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### IMPROVING ABILITY OF YOUNG BOXERS THROUGH ACTION GAMES

*Kuchkarov Ulugbek Lochinbekovich<sup>1</sup>, Sotivoldiev Kodirjon Rakhimovich<sup>2</sup>,  
Tadjiakhmedov Shermamat Mirzamatovich<sup>3</sup>*

Senior Lecturer of Physical Training subject, Namangan Engineering-Technological Institute  
<sup>1,2,3</sup>

**Kuchkarov Ulugbek Lochinbekovich<sup>1</sup>, Sotivoldiev Kodirjon Rakhimovich<sup>2</sup>,  
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#### ABSTRACT

As physical culture and sports develop in the world as a social institution, its use in all spheres of life leads to the further strengthening of human health in our society. It is especially important to restore the culture of the people through the development of physical culture and sports, the formation of the values of peace and friendship necessary for international relations. In this sense, the development of international cooperation in the field of physical culture and sports leads to the development of political and cultural cooperation between countries. It contributes to the development of relations between nations and the strengthening of mutual friendship and brotherhood. Boxing, one of the sports, also contributes to the development of international friendship. This article examines ways to improve agility in young boxers through action games, as well as the development of more complex versions of action games used in the study of young boxers; in particular, it was suggested that attention should be paid to the need to apply agility and special agility qualities in the development process.

#### INTRODUCTION

In the process of democratization and building a civil society in Uzbekistan, new attitudes, new views on human dignity, human rights and freedoms, morality and social justice are being formed.

We all know that from the first years of independence, the issue of healthy living in our country has become a priority of state policy, and the great work carried out in the framework of large-scale national programs is recognized worldwide. Today, our country is carrying out a number of reforms in the upbringing of a harmoniously developed generation. In particular, special attention is paid to the role of sports in bringing up a harmoniously developed generation in a healthy and strong way, and sports facilities that meet modern requirements are being built in all regions of the country [2, 2017]. As a result of the high attention paid by the President of the Republic of Uzbekistan to the development of physical culture and sports, sports are rapidly gaining popularity in our country. The fact that in most sports, even the most complex movement skills can be mastered from an early age has been proven not only by many studies, but is also reflected in sports practice. Our athletes continue to show results in sports worthy of international standards.

### *Controversy*

In the world, mobile games are used as the most effective means of educating young people to grow up healthy in all respects, with high intellectual potential and physically fit. Moving games are recommended as an effective tool in the development of motor skills, along with the collective and individual activity of young boxers, in mastering their basics in conditions that are fully consistent with the psychological and specific characteristics of young boxers engaged in the initial training phase.

## **THE MAIN FINDINGS AND RESULTS**

Boxing has been practiced in Uzbekistan for many years. With the popularity of boxing, the accuracy of movements and punches, and teaching children to try to increase their self-confidence, this sport differs from other sports. [5, 2016] The ability to anticipate and understand the actions of the opponent in the work, the understanding that his actions will decide the fate of the team, encourages him to act responsibly in the defense, attack, physical midfield, in the ring.

Boxing is characterized by a high level of agility and strength for competitive activities. This is determined by the fact that the basis of competitive activity in boxers is a variety of movement actions, which require them to show much greater muscle strength in a short period of time under conditions of ground gravity and counter-movements of the opponent. Due to this, a lot of attention is paid to the speed and strength training of boxers.

The urgency of solving this problem is determined by the development of the content of the scientific basis for improving the speed and accuracy of punches performed by young boxers, as well as improving the quality of agility in the ranks; their introduction into training practice; methods of defense and attack; increasing the efficiency of most technical methods allows trainers to apply advanced tactical options.

The purpose of the work: to develop the content of the scientific basis for improving the speed and accuracy of punching in young boxers in the annual training cycle, taking into account the characteristics of the competition, as well as improving the quality of agility.

