

 <p>ISSN NO. 2320-5407</p>	<p>Journal Homepage: - www.journalijar.com</p> <h2>INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)</h2> <p>Article DOI: 10.21474/IJAR01/10238 DOI URL: http://dx.doi.org/10.21474/IJAR01/10238</p>	 <p>INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR) ISSN 2320-5407 Journal Homepage: http://www.journalijar.com Journal DOI: 10.21474/IJAR01</p>
---	---	--

RESEARCH ARTICLE

ROLE AND PLACE OF INDIVIDUAL LESSONS IN THE GENERAL BOXING TRAINING SYSTEM

Usmonov Mansur

Termez branch of Tashkent State Technical University.

Manuscript Info

Manuscript History

Received: 12 October 2019

Final Accepted: 14 November 2019

Published: December 2019

Key words:-

Individual Training Program, Complex
Technics-Tactics, Development Skills,
Box Competitions

Abstract

Importance and role of individual boxers in training. In this program, athletes develop their favorite skills and sophisticated techniques and tactics and apply them at competitions. The purpose of this program is to dominate boxing and be at the top of the list.

Copy Right, IJAR, 2019,. All rights reserved.

Introduction:-

The youth of Uzbekistan comprised the majority of our country's talented athletes participating in the Olympic sports. The XXXI Summer Olympics Brazil ranked 21st out of 207 countries in the number and quality of medals collected in Rio 2016, ranked 4th in Asia, second in the Commonwealth of Independent States and the 1st in Central Asia. 87 countries won medals, and gold medalists from 59 countries.

At the World Boxing Championships held in Yekaterinburg, Russia, on September 6-22, 2019, the Uzbek team once again proved to be unbeaten in the world, with 3 gold, 1 silver and 1 gold. won bronze medals! Thus, in the World Championships, in the total number of medals Uzbekistan is ranked 1st, Russia 2nd and Kazakhstan 3rd.

One of our major goals for now is that our young people should focus on the XXXII Summer Olympics in 2020 in Tokyo, Japan.

With the ever-changing times of the world, our boxers require more individual training in order to achieve their highest rating in the world, to constantly improve their business skills and sophisticated techniques by combining boxers in sports schools, specialized Olympic sports schools and universities. Inadequate physical and general physical training in gradual sports schools, specialized Olympic sports schools and universities Sak sport will not achieve the results.

Wide-ranging reforms are underway in the country, including under the chairmanship of our President, Mr. Shavkat Mirziyoev. It is important to develop skills in the use of information technology, to promote reading among young people, to ensure women's employment. Lala, "5 are important initiative" put forward vidioselektor meeting held on March 19, 2019 and noted.

The second initiative in these five initiatives emphasizes the need for greater involvement of our youth in physical education and sports and their continued training, which is the focus of their youth. At the same time, we have the responsibility of researchers to do research and to carry out scientific research.

Corresponding Author:- Usmonov Mansur

Address:- Termez branch of Tashkent State Technical University.

A summary of domestic and foreign literature, as well as the results of our own research and analysis, provides the following opportunities:

1. the importance and place of individual lessons in the continuous system of training of boxers;
2. development of classification of continuous system of individual lessons;
3. to reveal the main directions of development of a continuous system of modern methods of individual lessons; set the task and set the research task.

In the practice of sports, the individual lessons that the trainer carries with his students are referred to as individual lessons. In particular, VKArkadeev and Yu.T.Kozikov (1962) explain this concept as follows: Individual lesson is a pedagogically organized process conducted by a trainer with one teacher. Other authors could also agree on the issue, but they are all very similar to the above.

Despite the fact that leading boxing coaches have changed their approach to the main method of organizing and training in the development of boxing, the current state of boxing at this stage and the opinions of individual experts suggest that there are a number of interesting and relevant works. The question of the importance and role of individual lessons in the overall system of boxing training remains unresolved. "Cus D'Amato says that boxing is 75% psychology and 25% physical," Tom Patti wrote.

Even in conversations with several leading trainers of our country and the head coach of Uzbekistan Marat Kurbanov (2017-2019), many coaches have no clear approach to this issue, such as the importance, purpose, objectives, expected results, business development, and were mentioned, and so on.

The famous boxing trainer Cus D'Amato said:

"A boy comes to me with a spark of interest, I feed the spark and it becomes a flame. I feed the flame and it becomes a fire. I feed the fire and it becomes a roaring blaze." To see a man beaten not by a better opponent but by himself is a tragedy. Other forms, types, and types of lessons other than those mentioned in the literature talked about the creative approaches of coaching in classes. In particular, the lessons of theoretical analysis, pulsometry, master density of the lesson (chronometrics), and orientation lessons were mentioned.

All this clearly shows that the forms of individual lessons used in practice are not currently fully generalized and have a sufficiently well-grounded classification. Based on the foregoing, we have set a specific task - to study and summarize the types of individual lessons used in the practice of boxing, as well as to develop specific classifications for these lessons. To accomplish this task, the analysis of literature sources, questioning of highly qualified athletes, and pedagogical observations of individual lessons are also conducted by mathematical calculations.

