, determines the organization and content of the training process. Thus, it brings purposeful that another important aspect of the principle of the program is that it does not consider the process of boxing training as a sum of parts of micro cycles, but as a whole, the sum of all elements, its content, the final goal, and specific activity determines the development laws of the organism's adaptation process.

© 2022 Bumi Publikasi Nusantara

ARTICLE INFO

Article History:

Submitted/Received 14 Nov 2022

First revised 02 Dec 2022

Accepted 14 Dec 2022

First available online 16 Dec 2022

Publication date 01 Dec 2023

Keyword:

Boxing,
Competition preparation,
Selection of boxers,
Sport methodology,
Sport technology.

1. INTRODUCTION

Boxing is an individual sport in which two people are placed in a square ring and fight with fists wearing padded gloves (Aksutin & Korobeynikov, 2014). It is one of Australia's oldest individual sports. The first Australian boxing contest recorded in history took place in Sydney on 8 January 1814 involving John Parton and Charles Sefton who were two convicts who bare-knuckle boxed. After 56 rounds and 90 minutes of tough fighting, John was declared the winner. Boxing has always been criticized in the press for it may be very popular but is also very brutal. Fights were organized in unusual places frequently trying to hide from police or law enforcement of any kind.

Issac Read was an English man who defeated George Hough in 1847 hidden in bushland at Sydney's Middle Head. The contest lasted 98 minutes and was attended by thousands. Native-born and immigrants also got into contests as rivalries would form and antagonizing would spark between the two groups. With everyone desperate for entertainment boxing took place on goldfields because of the minimum facilities (Rosete *et al.*, 2022). There were a variety of contests including 'gloved' or 'bare-knuckle' exhibitions. In 1855 in Fiery Creek Victoria, a 6-hour and 15-minute-long fight sparked between Jonathon Smith who was defeated by James Kelly.

Analysis of sport functioning show, that, from the point of view of a systemic approach, competitions are the primary component (Gas' kov *et al.*, 2010a). Training is a secondary component, which is a means of preparation for participation in competitions. That is why the study of competition functioning's requirements, appropriate structure, and content of the training process is one of the most topical tasks of sports training's theory and method.

Many authors note the demand for studying modern requirements, influencing competition functioning. The result of such an approach is the creation of adequate to these requirements technology of qualified boxers training (Gas' kov *et al.*, 2010b). From these positions, the boxer's sport functioning is directed toward victory in a fight with the opponent. The victory is ensured by the required level of technical-tactic, physical and psychic fitness. Such fitness is conditioned by individual features of sportsmen; by the quality and effectiveness of the training process.

The research of elite boxers' competition functioning permitted to mark out comparative characteristics of fights, which were conducted by different formulas of competition functioning and in different periods of development of amateur boxing (Martsiv, 2014). On the base of these data characteristics of average-skill boxers were outlined. It is purposeful to receive such characteristics by simulation of fights and determination of certain model indicators.

The purpose of the research is to analyse the competition functioning of average-skill boxers and develop sportsmen's model characteristics for the stage of specialized basic training. The tasks of the research are:

- (i) To receive indicators of the competition functioning of average-skill boxers at the stage of specialized basic training;
- (ii) To compare indicators of average-skill boxers' competition functioning with the best results of elite boxers', received in previous research;
- (iii) On the base of our previous research to work out recommendations on a complex assessment of sportsmen-students' skilfulness. Besides, it was required to show approaches to the perfection of different sides of sportsmen's fitness.

2. METHODS

This study analysed 28 fights of average-skill boxers (first sports grade and candidate masters of sports). The participants were students of Lviv State University of Physical Culture. This study carried out the video recording of boxers' performances at the University Games of Lviv region. When watching video records, this study assessed the following technical tactic indicators of competition functioning:

- (i) Total quantity of punches per fight;
- (ii) Quantity of punches per round;
- (iii) Quantity of punches per minute;
- (iv) Quantity of successful punches;
- (v) Quantity of unsuccessful punches;
- (vi) The density of technical actions – relation of accurate punches (successful) to the duration of the fight (in minutes);
- (vii) Coefficient of punches' effectiveness – relation of the number of accurate punches to the total quantity of punches per fight;
- (viii) Coefficient of reliability of defense – relation of unsuccessful punches to the total quantity of punches per fight.

The received data were processed with methods of mathematical statistics with the help of a standard computer program.

3. RESULTS AND DISCUSSION

3.1. Theoretical framework

The difference between indicators of attack and defense actions of both groups' boxers is the following: first-grade boxers and candidate masters of sports (average skill boxers) significantly lag behind boxers of world combined teams by indicators of attack and defense actions. This fact is obvious and does not require any confirmation.

