



DEVELOPMENT OF TECHNICAL AND TACTICAL SKILLS OF HIGHLY QUALIFIED BOXERS BASED ON AN INNOVATION CLUSTER

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Abstract. This article focuses on the use of non-contact exercises in the formation of technical and tactical skills of highly qualified boxers on the basis of an innovative cluster, thereby strengthening athletes' confidence in their will, strengths and capabilities, as well as revealing modern problems of increasing performance. continuity of methodology aimed at further development of the technical and tactical skills of boxers.

Key words: physical training, tactical training, technical training, improvement of the target training system, non-contact exercises.

РАЗВИТИЕ ТЕХНИЧЕСКИХ И ТАКТИЧЕСКИХ НАВЫКОВ ВЫСОКОКВАЛИФИЦИРОВАННЫХ БОКСЕРОВ НА ОСНОВЕ ИННОВАЦИОННОГО КЛАСТЕРА

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Абстрактный. В данной статье основное внимание уделяется использованию бесконтактных упражнений в формировании технико-тактического мастерства боксеров высокой квалификации на основе инновационного кластера, тем самым укрепляя уверенность спортсменов в



своей воле, силах и возможностях, а также раскрывая современные проблемы повышения результативности. преимущество методики, направленная на дальнейшее развитие технико-тактического мастерства боксеров.

Ключевые слова: физическая подготовка, тактическая подготовка, техническая подготовка, совершенствование системы целевой подготовки, бесконтактные упражнения.

YUQORI MALAKALI BOKSCHILARNING TEXNIK-TAKTIK MAKORATLARINI INNOVATSIYON KLASTER ASOSIDA RIVOJLANTIRISH

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Abstrakt. Ushbu maqolada innovatsion klaster asosida yuqori malakali bokschilarning texnik-taktik mahoratini shakllantirishda kontaktsiz mashqlardan foydalanish, bu orqali sportchilarda o‘z irodasi, kuch va imkoniyatlariga ishonchini mustahkamlash hamda zamonaviy muammolarni ochib berishga alohida e‘tibor qaratilgan. samaradorligini oshirish. bokschilarning texnik-taktik mahoratini yanada rivojlantirishga qaratilgan metodikaning uzluksizligi.

Tayanch so‘zlar: jismoniy tayyorgarlik, taktik tayyorgarlik, texnik tayyorgarlik, maqsadli tayyorgarlik tizimini takomillashtirish, kontaktsiz mashqlar.

Introduction. One of the main directions of the state policy of the Republic of Uzbekistan in the field of sports is to increase the competitiveness of the sport of Uzbekistan, which serves not only to form standards of a healthy lifestyle, but also to strengthen the national unity and patriotic feelings of the citizens of our country. The decision of the president of the Republic of Uzbekistan on June 3, 2017 “on measures for the further development of Physical Education and mass sports” was approved. In this regard, the need arises to further improve the quality of training of highly qualified athletes, which determines the level of national sports and the competitiveness of the country on international sports fields.



The search for new, more perfect ways to increase the effectiveness of training highly qualified athletes is the most important task of sports science. There are many studies in the world dedicated to the study of the field of sports science.

World practice shows that in the modern sport of high achievements, a result is achieved, a very high level of development of a wide complex of various motor, sensorimotor and mental qualities that form the basis of sports and technical skills, these deposits at the expense of the sale of contributions made to the athlete, on the one hand, are made as a By mastering a certain method of activity, the athlete develops special abilities. The method of activity is formed in accordance with the characteristics of each athlete and an individual style is developed. Most domestic and foreign researchers and experts in boxing believe that further advances in educational methodology are due to an increasing role.

Literature analysis:

In the structure of the training process of boxers, non – contact exercises are a significant experience of theoretical-research materials and sports practice, accumulated in this regard the relevance and timely implementation of the improvement of sports theory and methodology (I.P. Degtyarev, E.I. Ogurenkov, V.A. Taimazov, R.D. Halmuhamedow, N.A. Godow, V.N. Shin et al. Despite the existing research of the above authors, the problem is based on the control of the individual technical and tactical skills of boxers, the use of contactless exercises as the main means of training, which is not solved.

The analysis and generalization of most of the modern domestic and foreign literary sources showed that the scientific and methodological justification of managing the improvement of the technical and tactical skills of highly qualified boxers with the help of contactless exercises is the most important pedagogical task.

A great interest in the problem of individualization in the system of training athletes, which is relevant today, is associated with solving specific problems of improving the effectiveness and reliability of sports activities. Nevertheless, some rules related to development are based on the use of contactless exercises, models of control of the technical and tactical skills of highly qualified boxers, which until now have not been sufficiently developed and experimentally substantiated. In connection with the theoretical and practical significance of selected dependencies and the need to solve them, research problems were formulated. These methods are to apply contactless exercises as part of the training process of highly qualified boxers and determine the effectiveness of their individual technical and tactical skills.



The purpose of the study is to improve the methodology of improving the effectiveness of the general physical, special physical training of highly qualified boxers.