For example: Survey questionnaires from highly qualified boxers were identified as% of the polls.

Questions:

Tell yourself your leading individual fighting style:

1. 4.5% defense,
2. 59% offensive,
3. 36% offensive,

Do you regularly use your own individual fighting style in battle?

1. yes; 68.1%
2. no 18.1%,
3. can't tell 13.6%

Will you change your battle style if your individual leadership style does not succeed?

1. yes 90.9%,
2. no 4.5%,
3. i can't say 4.5%

Do you use different methods of fighting during your training?

1. yes always 63.6%,

2. I use less 9%,
3. I do not use 13.6%
4. I can honestly say 4.5%

Can you differentiate between individual and individual fighting style in sparring or martial arts?

1. yes 86.3%,
2. I think yes 9%,
3. no 4.5%

Did you change the individual style of combat in the competition?

1. yes, always 68.1%,
2. rarely 31.8%,
3. no 4.5%

Have you changed the individual initiative style?

1. 63.6% by trainer's instruction, I choose
2. 31.8%,
3. i can't tell 4.5%

What did you achieve by changing the individual fighting style?

1. I always won 31.8%,
2. I won more 31.8%,
3. I lost 18.1%,
4. I lost more 4.5%,
5. I've always lost 4.5%, i can't tell 9%

Does the restructuring of the individual style of fighting give you hope for victory?

1. yes 59%
2. perspective, more yes, 9%,
3. maybe 4.5%,
4. no 13.6%
5. do not know 13.6%,

To accomplish this task, an analysis of literature sources is also conducted by questioning trainers (trainers), and pedagogical observations of individual lessons are determined by the percentage of mathematical calculations. For example: the results of the poll of our country's leading boxing trainers (Percentage) are as follows:

Interesting Boxing Coaches Survey Results Importance of your Job Experience:

1. 5 to 10 years (n = 8) 45.4%,
2. 31.8% from 10 to 20 years (n = 10)
3. 13.6% from 20 to 35 years (n = 7),
4. 45 to 45 years (n = 7) 9%

The result of your activity.

1. Asian and world champion juniors and youth 22.7%;
2. Asian and world prize winner 13.6%,
3. Champion of Uzbekistan 63.6%,
4. Winner of Uzbekistan 63.6%,
5. 100% Champion of the Region

Do you distribute athletes during the training depending on the way they fight?

1. Yes 72.7%,
2. Basically I allocate 9%,
3. based on 4.5%,
4. No 13.6%

How much time do you spend on personalized tools that are not typical for the leading battle method?

1. I do not divide 1%,
2. 9% for 5 to 10 minutes,
3. 50% to 10 to 20 minutes, 20% and more 40%

What do you think is the role of individual training in flat gloves when preparing boxers?

1. Auxiliary 68.1%,
2. leading 31.8%,
3. non-owner 0.1%

You ask your student to complete the attack on the part of the body

1. 68.1% for the main part;
2. 31.9% of body weight

Specify the amount of mobility to improve the attack on the individual gloves in individual training;

1. when the initiative is for the athlete: 45.4%
2. 10%, 20%, 30%, 40%, 50%, 60%, 70%, 80%, 90%, 100%
3. When the initiative is with the trainer: 54.6%
4. 10%, 20%, 30%, 40%, 50%, 60%, 70%, 80%, 90%, 100%

Thus, the lessons learned from the experience and questionnaires show that at the present time, the individual lesson is one of the leading positions in the training of highly qualified boxers. In the range of acquired knowledge, a person will have the opportunity, first of all, to acquire new knowledge and improve their skills.

Due to the different types of human activities, the issues associated with defining the essence, conditions and methods of developing qualifications are also various aspects of developing a qualification problem. Unlike the past practice, where individual training is used only as a technique for improving the athlete, at the present stage, he addresses the complex tasks of special training of boxers.

The universality of this method of teaching (which makes it a positive feature of the lessons taught by the experts) allows trainers to train both trainers and boxers of sports and master classes.

Reference:-

1. Kiselev V.A. Boxing systematization V.A. Kiselev. Methods of study. - M.: RIO GTSOLIFK, 1992 3.
2. Karimov MA Khalmukhamedov RD, Shamsematov IU, Tajibaev SS Improving the sports and pedagogical skills of boxers. T. 2011.
3. Yu.V. Varganov in his study of individual performance, Modern Methods of Individual Training 1972 Dehydration
4. In 2002 F.K. Turdiev - Formation of special professional skills of boxing coach.
5. In 2005 A.N. In his monograph, Abdiev summarized previous research and developed the theoretical model of individual training in martial arts.
6. President of the Republic of Uzbekistan March 19, 2019 video editor
7. Beskompromissy Pendulum (Non-compromised Pendulum) - Oleg Maltsev, Tom Patti 20 November 2017
8. www.olimpik.uz
9. <http://www.mightyfighter.com/>.