

IMPORTANCE OF IMPROVING THE SPECIALIZED TRAINING OF QUALIFIED BOXERS IN INDIVIDUAL LESSONS

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Annotation. *This thesis covers the scientific and methodological foundations of improving the specialized training of qualified boxers through individual lessons. The impact of individual training on the physical, technical, tactical and psychological preparation of the athlete is analyzed, and methodological recommendations for the use of a modern training model are developed. As a result of the study, a practical model for planning and conducting individual training is proposed.*

Keywords: *boxing, individual training, sports training, technical training, tactical training, special physical qualities, training model.*

Introduction

The development of physical education and sports in the Republic of Uzbekistan is one of the priority areas of state policy. Large-scale reforms are being implemented in our country aimed at widely promoting a healthy lifestyle, attracting young people to sports, training highly qualified athletes, and further enhancing Uzbekistan's prestige in international sports arenas. In particular, the Decree of the President of the Republic of Uzbekistan No. PF-5924 dated January 24, 2020 - "On measures to further improve and popularize physical education and sports in the Republic of Uzbekistan" and the Resolution No. PQ-5280 dated November 5, 2021 - "On measures to further improve the sports education system" established important legal foundations for improving the quality of athlete training, strengthening scientific and methodological support, and introducing modern training technologies.

These regulatory and legal documents list as priority tasks the improvement of the system of training of sports reserve, the organization of the training process taking into account the individual characteristics of athletes, the introduction of innovative pedagogical technologies into the activities of coaches, and the improvement of sports results based on a scientific approach. This further increases the importance of individual training in sports that require high skill and quick decision-making, such as boxing.

Today, boxing is one of the most competitive Olympic sports in the international arena. Success in modern boxing depends on the harmonious development of the athlete's technical and tactical skills, special physical fitness, psychological stability, and functional capabilities. Along with group training, the organization of individual lessons on a

scientific basis is an important factor in fully revealing the athlete's personal capabilities, eliminating existing shortcomings, and improving competition performance.

Therefore, improving the specialized training of qualified boxers on the basis of individual lessons, planning training in accordance with the functional, technical and psychological characteristics of the athlete, and developing an effective training model are considered to be one of the urgent scientific and practical issues of sports pedagogy and sports theory.

Objective

To develop an effective methodology for improving the specialized training of qualified boxers on the basis of individual lessons and recommend a training model.

Tasks

- analyze the theoretical foundations of individual training;
- determine the impact of individual training on the technical and tactical preparation of boxers;
- develop methodological principles for organizing individual lessons;
- create a practical training model.

Main part

The individual approach to the training of qualified boxers begins with a deep analysis of the athlete's characteristics by the coach. The training program is compiled in accordance with the athlete's age, weight category, fighting style, functional capabilities, and competition calendar.

In individual lessons, special attention is paid to the following areas:

- improve striking technique;
- automation of defensive movements;
- development of combination attacks;
- improvement of coordination of foot movements;
- formation of quick decision-making skills;
- development of special endurance and quick-power qualities.

The effectiveness of training is assessed through regular pedagogical control. Accuracy of blows, reaction speed, heart rate, indicators of special physical fitness and sparring results are monitored. Based on the data obtained, subsequent training loads are individualized.

Psychological preparation is also an important component of individual lessons. Exercises are used to increase the athlete's self-confidence, develop emotional stability, reduce pre-competition tension, and control attention.

The proposed individual training model

Based on this study, the following training model is recommended.

Stage 1. Diagnostics (10–15 minutes)

The athlete's functional state, mood, heart rate, and previous training results are assessed.

Stage 2. Special training part (20 minutes)

Special warm-up exercises, coordination exercises, footwork, and agility development exercises are performed.

Stage 3. Main part (45–60 minutes)

- individual technical tasks;
- striking combinations;
- improving defense techniques;
- lapa exercises with a coach;
- video analysis-based error correction;
- situational sparring.

Stage 4. Final part (10–15 minutes)

Stretching exercises, recovery exercises, analysis of work performed, and setting goals for the next training session.

This model serves to manage the load and gradually develop technical and tactical skills, taking into account the athlete's individual capabilities.

Discussion

The analysis shows that individual training is one of the most effective means of complementing group training. Such training allows to eliminate the athlete's technical errors in a short time, to formulate tactical solutions suitable for competitive activities, and to optimize special physical training.

Also, the use of modern information technologies, video analysis, biomechanical analysis, and pedagogical monitoring significantly increase the effectiveness of individual training.

Conclusion

Based on the results, the following conclusions were drawn:

1. Individual training is one of the most important components of the training of qualified boxers.
2. Planning training in accordance with the individual characteristics of the athlete has a positive effect on the development of technical and tactical skills.
3. Pedagogical control and regular functional monitoring allow for the scientific management of training loads.
4. The proposed individual training model can serve as an effective methodological tool for improving the special training of athletes.
5. This model is recommended for practical use in the activities of coaches, sports schools, and sports departments of higher education institutions.

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