**Research methods.** The research work is divided into two stages: the main conditions for the development of speed and accuracy of blows in the bouts, the tools and methods, and the sequence of their application in the training cycle of the annual training of young boxers.

At this stage, a formative pedagogical experiment is conducted, which confirms the newly developed methodology.

The object of research. Improving the quality of agility at different levels of work stages.

Many scientists, in particular, L.V. Volkov, R.D. Khalmammedov, A.G. Shiryaev, have conducted research on improving the system of training of adolescent athletes, who are engaged in the initial stage of preparation, which is the basis of big sports.

It is known that from year to year the program of boxing exercises has a new content and essence, and the combinations of movements are becoming more and more complex. The more complex the elements and complexes of boxing exercises and their ability to perform physically and coordination, the wider the range of issues that can be addressed by trainers and researchers. Consequently, this situation makes it possible to predict the prospects of this sport. All this is due to the growing popularity of these sports, the expansion of the geography of their programs and medal holders, as well as the fact that the "big" sport is becoming more professional and commercial. This, in turn, will increase the volume and intensity of training and workload, increase the skills of athletes, the development and implementation of new effective methods and tools of training. The increasing complexity of boxing exercises raises the issue of the formation of motor skills and abilities of children in the early stages of preparation. The content of increasingly complex exercises contains many similar and inextricably linked movement elements [6, 2013].

Therefore, the process of developing movement training should be organized in such a way that pre-practiced boxing exercises not only facilitate the training of the elements of the exercise, but also serve as a primary source of training for the exercises already mastered. This can be matched by appropriate physical and special movement training developed on the basis of a wide range of practical exercises with leading technical features. From the organizational and methodological point of view, it is important that such specialized training should be organized not only on a classification basis, but also with the help of specially selected training exercises.

What should we pay attention to when managing the physical condition of young boxers?

First, coach the kids from the day they come to boxing class

It is necessary to get acquainted with his physical condition;

Second, after checking the physical condition of the child, give him moderate exercises in the same direction, which are slow to develop physical qualities (strength, speed, agility, endurance, flexibility) and monitor their smooth development;

Third, it is important to form the technical skills of young athletes, in which individual characteristics, the ability to make quick decisions in unexpected situations.

Working with young boxers requires a great deal of skill from the coach. By working with each trainee individually, he or she should have a good understanding of his or her psychology, adapt to the team, and consistently develop his or her physical qualities. Nurturing movement qualities is part of a unique training process. When we look at the methodology of improving the physical fitness of boxers, we mean, first of all, the methods of training physical qualities. The process of managing the physical condition of young boxers is a very important process. [7, 2016] In boxing, all five qualities must be developed in the same way. But it is important to take into account their condition when giving loads to young boxers.

The qualities of strength, agility, flexibility, agility, endurance are developed through individual or general physical training. Achieving high results in modern sports competitions does not require proof that it is associated with intense competition. It is no secret that the conquest of such peaks is possible only through the transfer of large and heavy loads. The steady growth of sports results draws attention to the need to gradually increase the volume and intensity of loads.

Agility skills are a set of functional features that allow you to perform movement actions in a minimum amount of time. There are elementary and complex forms of demonstrating agility skills [15, 1988].

Speed is primarily determined by the corresponding neural activity that calls for muscle tension and relaxation, directing and coordinating movements, which depends more on improving sports technique, muscle strength and elasticity, mobility in the joints, and endurance in long-term work.

Today, modern boxing is becoming more competitive, sharp and universal, so the requirements for technical, tactical, functional and psychological training of highly qualified boxers are growing rapidly [4, 2019; 6, 2013; 7, 2016]. In order to understand the formation of the composition and structure of the competition in boxers, based on video analysis of combat actions in the competition, the scope of use of technical tactical movements and their effectiveness, tactical archives of training and the use of distractions in the absence of distractions.

