Dynamics Of General And Special Physical Training Of Experienced Female Boxers

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Abstract: In this paper, we present the results of the dynamics of general and special training to optimize the trainer loads of qualified female boxers in the pre- competition stage of training.

From the first days of independence, our government paid special attention to sports and physical culture, the priority task of the state was to ensure the health of the population, the upbringing of the intellectually-physically comprehensively developed generation. In particular, Laws, Decrees of the President and Cabinet Ministers decrees that are aimed at the rapid development of this sphere have become the basis for sports activities of different ages particular the growing generation. In our country, increasing the government's attention to sports and especially to girls' sports sets new goals for specialists and forces them to do research on optimizing the exercise in the preparation period before the competition. The scientists of our country and other states have done much to optimize the pre-event exercise. The relevance of our study shows that the studies done to optimize the pre-competition exercise for experienced boxer girls have not been well studied.

Purpose of the study. Development of the dynamics of general and special training of boxer girls at the pre-event stage.

The objectives of the study:

– the determining of the work studied through the analysis of scientific methodological literature.

– determining ways to optimize the pre-competition exercise for experienced boxer girls.

Methods of research: pedagogical experience, pulsometry, mathematical static methods.

Coordination of the study: The research will be held in the city of Yangiobod in the boxing base in a team of experienced boxer girls from November 2017 to April 2018. In boxing, the optimization of the exercise before the competition plays a big role and becomes the basis for achieving good results in the future. Therefore, during our research, we selected 8 SU girls and XTSU from the Uzbek boxing team. In the course of the study, special tests were taken to determine the indicators of general and special training. The results of these studies are as follows.

Table 1. – Dynamics of indicators of general physical training

№	Names	Types of weight	Running 30 meters	Running 300 meters	Jumping for a long distance from place	Hand force of dynamiter (kg) Right	Hand force Of dyna-miter (kg) left	Dynamiter the maximum force of hand 50% right	Dynamiter the maximum force of hand 50% right
1	R. T.	51	5,8	1.10.15	183	29	27	14.5	13.3
2	M.Yo.	54	5,6	1.04.84	175	29	30	14.5	15.0
3	X. F.	57	5,00	53.26	170	27	26	13.4	13.0
4	S. X.	60	5,11	1.04.47	205	30	27	15.0	13.3
5	Yo. A	64	5,15	56.45	200	29	26	14.5	13.0
6	Q. R.	69	5,28	58.18	208	30	33	15.0	16.5
7	J. X.	75	5,85	1.12.65	170	26	26	13.0	13.0
8	M. E.	81	6,7	1.11.36	170	27	29	13.4	14.5

Taken results of the athletes are such that they increased the average indicator of 30 m run on average by 5 ± 20 s. and 300m on average by 1.04 ±20 seconds. Jumps in length from the place were X= 180cm. On the dynamometer when checking the strength of the hands, the parameters are those of the athletes weighing 51–54 kg, the right hand's strength is 29 kg of the left arm 27 kg. Athletes weighing 57 kg left hand 27 kg right 26 kg. At athletes weighing 60 kg left hand 30 kg right hand 27 kg. In athletes weighing 69 kg, the right hand is 30 kg and the left hand is 33 kg. The next weight category is athletes weighing 75–81kg, the right hand is 26 kg and the left hand is 29 kg.

Table 2. – Test results of special training taken by the SPUDERG – 4

№	Names	Types of weight	Side impact of the front hand (kg) (maximum)	% Score in the 100 point system	The number of strokes applied in 8 seconds	% Score in 100 points
1.	Rakhimova T.	51	89	75%	50	90%
2.	Mirzayeva Yo	54	85	68%	43	72%
3.	Khoshimova F.	57	87	50%	47	78%
4.	Sobirova Kh.	60	77	48%	47	78%
5.	Yoqubova A.	64	83	70%	46	75%
6.	Qodirova R.	69	117	95%	49	87%
7.	Jarmatova Kh.	78	94	75%	37	75%
8.	Melieva E.	81	102	68%	39	65%

For taking the test of special preparation were used a computer program (SPUDERG-4) and a special bag for blows. Thus, the maximum impact of the athletes of light weight from front hand was 85 ± 08 kg. The indicators of middle weight boxer girls comprised 97 ± 05kg. The maximum weight which is punched with front hand by heavy weight boxer girls is 105 ± 07 kg. According to these rates, it was determined that the punches of sportsmen girls were not equal to their weight, in other words, heavy weight sportsmen girls had to punch much more higher than low weight ones, but according to rates which we got, the punches of heavy weight sportsmen girls are nearly equal to the punches of low weight boxer girls. In the next eight-second test, the average number of punches with maximal rate in low weight boxer girls comprises 45–50. The number of punches of middle weight boxer girls made up average 43–47 in eight second, while the heavy weight boxer girls' punches with maximum rate in eight second records average 39–45.

