

Effectiveness of Control of Tactical Movements in Boxing

Ibragimov Azizbek

Termiz State Pedagogical Institute, Teacher of the Department of Theory and Methodology of Physical Culture

Abstract:

The tactical skill of a boxer is manifested in his ability to eliminate the opponent's strengths, use his weaknesses, and at the same time use the method of individual combat. The art of managing a battle, conducting it, is to be able to apply the battle plan in practice, clarify it, and, if necessary, change it during the battle. The ability to control the fight depends on the quick thinking of the boxer, his willpower.

Keywords: Reconnaissance combat, offensive combat, defensive combat, modern combat, boxer, ranged combat, mid-range combat, close combat.

Drawing up a battle plan depends on the boxer's ability to think deeply, analyze and synthesize the opponent's actions, as well as the level of mastery of technical and tactical tools. The more different they are, the more options there are for planning the battle.

The planning and control of the fight is closely related to the extent to which the boxer has mastered the various forms of fighting. There are three types of combat: reconnaissance, offensive and defensive.

Reconnaissance combat is considered independent as a means of obtaining information about the opponent during the preparation of his plan. It serves as an auxiliary form when preparing offensive or defensive actions.

Offensive combat is an active form of engagement with an opponent that involves taking the initiative. It is carried out with the help of attack, counter and response actions at long, medium and close distances.

Defensive combat is a form of defense against an opponent who seizes the initiative, it can be an independent and auxiliary link, and can be carried out together with the development of an attack.

Modern combat is a complex combination of moves, striking and defensive actions performed at different distances.

The distance at which the opponents carry out their fighting actions in many cases determines the characteristics of the boxers' technique, the manifestation of one or another physical and willpower qualities in the fight. Each distance takes place in different conditions and has its own rules.

The time to throw and defend depends on the distance between the opponents. The shorter the combat distance, the faster and imperceptibly the blow reaches the target, and the more difficult it is to defend against it. And, on the contrary, the longer the distance, the easier it is for the boxer to defend himself from his opponent's blows. For each distance, there is a time limit (limit) that determines the possibility of protection from blows.

A boxer has better conditions for defense at long distance than at medium distance, and at medium distance than at close range. Although it takes more time to perform actions at long range than at medium range, it is still measured in seconds. That's why those who defend themselves from the blow should have fast enough reactions and movements to react to the opponent's actions in time, despite the fact that they are at a long distance.

The time limit at different distances determines the selection of appropriate techniques and tactics, requires the development of reaction and thinking speed, quickness and movement coordination, attention and other qualities at different levels.

At a long distance, compared to a medium distance, a boxer always has a hard time starting an attack, because the opponent who is outside the striking range receives the initial movements relatively easily and can react to them defensively. In order for the attack and counterattack to be unexpected for the opponent, the boxer, while preparing the blow, should distract his attention by constantly changing the distance and deceptive actions.

Long-range combat has its own characteristics. The boxer stands upright, tiptoes (legs are flat, wide apart) and moves lightly around the ring, always changing the types of movements and the distance to the opponent, and is ready to move quickly and smoothly from one attack to another. . A boxer who fights at a distance mainly uses straight punches, combines light, distracting strikes with hard and sharp strikes, uses more back and side stepping defenses, as well as various blocks. applies protections. The ability to use feints along with direct punches and excellent moves is the hallmark of a boxer who fights at a long distance. However, long-range combat techniques are not limited to these features. Short, physically strong boxers who fight at a long distance have developed their own technique. These boxers move around the ring very softly and without too much lifting on the tip of their toes, constantly performing movements around the ring with deceptive movements of the body and movements of moving the body from one leg to another. Their favorite kicks are side kicks and low kicks by "jumping" forward and stepping on the leg opposite to the kicking hand.

Middle-range fighting techniques are characterized by group standing, body movement during limited movements around the ring. At this range, more automated bursts of strikes and parries (along with select bursts of parries and parries) and single-emphasis strikes are used. Blows (direct, low, short blows from the side) are given mainly due to the rotational movements of the body, using protection with diving, blocking and deflections.

The middle distance requires high speed of reactions and actions. The high density and speed of combat movements require an instant transition from the contraction of working muscles to their relaxation and vice versa. A boxer must have, firstly, a high degree of solid focus in the middle

distance in a fierce fight situation, and secondly, he must be able to switch focus very quickly to defense against blows and vice versa.

A close fight is fought when the boxers are standing almost too close to each other, or when they are standing in groups, they are touching each other. The tactical task of a close-range fight is to take a favorable position for hitting the body, wear out the opponent with blows or tie up his blows. At this distance, the fight is often athletic.

If mid-range combat is an integral part of long-range combat (because any hit from long range ends at mid-range), then melee combat is always deliberate or forced. Boxers who are physically strong, short, who use more short blows, who know that they can achieve success (scoring points, exhausting the opponent) at a close range that is not convenient for their opponents, deliberately use a close range fight. In some cases, boxers use close range to relax and avoid the opponent's mid-range punches. At this distance, compared to others, there are fewer blows, due to the closeness of the opponent and the characteristics of the fighting position, the boxer has time to react to blows mainly with blocks and overlaps. At close range, due to the closeness of the opponent, the perception of his movements by sight is limited, and since the boxer cannot see what the opponent is doing, which areas are open, he has to rely mainly on muscle and intuition in the fight. With their help, the position of the opponent's body, shoulders, arms, body turns, arms extension, direction of movement, muscle tension and relaxation are perceived.