In boxing, the interaction of physical, technical-tactical and mental factors is of particular importance - it is determined by the complexity of the movement, the predictability of tactics and the high emotional intensity of specific activities of athletes. Tactical activity in this type of sport is realized through active motor activity, which is associated with the physical defeat of an opponent who is practically always equal in strength. This type of joint physical, technical-tactical and mental tension is reflected in the specific features of sportsmanship, which distinguishes the best representatives of boxing [7, 2016]. These characteristics of the best boxers thus describe their first steps in the ring from adolescence. This is the most important period in adolescence, ie in the age group of 13-16 years, when determining the formation of a boxer's sportsmanship, his style of activity, the different aspects of his training. It is during this period that the physical development of athletes is largely completed, and at the same time there are more "sharp" reactions to the extreme conditions of specific sports activities in general and in particular each competition. An analysis of the scientific and methodological literature and practical activities has shown that the timely and adequate development of special endurance is the most important, determining factor among a number of conditioning indicators to achieve high sports results in individual wrestling. In our view, the most accurate definition of the individual endurance of a single builder is A.L. Ivanov (2000) states: "... endurance is the activity of an athlete while maintaining cleanliness and efficiency from the beginning to the end of the fight: speed, accuracy in hammering when striking and in the use of defenses and quality execution of tactical intentions [13, 216].

Athletes need good functional training to withstand a series of blows with their feet and hands, as well as strong and precise blows, the basis of which is a special endurance. This allows the fight to be psychologically stable both in itself and throughout the tournament.

It is well known that every coach and student applies what is most appropriate and acceptable in their practice. Special physical training tools

From the arsenal we can recommend the following, which will help to develop speed:

1. Carrying out blows at the limit speed on rackets, paws, pillows and bags of various masses.
2. Perform a portion of the sparring motion at a limit or pre-limit speed
3. Exercise with rubber shock absorbers, imitating foot or hand shocks.
4. Exchange of strokes at maximum speed (in contact and without contact with a partner) in pairs or when mastering exercises with several partners.

5. Exercises on strength trainers that allow you to imitate fast movements, etc.

It should be borne in mind that the duration of general training and the maintenance of the speed character of special exercises depend on the intensity of their performance and the time and nature of pauses between series of exercises.

Exercises aimed at improving movement accuracy are related to the performance of the vision analyzer, which is the most important among external analyzers.

A boxer's ability to perceive and evaluate the opponent's movements is improved by performing combat exercises that are appropriate for the partner. But exercises that help develop this ability, especially sports games, also help.

As a speed-boosting exercise, running short distances, jumping in height and length, and fast-paced workouts are recommended for all sports.

Experts recommend that the main focus in the organization of training of athletes should be on the sequence, duration, continuity of the training process. We can determine the sequence of loads of wrestlers during training and their effect on the development of the athlete's rapid strength through recommendations in the specialized literature.

It is important to learn from such specialists through the books of such scientists as F.A. Kerimov, A. Atoev, N.N. Tastanov, N.A. Kerimov, F. Pulatov. Each expert recommended a special exercise system to develop the fast strength qualities of the wrestlers. In his textbook "Uzbek national sports wrestling" F.A. Karimov gave a list of types of training used in national wrestling. He gave recommendations on the methods of performance of 9 exercises, which are carried out using a shock absorber, used to increase strength in wrestlers, in terms of duration. During the exercise, the expert gave an extensive analysis of the effect of "explosive force" on the athlete.

A boxer's agility is the ability to control movements, to act quickly and clearly in a situation that suddenly changes in a fight, and to perform appropriate actions intelligently. The coordination complexity of movements is the first measure of agility. If the spatial, temporal, and force characteristics of the motion are consistent with the motion function, the motion will be sufficiently clear that the motion functions give rise to the notion of motion precision.

