

WAYS TO INCREASE THE EFFICIENCY OF TECHNICAL AND TACTICAL PREPARATION IN HIGH-QUALIFIED BOXERS

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Abstract

this article analyzes the essence of the process of technical and tactical training of boxers, its content and significance. Also, in the development of technical and tactical skills, the correct planning of the training process, taking into account the peculiarities of the competition's activities and the importance of modern approaches are highlighted. Today, in conditions of increasing competition, the success of a boxer largely depends on his technical and tactical training. the article is devoted to the scientific and practical study of ways to improve the effectiveness of technical and tactical training in highly qualified boxers. Based on the results of the study, the effectiveness of training methodology and innovative approaches was shown

Keywords: Boxing, technical-tactical training, high qualification, training methodology, statistics, combat effectiveness.

Introduction

Boxing is a sport that requires high technical, tactical, physical and psychological training. Today, the success of boxers with high results in international competitions is directly related to their level of technical and tactical training. Therefore, it is important for highly qualified boxers to improve technical and tactical training on a scientific basis. Boxing sports require high technical, tactical, physical and psychological training. The success of highly qualified boxers in the competition is directly related to their technical and tactical training. "The article showed how results change in modern boxing through techniques for improving technical and tactical training, analysis of the opponent, the use of video training and individual training programs. At the same time, with the help of scientific control and statistical analysis, the level of efficiency was determined and practical recommendations were developed.

Relevance of the topic

In modern boxing, the increase in competition, the variety of tactical approaches in competitions and the deepening of opponents' analysis demand a high level of flexibility from athletes. By improving the technical and tactical training, the boxer's decision-making speed during the fight, optimization of energy consumption, as well as the chances of victory increase. In this regard, an in-depth study of the technical and tactical training of highly qualified boxers is an urgent issue.



Research methodology

The study was carried out in boxing circles under the Uzbekistan State University of physical education and sports. The study involved 20 highly qualified boxers. They were divided into experimental (experimental) and control groups of 10. In the experimental group, technical and tactical training was carried out in a new style, on the basis of a videotape and an individual approach, and in the control group, a traditional training system was used.

During the study, the following work was carried out:

1. Development of an experimental training program: development of tactical models based on video training, individual training plans, opponent analysis.
2. Training process: automation of technical movements 3 times a week, for 10 weeks, counter-shock and rapid tactical exercises, simulation combat exercises.
3. Monitoring and statistical analysis: recording training results, measuring technical accuracy, tactical speed, protective reaction and combat effectiveness, Student t-test and Variational analysis.
4. Control and comparison: compare experimental and control groups, identify effective methodological approaches.
5. Develop conclusions and recommendations: prepare practical recommendations, develop guidelines for optimizing individual and group training.

Research results:

In the athletes of the experimental group, the technical and tactical indicators increased significantly. Shock accuracy increased from 78.4% to 91.2% (+12.8%), tactical decision rate increased from 74.6% to 89.5% (+14.9%), defensive reactions increased from 70.2% to 86.1% (+15.9%), and combat efficiency increased from 75.8% to 90.4% (+14.6%).

Research results (mathematical-statistical analysis)

Specification	Starting result (%)	Final score (%)	Growth rate (%)
Technical accuracy	78.4	91.2	+12.8
Tactical decision speed	74.6	89.5	+14.9
Protective reactions	70.2	86.1	+15.9
Battle efficiency	75.8	90.4	+14.6

From the above results, it can be seen that in the experimental group, the technical and tactical indicators have all grown significantly. In particular, the speed of tactical decision-making and the effectiveness of defensive reactions were improved by 14-16%. This suggests that a new training approach is effective.

Conclusion

The results of the study showed that the use of video training, individual strategies and modeled combat exercises based on opponent analysis in training to increase technical-tactical training in highly qualified boxers gives high efficiency. Also, according to the results of statistical



analysis, the overall growth rate of technical and tactical indicators in athletes who were engaged in a new methodology was 14-16%.

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