

Analysis of the Activity of Uzbekistan Boxers (Women) in Republican and International Competitions

Alimova D.A. p.f.b.f.d (PhD),
Maxkamov I.A. Uz UPES
Alimova D.A.@mail.ru

Annotation

This article discusses the issues of sports training of women (boxers). The data of the analysis of studies of various aspects of preparedness (physical, technical, tactical, functional) are presented. The features of competitive activity of female boxers are studied. The actual problems requiring theoretical and practical substantiation of the rational construction of the training process of women (boxers) are identified

Keywords: training, female boxers, annual cycle, stages, means and methods of preparation.

Enter. Modern sport is distinguished not only by the high intensity of training loads, but also by the volumes performed in competitive battles. Modern female boxers demonstrate high sports achievements in international tournaments, Asian, World Championships and Olympic Games. The fights of the strongest female boxers in the world are characterized by dynamism and activity, many unexpected and difficult attack situations, various perfected techniques and a smart choice of tactics. The methodology of teaching the technical and tactical training of female boxers requires a new approach to training, taking into account the analysis of the competitive activity of female boxers.

The purpose and task of the research. Analyzing and classifying competitive behavior of highly qualified female boxers. Composition and structure of competitive behavior descriptions of highly qualified female boxers during competitions, determination of personal-typical variants of their reactions.

Research organization and methods. The fights between the strongest female boxers in the world are characterized by dynamics and activity, a large number of unexpected and complex attack situations, a variety of polished techniques and selected rational tactics. The analysis of the competition activity of female boxers of Uzbekistan was carried out on the basis of video recordings and writing a report according to the method recommended in sports science. [1;2396]. 150 female athletes of different weight categories participated in this study. The analysis of competition movements was carried out on 325 fights. One of the tasks of the research was to determine the composition of the movement methods of female boxers in republican and international competitions. Table 1 shows the results of the attacking movements of female boxers in a competitive fight. The analysis of the competitive activity of female boxers from Uzbekistan was carried out on the basis of registration and protocolization of competitive fights with the method recommended in sports science. [4;Б294-298]. More than 150 female athletes of different weight categories participated in this study. More than 325 fights were analyzed for competitive action. One of the goals of our research was to determine the composition of the movement styles of female boxers in republican and international competitions. Notation records developed in previous studies were used to evaluate the competitive performance of female boxers [3;С301-303.].

Research result and its analysis. Analyzing the studied indicators, the total number of normal punches during 3 rounds showed 97 punches, that is, 65.5%.

Table - 1
Indicators of use of offensive movements of boxers (women) in competitions

rou nds	Attacks																				
	Normal attack						Advanced attack												Total		
	Single shots			Double shots			A three-hit attack			An attack of four or more hits			A few repeated blows			A jumping shot					
	\bar{X}	σ	V, %	\bar{X}	σ	V, %	\bar{X}	σ	V, %	\bar{X}	σ	V	\bar{X}	Σ	V, %	\bar{X}	σ	V, %	\bar{X}	σ	V, %
1-rou nd	24,29	2,04	8,40	12,29	1,13	9,19	19,14	1,96	10,24	6	0,56	9,33	2,28	0,26	11,40	1,28	0,14	10,94	64	6,58	10,28
2-rou nd	18,14	1,93	10,64	16,14	1,71	10,59	7,14	0,68	9,52	3,28	0,34	10,37	2,28	0,21	9,21	2,57	0,29	11,28	46,98	5,13	10,92
3-rou nd	12,14	1,12	9,23	15	1,24	8,27	6,28	0,72	11,46	2,28	0,19	8,33	1,43	0,12	8,39	0	0	0,00	37,13	3,61	9,72
Tot al	54,57	4,98	9,13	43,43	3,94	9,07	32,56	3,36	10,32	11,56	1,06	9,17	5,99	0,59	9,85	3,85	0,43	11,17	148,11	15,12	10,21

Boxers use complex technical movements, series of 3-4 punches, repeated attacks and jumps in a competitive fight. The analysis of the use of complex movements by boxers showed that in the 1st round, 3-punch series made up 29.6%, 4-punch series 9.3%, repeated attacks 3.1%, jump punches 1.8%. In the second round, the results of the use of complex attacks by boxers (women) are correspondingly 14.6%; 6.3%; is 4.2%.

Research indicators obtained during the 3 rounds were 16.7; 5.5; 2.8; 0, respectively. The obtained data show that female boxers use simple technical methods in their technical arsenal during competitive fights. This situation is related to the fact that their execution does not require great coordination skills and physical training.

In order to determine the psychophysiological state and movement functions of female athletes, a complex was used that determined the following indicators in female athletes: electrical skin resistance (SEC), simple movement reaction time (OXRV), complex movement reaction time (MXRV), hand muscle tremor in static mode (QMT). Analyzing the results of the research, it can be concluded that the performance index of boxers (women) is determined to a large extent by their specific psychodynamic properties, and the speed and accuracy of movement reactions, which determine the performance of female athletes in many ways, are not expressed as clearly as in the indicators.

Summary. The analysis of the competitive activity of boxers (women) showed that the level of functional, special training does not meet the requirements of the world model. Boxers' physical development indicators do not meet standard requirements. When comparing the use of technical-tactical techniques arsenal with male boxers, it is clear that women lag behind in performing complex attack combinations, transitioning from simple attacks to complex ones, as well as performing close range fighting techniques (entrances and exits). One of the components of boxing classification is the technique of moving around the ring. All

boxing techniques are based on the parallel implementation of technical and tactical techniques (with the help of hands, feet and body). The main indicators of a competitive fight are the number of blows, the power of accuracy and the intensity of engagement. Unfortunately, in these indicators, female boxers have a large negative bias compared to male boxers.

List of used literature

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