



## TRAINER'S PROFESSIONAL COMPETENCE IN IMPROVING THE TACTICAL TRAINING OF BOXING GIRLS

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### ABSTRACT

This article discusses the tools and techniques used in special training to improve the tactical training of female boxers and the professional competencies of boxing coaches.

**KEYWORDS:-** Physical education, sports, tactics, technical training, development, professional competence, modern combat training of highly qualified boxer girls, ability, Conditional fight, freestyle wrestling.

### INTRODUCTION

Physical education and sports are important tools for women's physical development and health.

Boxing is one of the most popular Olympic sports in Uzbekistan.

The rapid popularity of the sport of boxing is explained by its spectatorship, the high emotional intensity of the fights and the ability to have a comprehensive impact on the movement, mental and volitional qualities of the boxer.

Boxing is becoming more popular among women every year. Every year, the ranks of highly qualified female boxers are filled with talented and talented female athletes who are achieving great success. Boxing requires an athlete to develop not only physically but also mentally at a high level. The winner is a "fast thinker" - a boxer

who is technically and tactically well-trained, who can accurately assess and analyze the changing situation in the ring. The high level of competition in international competitions makes it necessary to improve the level of training, tools and methods of highly qualified female boxers. At this stage, the development of new training methods, the search for new effective ways to improve the ability to work is the basis for improving the sports skills of Uzbek boxers.

Boxing tactics are the study of the forms, types, methods and options of fighting with opponents with different fighting styles. The tactical skills of girls boxers are determined by the correct organization and management of the fight. The tactical skills of female boxers are reflected in their ability to overcome the strengths of the opponent, to use his weaknesses, and at the same time to use the method of individual combat. The art of taking the initiative in managing a battle is



to be able to put the battle plan into practice against the opponent's deliberate technical and tactical actions, to clarify it, and to change it during the battle if necessary. The ability to control a fight depends on the quick-wittedness of the girls and their willpower. Creating a fight plan depends on the boxer's ability to think deeply, analyze and synthesize the opponent's actions, as well as the level of technical and tactical skills. The more diverse they are, the more options there are for planning a battle. The planning and management of the fight is directly related to how well the boxers have mastered the various forms of combat. The training cycle (micro, meso and macrocycles) used in general and special physical, technical and tactical training, the stages and stages of the long-term training process in the system of training highly qualified boxers, the volume and intensity of training, problems such as the norm of loads, their ratio, the ability to work before the competition and the formation of sports form, temporary maintenance, reduction, its restoration, further growth are being scientifically substantiated by scientists in the field today.

Ability in coaching activities is important in training highly qualified boxer girls. Skills are divided into several types, which include the ability to determine the behavior and condition of athletes, individual-psychological characteristics, the causes of errors in athletes, the collection of information on training, the system of actions of the coach during training, ability to plan and constructively anticipate and overcome difficulties that may arise in the educational process, organizational skills in the organization of team interaction, as well as educational work in training and competitions, communication with people. Communication skills such as the ability to set up, use communication tools, analyze the training process and competition in competitions, the

correct use of scientific literature on sports, the ability to gain experience and perform experiments through the proper planning of various exercises look at a range of skills such as holds in.

The training will improve offensive, defensive, and counter-attacking movements, which are limited to the coach's task in more conditioned combat. The technique is more complex - it is improved in conditions close to the combat situation. In addition to the qualities that are formed in training to improve technique, the boxer improves the speed and accuracy of the predictive reaction in girls (as a result of pre-signal analysis and probabilistic prediction) and complex selection reaction. After the preparatory part, which is no different from the main part of the training, the boxers start training in conditional combat. They have a variety of deceptive actions (distractions and challenges, maneuvering at different distances, including skillful sliding on the legs), attack at long, medium and short distances, defensive and counter-attack movements, short-distance entry and exit, in the ring. perform movements near the ropes and in the corner of the ring, improving the transition from one distance to another using tricks, offensive, defensive and counter-attacking movements.

In a conditional battle, tasks can be distributed as follows. For example:

Round 1 - The first boxer uses maneuvers and summons to challenge the second to strike with the right hand, while the other responds to the challenge with a left or right hand blow. The first boxer is protected from obstructions by a blow with the left hand, while the blow with the right hand makes a left turn and strikes against the body with the right hand; (competitors change tasks)

Round 2 - The first boxer attacks from a long distance with the left hand, the second with



defenses and one-handed counter-punches in both hands, and in the second half of the round with counter-blows. The first boxer is defended; (competitors change tasks)

Round 3 - The second boxer attacks the head and torso from a long distance with all single and double blows, the first uses protection with obstructions and deflections, and, finding a convenient time, strikes from the right with the opposite hand. (competitors change tasks)

Round 4 - The first boxer calls for an attack using a direct blow with the left hand, the second gives a direct blow with the left hand or moves a series of blows while moving forward in response, the first boxer strikes with the left hand is only protected from the blows in the l, and from a series of blows, defends and strikes while retreating;

(competitors change tasks)

Round 5 - The second boxer strikes directly with the left hand or performs a series of blows with a wide arm, the first from the series of blows by blocking the right palm against a direct blow given with the left hand while - is protected by barriers and deflections or uses a "clinch" mode; (competitors change tasks)

Round 6 - The second boxer strikes with the right or left hand, the first defends against the blow with the left hand, and against the blow with the right hand uses the left deflection and performs a series of blows at close range. Enters, followed by a long distance with a right-handed blow to the opponent's forward movement;

(competitors change tasks)

Modern warfare is a complex combination of movements, strikes and defenses at different distances. The distance at which the opponents fight often determines the technical characteristics of the girls, the manifestation of different physical and volitional qualities in the fight. Each distance fight takes place in different

conditions and has its own laws. The timing of shots and defense depends on the distance between the opponents. The shorter the combat distance, the faster and imperceptibly the strike will reach the target and the harder it will be to defend against it. The longer the distance, the easier it is for the boxer to defend himself from the blows of his opponent. There is a time limit for each distance that determines the ability to protect against shocks. Girls boxers have better defensive conditions at long distances than at medium distances and at medium distances at short distances. Long distances take longer to complete than long distances, but they still count in seconds. Therefore, the defenders of the blow must be able to react and move fast enough to react to the actions of the opponent in a timely manner, even if they are at a long distance. In girls boxers, the time limit at different distances determines the choice of appropriate technical and tactical actions, requires the development of different levels of reaction and thinking speed, agility, attention and other qualities. At long distances, at medium distances, boxer girls always find it difficult to attack because the opponent, who is outside the scope of the blow, is relatively easy to accept the initial movements and reacts to them with defense. In order for an attack and a counterattack to be unexpected for the opponent, the boxer must constantly change the distance and distract him with deceptive moves while preparing the blow.

The training will improve combat thinking in freestyle combat. Simple freestyle combat can be used in combat training. During such fights, the boxer must be aware of the opponent's intentions. The coach always comments on the actions of the boxers, corrects their behavior, and, if necessary, points out shortcomings in the fight, changing it according to the tactical plan.

If in special training sessions the opponents are offered tasks that are known to both of them, then in order to improve tactics, the training



conditions are modeled, ie the boxer does not know what style of fight his opponent will have, what is his tactical task. This means that the actions of the rival boxers will not be determined in advance.

In short, in order to improve the level of tactical training of girls boxers, it is necessary to use the tools and methods used in special training, the correct distribution of the complexity of the tasks within the framework of their level of physical and technical training, skills and qualifications. provides tactical superiority in battle. This will increase the girls' self-confidence in sports results and ensure their success in competitions.

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