In urgent punches of skilful boxer girls the rate of punches was less. For this reason we organized one-month study in order to increase physical ability of skilful boxer girls. According to the plan of the study, which is organized by us, skilful boxer girls were trained by skilful teachers, who has served in Uzbekistan in the base of Yangiabad city Tashkent province, as Marat Galiyevich, Raxmatjon Ruzioxunov, To'lqin Qilichev and Lochin Qo'chqorov, the Professor-teachers of the chair "The theory and method of boxing, fencing and taekwondo" of Uzbekistan State university of physical training as PhD Prof. R.D Xalmuxamedov, Prof. B. N. Shin, PhD assistant professor Tajibayev helped them to exercise mentally and practically. Carried lessons included the followings: running maximum 10×4 meters in order to increase general preparation, running short 100 meters, running 300 meters, jumping for long distance with load, running 3000 meters. In order to increase the force of punches we chose special exercises, according to them we used special rods for increasing the force of punch, in other words, the force of explosive punch. The exercises as throwing rods in the air with two hands, doing returning punches and throwing full balls to partners with one hand were carried out. In order to increase the rate of punch we used the following exercises: working in the air with half kg shaped figure, carrying out the urgent punches in special rubber, doing spurd 10×20 exercises in bags (10 second fast, 20 second light punching). After the study the second test results were taken, the results are as follow:

Table 3. – General dynamic indicators which is taken according to physical preparation after the research (n–8)

№	Names	Types of weight	Running 30 meters	Running 300 meters	Jumping for a long distance from place	Hand force of dynamiter (kg) Right	Hand force of dynamiter (kg) left	Dynamiter the maximum force of hand 50% right	Dynamiter the maximum force of hand 50% left
1	2	3	4	5	6	7	8	9	10
1.	R. T.	51	5.00	59.88	192	30	29	15.0	14.5
2.	M. Yo.	54	5.00	58.92	187	20	31	15.0	15.5
3.	X. F.	57	4.97	53.02	178	29	27	14.5	13.5
4.	S. X.	60	5.4	59.87	211	31	29	15.5	14.5
5.	Yo. A.	64	5.6	56.38	208	30	29	15.0	14.5
6.	Q. R.	69	5.8	58.11	214	32	33	16.0	16.5
7.	J. X.	75	5.12	1.03.11	179	28	29	14.0	14.5
8.	M. E.	81	5.77	1.06.17	178	29	29	14.5	14.5

The taken results are as follow: the average rate of sportsmen in test which is taken for 30 meters comprises 5 + 00 while the indicators of sportsmen in test which is taken for 300 meters show the average 59 ± 98 second. Jumping for long distance from place recorded average rate 190 centimeter. When we determined hand force by dynamometer the results were as follow: the right hand of sportswomen, who were 51–54 kg, comprised average 30kg, while the left hand experienced 29 kg, the left hand of sportswomen, who were 57 kg, registered 29 kg, whereas right hand was equal to 27 kg, this rate was a bit different for the sportswomen who were 60 kg weight, the left hand comprised 31 kg, while right hand made up 29 kg, at the same time, the right hand of sportswomen, whose weight was 69 kg, was 32 kg and the left hand was 33 kg, as well as the last rate was belonged to the sportswomen who were 75–81kg in weight, their right hand was equal to 29 kg, while the rate of left hand recorded 29 kg too.

Table 4. – According to special physical preparation the results of test (n– 8) in technique 4 – SPUDERG

№	Name	Kgs.	Punch with front hand from aside (kg) (maximum)	Giving mark in 100 ball system%	The number of punches in 8 second	Giving mark in 100 ball rate%
1.	Raximova T.	51	94	75%	56	92%
2.	Mirzayeva Yo.	54	90	70%	50	74%
3.	Xoshimova F.	57	92	67%	52	78%
4.	Sobirova X.	60	82	52%	51	80%
5.	Yoqubova A.	64	84	74%	52	78%
6.	Qodirova R.	69	120	97%	53	90%
7.	Jarmatova X.	75	102	77%	42	78%
8.	Meliyeva E.	81	107	72%	41	69%

In test, which is taken according to the special preparation, the boxers were examined in order to determine the boxer's special preparation (4 – SPUDERG) and using the computer program to check their punch, to take the test of special preparation were used a computer program (4– SPUDERG) and a special bag for blows. Thus, the maximum impact of the athletes' front hand was 85 ± 08 kg. Looking at it the maximal blow put by the forward hand from a side at sportsmen of easy weight category the average parameter has made 90 ± 02 kg. Athletes of the average heavyweight category was 99 ± 08kg. In the heavyweight category, the impact with the front hand was 110 ± 05kg. After carrying out our research work, we can see changes in the impact parameters. In the 8 second test, the fastest hits of the girls in the light weight category were 50–54 blows. Girls of the middle weight class made up 50–52 hits, and in the heavyweight category the athletes made 40–42 strokes.

Conclusion

The aim of our study was to identify and find plans for optimizing the training of athletes based on the results taken during the training of athletes. The study was conducted from November 2017 to January 2018. At the beginning of the study, tests taken from the boxer girls presented in tables 1–2. And in 3–4 tables, the results are given after the work done. Proceeding from this it is clear that if each athlete makes individual training plans and coaches, if they do it individually, the result will be very good. In addition, we think that if our athletes during the trainings will use innovative methods to analyze international experience, competition and training of athletes of other countries in the future, they will be able to achieve even more results and keep these results for themselves for a long time.

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