Indicators of attack and defense actions of elite boxers can be considered to be model characteristics. Among elite boxers combined team of Ukraine should be noted, which in the team standing won first place. In particular, these boxers were: Pavel Ishchenko (up to 56 kg), Valiliy Lomachenko (up to 60 kg), Denis Berynychy (up to 64 kg), Taras Shelestiuk (up to 69 kg), Yevgeny Khytrov (up to 75 kg), Aleksandr Gvozdyk (up to 81 kg), Aleksandr Usyk (up to 91 kg). Five sportsmen of the team took prize places. Indicators of these sportsmen are benchmarks for sportsmen, who are in the stage of specialized basic training. In compliance with these indicators, it is necessary to build training of sportsmen-students. In their turn, indicators of sportsmen-students are benchmarks for less qualified sportsmen. Here it would be appropriate to present the data of known specialists, who delivered quite in detail approaches to the application of model characteristics of the best sportsmen at different stages of boxers' training ([Gas' kov & Kuz'min, 2011](#)).

Among such research, there are works, fulfilled in the context of the present research. Results of these researches were used in the training of sportsmen-students:

- (i) Assessment of the influence of different factors on the power of punch as a criterion of competition functioning's effectiveness. It is recommended to train maximal and explosive power of all parts of sportsmen's bodies during the fulfilment of general warming-up exercises with further transfer of physical qualities in fulfilment of special exercises.

- (ii) In the training of heavyweight boxers, it is necessary to pay more attention to the training of quantitative parameters: physical condition; training of maximal strength and speed power; endurance ([Ost'ianov et al., 2010](#)).
- (iii) Approaches to usage model characteristics in the training process, delivered in works of specialists. In these works, attention is attracted to the level of general physical fitness and special fitness. It is necessary to consider that factor of physical and special fitness of elite boxers does not change depending on the stage of training. At every stage, these factors do not depend on each other and are separate sides of general and special fitness. It is recommended to doze evenly load on all factors when dozing loads. It is recommended to use integral marks of different sides of fitness (technical-tactic, psychic, general, and special physical fitness).

Besides, in the training of sportsmen, this study used the results of our previous research and appropriate recommendations:

- (i) Determination of responses of boxers' anticipation under influence of standard specialized loads. In the main part of the training, session boxers improved individual 4-5 punches series on boxing bag with the task to strike as strongly and quickly as possible (load – 9 rounds, 3 minutes each, with interval 1 minute of rest). After finishing it, boxers fulfilled power exercises with a barbell rod and filled ball. This study determined regularities of manifestation of every response type in a group of sportsmen and envisaged the ways of their application as criteria for the assessment of boxers' psychological condition.
- (ii) An increase in sportsmen's skilfulness is manifested as increasing in punches density in a fight. An increase in punches' effectiveness coefficient results in the widening of effective technical-tactic actions.
- (iii) Correlation between indicators of special and general exercises of sportsmen implied the following: there are confident statistical correlations: a) between the power of punches and speed of a single movement; b) between the power of kicks and indicators of the maximal force of muscles (thrust); c) between the speed of punches (kicks) and indicators of the push of balls (300 g mass); d) between indicators of the speed of movement step in combat stance and indicators of punches' speed; e) between indicators of punches' frequency and indicators of frequency of movement (manoeuvring) on feet. This study also determined means, by which it would be purposeful to apply in the training process at this stage.

3.2. Discussion

The received results confirm the data of other authors about the importance of orientation of boxers' training on model indicators of more qualified sportsmen ([Kiprych, 2014](#)). Our research was fulfilled in compliance with the recommendations of well-known specialists in boxing. The authors show the potential of simulation of different sides of sportsmen's fitness.

The received results expand general ideas about approaches to the training of sportsmen-students with the help of model indicators ([Pavelec et al., 2013](#)). They show demand in consideration of anticipation reactions' indicators under influence of standard specialized loads in the training process. By results of the research, this study found a correlation between indicators of special and general exercises for certain stages of training. The obtained coefficients of punches' effectiveness and defense reliability give a more general picture of the fitness of sportsmen-students.

According to the principle of a systematic approach, the ultimate goal of training in the sport of boxing has a step-by-step structure, which in turn includes 5 levels in the modern concept. Let's look at the system step by step from top to bottom.

There is a clear sports performance of the highest level, and it is this size that is necessary to achieve victory in the main competition. The fourth level contains indicators of the athlete's ability to compete, which is necessary to achieve the planned sports indicators.

At the third level lies the necessary speed or competition exercise intensity indicators. At the second level, there is an indicator of technical and tactical skills necessary for the implementation of the third and fourth-level indicators.

