

INCREASING THE EFFICIENCY OF TRAINING BY DEVELOPING THE SPEED AND STRENGTH OF BOXERS

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Annotation: This article examines methods and approaches to developing speed-strength qualities in students involved in boxing. Particular attention is paid to the development of training programs aimed at improving the physical fitness of boxers, which plays a key role in their success in the ring. The main methods that contribute to the development of explosive power, reaction speed, and movement coordination are presented. Research shows that the systematic use of these methods can significantly increase the overall athletic performance of student boxers, improving their physical and tactical preparedness.

To create an effective training program, complex approaches were used, combining strength exercises with an emphasis on speed and flexibility. The role of an individual approach is especially emphasized, taking into account the level of training of each athlete, which allows achieving the maximum result. The results of research and practical experience confirm the effectiveness of the proposed methods, which makes them recommended for implementation in the educational and training process of students involved in boxing.

Key words: Speed-strength qualities, Student boxers, Physical training, Explosive power, Reaction speed, Coordination of movements, Training methods, Strength exercises, Individual approach, Sports performance

Introduction Speed-strength qualities play a vital role in the training of boxers, especially in the early stages of their sports career. They provide the ability to deliver punches with maximum speed and force, which is critical for successful performance in the ring. This article examines the main approaches and methods for developing speed-strength qualities in student boxers.

1. The importance of speed-strength qualities in boxing Speed-strength qualities are the physical abilities of an athlete that allow him to perform powerful and fast movements. In boxing, this includes the speed of striking, moving around the ring, and the ability to react to the opponent's actions with lightning speed. The development of these qualities directly affects the athlete's success in fights.

2. Features of physical training of student boxers Boxing students are often at the beginning or intermediate level of athletic training. It is important to consider their physical condition and level of training when creating a training program. The specificity of the age category of students also suggests the need for harmonious development of all components of physical training, including endurance, strength and coordination.

3. Methods and approaches to the development of speed-strength qualities

To achieve maximum results in the development of speed-strength qualities, the following methods are used:

Strength training with an emphasis on explosive power . The basis is made up of exercises with weights (barbells, kettlebells) and your own weight (jumps, pull-ups, push-ups). It is important to perform exercises with high intensity and short rest intervals.

Plyometric exercises : These exercises are designed to develop explosive strength and muscle contraction speed. They include jumping jacks, lateral jumps, medicine ball throws, and sprinting.

Training using boxing equipment . Working on a punching bag and pads with an emphasis on maximum speed and punching power helps not only develop speed-strength qualities, but also improve technique.

Interval training . Incorporating short but intense bursts of exercise into your training routine helps develop anaerobic endurance and speed.

4. Individualization of the training process One of the key aspects of successful development of speed-strength qualities is an individual approach. Each student boxer needs to make a training plan taking into account his physical condition, level of training and set goals. Progress should be regularly monitored, and the load adjusted as physical fitness improves.

5. Results and effectiveness of training programs The conducted research and practical experience show that the systematic use of the above methods contributes to a significant improvement in the speed-strength indicators of student boxers. Improvement of physical qualities has a positive effect on their confidence in the ring and their performance in competitions.

METHOD	EXERCISE	TARGET	NOTE
Strength training	Barbell Squats	Developing Leg Strength and Explosive Power	Perform with moderate load and high lifting speed
	Bench press	Increase arm and upper body strength	Focus on lifting weights quickly
	Kettlebell Swings	Developing explosive power and strengthening the core	Use moderate weight, perform quickly
Plyometric training	Jumping on a podium	Developing explosive leg power	Increase platform height as you progress
	Medicine Ball Throws	Developing explosive upper body strength	Forward, upward and over-the-shoulder throws
Reaction speed training	Working on paws with unexpected signals	Acceleration of reaction and speed of strikes	The partner gives a signal for a quick strike
	Catching a tennis ball	Development of visual-motor coordination	Throwing a ball from different distances
Interval training	Surts at 30-50 meters	Increase anaerobic endurance and speed	Perform at maximum speed
	Tabata with punches (4 minutes)	Development of explosive strength and endurance	20 seconds work, 10 seconds rest
Working with boxing equipment	Hitting a heavy bag with maximum speed	Increase the power and speed of strikes	Emphasis on powerful strikes with maximum impact
	Rubber band strikes	Increase the power and	Using resistance to

		speed of strikes	increase the load
Game exercises	Reaction to visual or auditory cues	Developing the speed of decision making	Quick change of tasks based on signals

Physiological basis of speed-strength qualities Speed-strength qualities depend on the following physiological factors:

Muscle fiber type : Fast muscle fibers (type II) are responsible for explosive power and speed of movement. Acceleration of their growth and activity is achieved through strength and plyometric training.

Neuromuscular coordination : Rapid interaction between the nervous system and muscles allows a boxer to react quickly and deliver powerful punches. Regular exercises for reaction speed and agility help develop neuromuscular coordination.

The main stages of the training process Training for student boxers can be divided into the following stages:

Preparatory stage : The main focus is on general physical training. Exercises are aimed at developing general endurance, strength and flexibility.

Special preparatory stage : More targeted exercises are used to develop specific speed-strength qualities. For example, work on the paws with maximum intensity, strikes with weights and jumping exercises.

Competition phase : During this period, the emphasis is on maintaining the results achieved, optimizing speed and strength, taking into account preparation for specific competitions.

Integration of different types of training For the most effective development of speed-strength qualities, it is necessary to integrate various training approaches:

Cross training : Includes different sports disciplines such as sprinting, gymnastics and swimming, which help develop different muscle groups and overall fitness.

In-Ring Training : High intensity technique practice, including sparring and simulated combat situations, helps develop both the physical and mental aspects of a boxer's training.

The role of recovery and nutrition The development of speed-strength qualities is impossible without proper recovery of the body. This includes:

Sleep : Good quality and long-lasting sleep helps restore muscle tissue and increase anabolic processes.

Nutrition : It is important for student boxers to have a balanced diet with enough protein to help rebuild muscles and carbohydrates to help replenish energy expenditure. Including vitamins and minerals in the diet is also important to maintain health and performance.

Psychological preparation Speed-strength qualities depend not only on physical training, but also on the psychological state of the boxer. Developing self-confidence, resistance to stress and the ability to make quick decisions in extreme situations in the ring are key factors for success.

Examples of training exercises Here are some examples of exercises that are used to improve speed-strength qualities:

Weighted Jumping Exercises : Jumping with dumbbells or a barbell helps develop explosive power in the lower body.

Short distance sprints : Improves speed and explosive power.

Medicine Ball Swings : Performed in various directions to strengthen the core and arm muscles.

Rubber Band Punches : Punching with rubber bands helps develop the speed and power of your punches.

Reaction speed training Work on developing reaction includes the use of special exercises:

Paw training with unexpected signals : The trainer gives a signal to which the boxer must react quickly.

Game exercises : Catching a ball, working with a partner, as well as other exercises for attention and coordination of movements.

Use of modern technologies

Modern technologies can significantly help in the training process:

Training Equipment and Simulators : Some training equipment simulates various combat situations and allows a boxer to develop his speed and strength in a controlled environment.

Monitoring your fitness : Fitness trackers and other devices allow you to track your heart rate, blood oxygen levels, steps and calories, which can help you adjust your workout routine.

Conclusion Developing speed-strength qualities in student boxers is an important element of training, which requires a comprehensive approach and regular improvement. The use of various methods aimed at increasing explosive strength and speed, combined with the individualization of the training process, allows achieving high sports results.

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