

DEVELOPMENT OF PHYSICAL AND TECHNICAL-TACTICAL PREPARATION OF HIGHLY SKILLED BOXER GIRLS

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ABSTRACT

This article discusses the improvement of the tools and methods used in special and general training for improving the long-term training level of highly qualified female boxers and preparing highly qualified female boxers for competitions.

Keywords: physical qualities, tactical and technical training, special and general training, physiological, morphofunctional, psychological, physical fitness, ability.

Physical education and sports are an important tool for women's physical development and health. Uzbekistan, which managed to gain prestige in the international arena in a short period of time, became known to the world not only as a country gifted with ancient culture, great thinkers, scientists, poets and generals, but also as a country that achieves great success in the international sports arena. There is not a single continent or a single major sports conference in the world where the national anthem of Uzbekistan was not played and our flag was not raised in honor of our athletes. It is not wrong to say that Uzbekistan has become a major sports country and has covered the path that took many years for other countries in a historically short period of time.

In today's world sports, the regular sharp growth of results, renewal of records, changes in the rules of the competition impose new tasks on the International Olympic Committee, and it is necessary to change its views as well. Especially nowadays, organization of competition programs on the basis of gender equality remains a demand of the time.

In the boxing sport, women's boxing was introduced a few years ago and included in the program of the Olympic Games, as well as the constant increase of weight categories in the program.

Management of the long-term training process of female boxers is one of the most urgent and at the same time under-researched problems of modern sports science and practice. Its solution is directly and directly related to the comprehensive study of the theory and methodology of boxing, as well as the results of complex experiments based on the systematic integrated approach and programmatic methods of training management.

The constant and rapid growth of sports results requires the search for new, more reasonable ways to improve the level of training of highly qualified female boxers and to analyze the existing ones. This especially applies to the special physical development aimed at improving the individual characteristics of female boxers. At the same time, this will be possible only after determining the integral indicators that determine the high level of training of female boxers, the tactics of their fighting and the arsenal of technical and tactical methods used.

The characteristics of the use of technical and tactical skills and skills by female boxers are determined by their unique physiological, morphofunctional and psychological differences. This means that the main task of training highly skilled female boxers is to achieve the optimal level of physical development in accordance with their individual abilities of strength, agility, quickness, flexibility, movement skills. It is necessary to take into account these movement skills in the process of technical and tactical improvement of female boxers.

Training is the most important component of the comprehensive training of female boxers, and it is the only comprehensive process of training and education. In this case, physical, technical, tactical and psychological preparation are closely related to each other and are aimed at the comprehensive development of athletes and their achievement of high sports results.

Sometimes the concepts of "preparation" and "training" are equated, because the limiter also means that female boxers purposefully use a certain combination of methods, tools and conditions that ensure maximum readiness for competition. However, this is not entirely true: in contrast to training, higher demands are made on the volume and duration of special physical, functional and mental loads. The training process is a long-term and multifaceted activity of female boxers with trainers and specialists, which is consciously aimed at gaining a good sports form and winning over the opponent in prestigious fights among systematically selected special methods and conditions.

- Taking into account the characteristics of physical, technical-tactical, emotional-departmental and moral training of each female boxer, like the whole team, is the basis of an effective training process. In addition, the higher the skill level of female boxers, the more detailed and thorough the analysis and consideration of training complexes that are rationally optimal and consistently effective for them should be. Therefore, training should solve the following tasks:

- strengthening of health, purposeful development of physical qualities, expansion of the functional capabilities of female boxers;
- acquiring and improving the minimum necessary technical and tactical skills of female boxers;
- training female boxers to participate in national, Asian and world championships of various scales, as well as in the Olympic Games;
- forming a sense of responsibility and self-control, discipline and determination, initiative and perseverance in female boxers, education of moral and emotional-volitional qualities, medicine, physiology, psychology, hygiene, etc. teaching special knowledge in their fields, etc.

Sports training is two sides of the process:

- firstly, mastering the movements and functional processing of the body of female boxers to maximum physical and psychological loads;
- secondly, in the process of training and improving their technical-tactical skills, using didactic principles that show where and how to go in order to achieve the set goal.

The main principle of training is to achieve unity of general and special training. It is expressed by interdependence, inseparability and compliance with the clear limits of their proportions and helps the formation of skills of female boxers at all stages of their career. Boxing, as a complex coordination sport, requires female boxers to effectively demonstrate various physical qualities and movement skills. If female boxers do not have enough special and general physical training, they will not have a basis for the development of specialized qualities. As their sports skills increase, general physical training reduces the content, volume and direction, giving way to special training. The process of teaching techniques and tactics and the formation of the ability to use these skills and methods to

solve sports tasks in combat is the main content of the training process. In addition to the general rule, the following special training principles are also crucial:

1. The principle of continuity and repetition is expressed by the need to train female boxers regularly throughout their entire sports career; Long-term breaks, which are not justified and unjustified from the point of view of the logic of the pedagogical process, have a negative effect on the strengthening of finely specialized and late-acquired connections underlying physical and movement qualities and skills, reduce the effectiveness of training to a minimum level. Sports training should be seen in the schedule of meetings throughout the year, which include the following:

- stages and periods of training loads and recovery breaks during training and between them;
- on the basis of the continuity of immediate, delayed and cumulative (increasing) results of training, the connection between the links of this process is ensured;
- breaks in training loads guarantee constant and continuous development and improvement of female boxers, strengthening of skills and experience, stabilization of technique and results.

1. Gradual maintenance is associated with a regular increase in the overall level of training requirements with the achievement of a planned result, following the ideas of "from easy to difficult", "from simple to complex", "from known to unknown". In this case, it should always be remembered that if the load affecting boxer girls starts to have a positive effect on the development of their functional capabilities at the beginning, then, as a rule, the adaptation of the body of boxer girls and the growth of results can stop. He should be able to distinguish the following methods of increasing loads:

- properly ascending - the method of gradual increase of the load from training to training;
- shoulder-shaped - the method of training load increasing shoulder to shoulder (at a higher level compared to the previous microcycle) in terms of volume and duration;
- wavy - a method of exchanging (changing) the maximum and optimal sizes of loads in the micro, macro and macrocycles of training.

In the practice of working with highly qualified female boxers, the method of increasing training loads in waves is considered the most optimal.

1. Cyclic maintenance implies strict repetition and regularity of the tools used, successive and periodic alternation of stages and periods of athletes' training, as well as the amount and structure of training loads, and consists in following a number of rules and fulfilling them:

- constant repetition of the main elements of training;
- appropriate use of training tools and methods;
- continuous interrelationship of any training episode with major and minor forms of training cycle structure;
- constant regulation and management of loads in accordance with the laws of exchange of training levels, stages and periods.

This means that it is necessary to follow a sequence based on methodological practice when carrying out training in different areas, for example, it is impossible to solve the issues of improving the endurance of female boxers at the same time, or after improving special endurance, they cannot be taught new technical and tactical issues.

In addition, the effectiveness of the training of female boxers is determined by other special training principles: purposeful application, integration, the principle of which excludes that "difference" ("inconsistency") of the effectiveness of physical and technical training; principle of individuality; high performance orientation provision; scientific support, etc.

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