Finally, at the first level, that is, between the second and third levels, there is a stage that determines the state of special physical training required for the implementation of its indicators. A complex solution is required, taking into account the objective laws of development, to determine the final goal of preparation at a high level. Prediction of sports performance in upcoming competitions is carried out based on a mathematical method, taking into account the characteristics of each sports performance ([Kiprych et al., 2013](#)).

When sports results are developed with scientifically based predictions, it opens the way to solving the most important aspect of the athlete's regular training, including the achievement of the required result by the athlete, which is competition. It helps to determine the skill index. Determining the necessary competitive skill indicators in sports training is called "Modelling the readiness of the future athlete".

Any exercise performed to acquire a specific movement skill or training this or that physical quality causes certain changes in its other skills and qualities. Such interdependence is based on the unity of manifestation of movement and functional capabilities of the athlete's organism and the law of its characteristics ([Calixtro et al., 2021](#)).

One of the most important forms of implementation of the principle of joint training in the training of a boxer is the simultaneous development of his special physical qualities and special movement skills. At the same time as the formation of the skill and the improvement of special physical qualities, the strength of the manifestation of the skill increases significantly. This principle is widely used in athletics, gymnastics, and other sports.

The principle of guided joint training is also widely reflected in the boxing training method, in which exercises with weights and improvement of the athlete's special movement skills are used at the same time.

Boxing is a quick-power sport. Therefore, only when the coach deliberately creates the most effective speed-power conditions for improving skills when working with a boxer, high consistency of special movement skills in competition situations is possible ([Martciv, 2013](#)). To improve the "explosive" effect of the boxer's punch, lead weights are used, which are attached to the athlete's elbow or other body parts. They make it difficult to perform punching skills. In the practice of training work, various lightened dumbbells are used for punching with special exercises such as "shadow fighting". Special training exercises, such as throwing various filler balls, cores, and stones, are widely used, these exercises are performed by the boxer from a combat standing position ([Korobeynikov et al., 2015](#)).

To simultaneously improve the speed and skills of sliding, weighted shoes are used. Special and special training exercises in difficult conditions are actively used by famous professional boxers. Absolute world champion Rocky Marchiano spent a lot of time working on his shots in the water. Cassius Clay (Muhammad Ali) used sandbags on his shoulders to improve his walking speed.

Reasonable selection of the optimal weight for each boxer, depending on his weight class and training level, is one of the necessary conditions for the effective use of the principle of

joint training in a directed manner. If the weight is higher than "sharp" for a particular boxer, then the dynamic structure of tension during the performance of the skill is disturbed. The method by the boxer. A boxer cannot achieve high sports results if his special and general physical fitness is not high enough. Boxing is one of the complex coordination sports. It requires the athlete to demonstrate various movement skills, skills, and physical qualities. It is known that a person performs any action based on the "joints" of action previously acquired by him. Thus, the more he has a reserve of conditioned reflexes and the more skills he has, the more diverse his special movement activity will be.

General physical training, especially in the initial stages of the formation of a boxer, allows the athlete to create diversity in the manifestation of movement skills and skills necessary for his further growth. If the coach abandons the general physical training tools in the process of training a young boxer, he will make a huge and irreparable mistake, because the all-around effective development of the athlete cannot be achieved with the help of special exercises alone (Liu, 2015). It is difficult for him to perform complex coordinated movements because the resulting interrelationship of previously acquired forms of movement is not large due to the abandonment of general physical training tools and does not sufficiently help the boxer to develop new specialized skills and competencies.

The set of standards plays an important role in determining the overall physical fitness level of a boxer and in the process of improving it. By requiring the boxers to fulfil the requirements of the standard, the trainer creates a base for all-around physical development in them. The correlation between general and special physical training helps the boxer to develop his sports skills at all stages of his sports life. However, the boxer's general physical training tasks, content, and direction have their characteristics at each stage (Bakinde, 2022).

The coach should use various types of sports and special means of general physical training as widely as possible to comprehensively develop the movement and functional capabilities of the body of the beginner athlete. The widespread use of general physical training tools at the initial stage of boxer formation is also because during this period the "migration" of training from general developmental exercises to special exercises is high enough since beginner boxers have not reached a high level in the development of their physical qualities. For example, the game of basketball not only helps to develop general quickness, endurance, agility, and other qualities, but also makes it possible to improve specific indicators of quickness, endurance, and agility (Kiprich & Berinchik, 2015).

Thus, extensive use of general physical training tools is a necessary condition for creating a foundation for the all-around development of a beginner athlete. Selecting young athletes for boxing and distinguishing them based on their physical qualities and the state of formation of movement skills depends on the observation and personal competence of each coach.