Accuracy of movement is the second measure of agility. It is expedient to divide all the means of developing boxing agility into two categories:

1) Means of developing general agility

## 2) Means of developing special agility.

The tools for developing general agility are generally aimed at enriching motor experience and movement coordination. Special agility development tools allow the belt wrestler to assess the specific coordination of special movements and his own actions in the emergency conditions of the competition, aimed at improving the ability to build [5, 2016]. We divide all the actions that can be encountered in life and in sports into two groups.

1. Relatively stereotypical behaviors.
2. Nostero-type actions.

The accuracy of stereotyped movements depends on how long the boxer has practiced performing these movements, and how well he or she has mastered the technique. If a boxer suddenly begins to perform new movements without direct, unpreparedness, agility is assessed according to the different amount of time spent mastering the movement. Therefore, the time taken to master a new movement is one of the indicators of the quality of agility in the practitioner.

In view of the above, it would be correct to understand, firstly, agility as the ability to quickly assimilate new movements (the ability to learn quickly), and secondly, rapid adaptation of movement activities to the requirements of abruptly changing conditions. It is clear from our work that agility is a complex characteristic that does not have a single measure (criterion) for evaluation. Agility is a very special quality. Being agile in sports games, you may not be as agile in belt wrestling. Demonstration of agility as a vital quality of movement is seen as manifestation of hand agility in skillful movement of the hands, while the body is in relatively low motion. No matter how new a move may seem, it is always done on the basis of coordinated connections.

In the form of a scheme, each individual assimilates all new movements on the basis of a reserve of pre-mastered experiences and forms a collection of reinforced, highly elementary coordination pieces. The more a person has a reserve of motor coordination, the more ground he has motor skills, the faster he will learn new movements. He will have a high enough agility. The degree of manifestation of agility depends on the activity of the analyzers, including the activity of the motion analyzers.

Research results. The following tasks were solved during the work:

1. To test the effectiveness of young boxers in cultivating the quality of agility in the training process;
2. To determine the effectiveness of mobile games in the development of agility in young boxers;

3. Development of methodological recommendations based on research results and their implementation in practice.

The experiment was conducted mainly with the participation of 20 young boxers. The first group - the experimental group - used exercises that develop agility and movement games. Participants in the second group practiced according to the usual program. In other words, this group did not focus on the use of exercises and movement games.

The initial level of accuracy in the control and experimental groups was determined on the basis of specially developed tests. Analysis of the data obtained showed that there were no significant differences in the subjects on the initial level of accuracy. The adolescent boxers of the experimental group were given tasks aimed at mastering the rhythmic descriptions of the movements.

In order to master the rhythm of the studied exercise, the main moment of force was determined; preparation and final movement actions were separated. This made it possible to control several movement actions at the same time, which are perceived as a natural flow of movements in appearance.

Based on the analysis of the literature on the subject, it became clear that the use of complex movement games aimed at developing the physical qualities of young boxers in training has been identified. According to the literature, the practical importance of adapted movement games in the formation of physical qualities and the improvement of sportsmanship is invaluable. It was observed that the agility and special qualities of young boxers are not sufficiently developed. According to the results of the study, the more complex variants of action games used in the training led to a significant increase in agility, special agility qualities in the research group.

The results of the study highlight the need to apply the more sophisticated variants of action games used in the research team in the training of young boxers and, in particular, in the process of developing agility and special agility qualities.

## CONCLUSION

In conclusion, we believe that the results of the method used in the study are an effective tool for the problem of developing the agility of boxers and to plan the training of different categories of athletes and to develop their effectiveness in the training process.

The following types of wrestling can be included in the planning of wrestling training in the practice of wrestling as the main direction of complex training:

- Short-term intensive training aimed at developing special agility qualities;



- We recommend the use of exercises aimed at improving the quality of agility.

It is expedient to develop mobile games not only in the development of physical qualities of young boxers, but also in other sports, based on the characteristics of the sport, to develop and apply to the training process the intensity, size and criteria of selective use of games.

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