Research methodology

Analysis and generalization of Special Scientific and methodological literature; test, pedagogical experience; pedagogical observations; analysis of the results of sports competitions; mathematical-statistics; modeling.

Analyzes and results

Pedagogical experience was provided to reduce training tools for training boxers in pairs and replace them with special delivery exercises, as well as to increase the level of functional and general physical training through special feeding exercises, characteristic of boxing, to create the opportunity to perform them in aerobic mode. In addition, in the training of upper-class athletes, it is envisaged to participate in training work in order to achieve sports results, special exercises at all periods of training.

As a result of the experiment, it was found that athletes can fulfill the total volumes of training loads that were previously developed and are used today for children's sports schools, Olympic reserve schools, schools of higher sports skills.

As a result of the experiment we proposed, the redistribution of preparatory means made it possible to carry out up to 67% of the total educational work through the system of exercises carried out in aerobic mode.

According to the results of control standards, which were carried out twice a year, it was possible to control and regulate the functional and general physical condition of the group. Control standards have confirmed the slow but continuous growth of results in almost all indicators and have supported us in our experiment. Changes in the physical quality of the athletes of the group under study according to the results of the Test 1-, 2-, 3-, 4-, 5-, 6-featured in the pictures.

During the one-year experiment, the average performance of all experimental group boxers, ranging from hanging while conducting tests, increased by 69%, while the average performance of hanging legs on the turnstile increased by 57.6%.

The speed level also increased: for 30 m at the same time: the average of all experimental group boxers increased by 8%, while performance averages for 100 m increased by 5%.

During the same experiment, the rate of impact on the boxing bag for 10 s increased by an average of 18% in boxers in the experimental group, and 6% for 2 min. This figure is considered to be much more efficient.



In all boxers of the experimental group, the average of explosive strength in nuclear thrust also increased: Left-Hand-6%, right-hand-7%.

During the annual experiment in conducting tests, the average strength performance of all boxers in the experimental group increased, while the flexion and expansion of the arms (ground thrust) increased by 51.3%.

The average endurance of all boxers in the experimental group (3000 m) – increased by 4.7%.

The materials of the pedagogical experiment show a significant improvement in the motor and physical fitness of boxers.

The reliable growth of individual and group results in all the indicators studied speaks of the reliability of the approach used to select General and special physical training, an approach based on the superior use of delivery exercises.

The dynamics of the implementation of the master of sports standard reflects a reliable increase in the level of technical and tactical skill of boxers.

The dynamics of performances in major international competitions of experimental group boxers reliably shows an increase in the level of performance and success in competitions of various levels. This is due to the fact that when this technique is used in practice, complex exercises have a positive effect on the growth of physical and special qualities of boxers, increasing the level of technical and tactical skill, and it can be recommended for practice.

Analysis of special literature and practical work experience shows that the formation of the technical and tactical skills of highly qualified boxers depends on their level of motor and physical training. It is also determined by the number of battles in the training and competition mode each year.

In the experiment, it was found that the intended content of the educational impact on athletes at different periods and at different stages of the formation of their technical and tactical skills is non-contact delivery exercises. The high intensity of the educational process is ensured by the uniformity of educational influences and strict control of their size and intensity.

It was proposed to introduce step by step models of classes (training sessions), which include exercises aimed at developing the physical and special qualities of boxers. The following organizational guidelines were given for the design of lesson models:

The tension of the training process and the competitive practice of modern boxing create objective conditions for high damage and injury to athletes. At the same time, in order to eliminate these conditions, the issues of conducting and



organizing training sessions are solved without sufficiently reasonable recommendations, which reduces the effectiveness of managing the development of technical and tactical skills of boxers.

- amount and nature of exercise;
- the nature of the suspension of rest and the restoration of subjects;
- exercise speed; • duration and fitness when switching exercises;
- amount of time allotted to lead exercises.

The information obtained makes it possible to expand the theoretical and practical base of the training process of highly qualified boxers with highly qualified rules, which created an environment of opportunity to wisely manage the formation of technical and tactical skills based on the application of contactless delivery exercises, setting the parameters of training load and reducing injury and injury.

The developed method of applying leading exercises in the training process of boxers is recommended for the widespread use of any qualifications of athletes at all stages and during preparatory periods. Its application increases competitive reliability and success ability in winning competitions of different scales.

Conclusions

The results of the experiment make it possible to hope that the direction proposed by tachatil-Taksim of the technical and tactical skills of boxers, improving their physical qualities and functional training, is more promising for modern boxing. It also allows you to hope that boxing training will become more attractive for most of the younger generation. Leads to significantly less damage in the educational process. Improving communication in the work of the hands and feet, achieved through delivery exercises, coordination skills, aptitude, general improvement in the Plastics of movements associated with various movements in the air, which makes it possible to hope that the qualities developed in the educational process will remain in these athletes for life. The ability to process engine data faster and the habit of making decisions faster can also help these athletes in later life.

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