4. CONCLUSION

Analysis of literature sources witnesses the topicality of further studying of competition functioning of qualified amateur boxers and working out of model characteristics. On the base of received indicators of elite boxers' sports results. This study created model characteristics for average skill boxers (first sports grade and candidate masters of sports). Such characteristics are recommended to be used in the training of sportsmen at the stage of specialized basic training. The received results expand general ideas about approaches to the training of sportsmen-students with the help of model indicators. They show demand in consideration of anticipation reactions' indicators under influence of standard specialized loads in the training process. This study found a correlation between indicators of special and general exercises for certain stages of training. The obtained coefficients of punches'

effectiveness and defense reliability give a more general picture of the fitness of sportsmen-students.

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.

6. REFERENCES

- Aksutin, V. V., and Korobeynikov, G. V. (2014). Study of special capacity in boxers with different styles of fight. *Physical Education of Students*, 18(5), 3-7.
- Bakinde, S. T. (2022). Educating aerobic exercise and skill-related fitness of athletes in University of Ilorin. *Indonesian Journal of Multidisciplinary Research*, 2(1), 195-202.
- Calixtro Jr., V. L. (2021). Health status and job performance of physical education instructors in higher education institutions. *Indonesian Journal of Educational Research and Technology*, 1(2), 71-76.
- Gas' kov, A. V., and Kuz'min, V. A. (2011). Modelirovanie struktury trenirovochnykh sredstv obshchej i special'noj podgotovki kvalificirovannykh bokserov [Simulation of structure of training means for general and special training of qualified boxers]. *Physical Education of Students*, 6, 22-26.
- Gas' kov, A. V., Kuz'min, V. A., and Putin, L. P. (2010a). Razrabotka model'nykh kharakteristik trenirovochnoj deiatel'nosti v edinoborstvakh (na primere boksa)[Working out of model characteristics of training functioning in martial arts (on example of boxing)]. *Physical Education of Students*, 1, 15-18.
- Gas' kov, A. V., Kuz'min, V. A., and Putin, L. P. (2010b). Tekhnologiiia registracii trenirovochnykh nagruzok v edinoborstvakh (na primere boksa)[Technology of training loads' registration in martial arts (on example of boxing)]. *Physical Education of Students*, 1, 19-23.
- Kiprich, S. B., and Berinchik, D. Y. (2015). Specific descriptions of functional providing of the special endurance of boxers. *Pedagogics, Psychology, Medical-Biological Problems of Physical Training and Sports*, 19(3), 20-27.
- Kiprych, S. V. (2014). Control system improvement of qualified boxers based assessment system change reaction cardiorespiratory during the immediate preparation for competition. *Physical Education of Students*, 18(4), 26-31.
- Kiprych, S. V., Donets, A. V., and Makhdi, O. A. (2013). Improvement of management by training process of boxers at a stage of direct preparation for competitions. *Physical Education of Students*, 17(6), 20-24.
- Korobeynikov, G. V., Aksutin, V. V., and Smoliar, I. I. (2015). Connection of boxers' combat styles with psycho-physiological characteristics. *Pedagogics, Psychology, Medical-Biological Problems of Physical Training and Sports*, 19(9), 33-37.

- Liu, Y. Q. (2015). Experimental substantiation of methodic of 11-13 years old boxers' coordination development. *Pedagogics, Psychology, Medical-Biological Problems of Physical Training and Sports*, 19(6), 14-22.
- Martsiv, V. P. (2014). Comparative analysis of competitive activity parameters of amateur boxers high qualification. *Physical Education of Students*, 6, 41-44.
- Nykytenko, A. O., Nikitenko, S. A., Busol, V. V., Nykytenko, A. A., Velychkovych, M. R., and Martciv, V. P. (2013). Intercommunications of indexes of speed and power qualities of sportsmen single combat on the stage of the specialized base preparation. *Pedagogics, Psychology, Medical-Biological Problems of Physical Training and Sports*, 1, 49-55.
- Ost'ianov, V. N., Grib, A. I., and Kopachko, O. V. (2010). Sorevnovatel'naia deiatel'nost' bokserov tiazhelykh i legkikh vesovykh kategorij [Competition functioning of heavy and light weight categories' boxers]. *Pedagogics, Psychology, Medical-Biological Problems of Physical Training and Sports*, 12, 94-98.
- Pavelec, O. J., Ostyanov, V. N., and Maydanyuk, O. V. (2013). Model features as the basis of preparation of boxers individualization principal level (elite). *Pedagogics, Psychology, Medical-Biological Problems of Physical Training and Sports*, 10, 46-49.
- Rosete, E. N., Candelon, Z. G., Gandal, A., Falle, J. A., and Vivencio Jr, L. C. (2022). Sports facilities and equipment: Availability and students' satisfaction in the physical education classes. *Indonesian Journal of Multidiciplinary Research*, 2(2), 377-380.