At mid-range, boxers engage in grappling motions while standing grouped together, touching shoulders and even leaning on each other to gain a stronger stance. Short shots are played along with defenses using overlaps and blocks. In addition to highly developed musculo-kinetic senses, fighting at close range requires a boxer to relax and feel his opponent, as well as a great deal of special endurance and stamina.

References

1. Achilov A.M, Xalmuxamedov R.D, Shin V.N, Tajibaev S.S, Rajabov G'.Q.,Yosh bokschilarni tayyorlash asoslari'' o'quv-uslubiy qo'llanma Toshkent – 2012
2. Mansur, U. (2023). Analysis of Boxers' Pulse Oximeter and Chronometry Ability to Perform During Boxing. *ASEAN Journal of Physical Education and Sport Science*, 2(1), 69-74.
3. Бегимкулов, О. Ж. (2019). Вопросы организации сетевого взаимодействия как всей системы непрерывного образования в целом. *Мир педагогики и психологии*, (10), 22-28.
4. Турсунов, С., Пардаев, Т., & Бегимкулов, О. (2015). Узбекская национальная борьба: история и традиции (на узбекском языке). *Термез. «Сурхоннашр*, 34.
5. Ulaboyevich, B. G. (2023). Physiological Basis of Conducting Physical Education Lessons in Special Conditions of the Outdoor Environment. *Academic Journal of Digital Economics and Stability*, 33, 1-5.
6. Ulaboyevich, B. G. (2023). Methodology of Organizing Physical Education Lessons with School Students in Hot Climate Conditions. *Best Journal of Innovation in Science, Research and Development*, 2(10), 264-267.
7. Urolovich, B. C. (2024). Using the Game in Teaching Physical Exercises to Primary Class Students. *Best Journal of Innovation in Science, Research and Development*, 3(3), 780-783.
8. Esanova, G. (2023). O 'ZBEKISTONDA AYOLLAR FUTBOLI TARIXI VA ISTIQBOLLARI. " Science Shine" International scientific journal, 3(3).

9. Urolovich, B. C. (2023). Pedagogical Principles of Using Activity and National Games in the Physical Education of Student Girls. *Best Journal of Innovation in Science, Research and Development*, 2(12), 575-579.
10. Alisherovich, O. D., & Gulshan, H. (2023). PROMOTION OF NEW INNOVATION METHODS IN ORGANIZING SPORTS CLUBS IN HIGHER EDUCATION INSTITUTIONS. *Best Journal of Innovation in Science, Research and Development*, 2(11), 181-185.
11. Beknazarovich, D. T. (2023). Special in Improving General Developmental Exercises in Primary Classes Use of the Facilities. *Best Journal of Innovation in Science, Research and Development*, 2(10), 268-271.
12. Elmurod, E., & Urolovich, B. C. (2023). Factors Developing Professional Pedagogical Creativity Of Future Physical Education Teachers. *Iqro Jurnal*, 2(1), 293-297.
13. Khudaimuratovich, D. S. (2023). POSSIBILITIES OF USING ACTION GAMES IN FORMING THE PHYSICAL CULTURE OF 11-13-YEAR-OLD SCHOOL STUDENTS. *Best Journal of Innovation in Science, Research and Development*, 191-195.
14. NORBOYEV, A. (2023). TABLE TENNIS BENEFITS THE HUMAN BODY, CHILDREN'S HEALTH AND STRENGTHENING THE IMMUNE SYSTEM. *Theoretical aspects in the formation of pedagogical sciences*, 2(5), 150-154.
15. Boyboriyevna, E. G. (2023). Developing the Physical Qualities of Young Football Players outside the Class and Preparing them for Competitions. *American Journal of Public Diplomacy and International Studies* (2993-2157), 1(10), 257-260.
16. Egamberdi, K. (2023). Use of Special Exercises in Improving the Special Physical Fitness of Basketball Players. *Best Journal of Innovation in Science, Research and Development*, 2(10), 651-655.
17. Alisherovich, A. D., & Kizi, K. G. A. (2022). Formation of a Healthy Lifestyle as a Pedagogical Problem in Physical Education Courses of Higher Education Schools. *Central Asian Journal of Literature, Philosophy and Culture*, 3(11), 209-211.
18. Дусуяров, Т. Б. (2020). УЛУЧШЕНИЕ СКОРОСТНЫХ КАЧЕСТВ ЗА СЧЁТ БЕГА У УЧЕНИКОВ НАЧАЛЬНЫХ КЛАССОВ. *Проблемы науки*, (10 (58)), 95-97.
19. Norboyev, A. J. (2023). Main Problems of Organizing Sports Events and Public Sports. *Web of Semantic: Universal Journal on Innovative Education*, 2(4), 160-163.
20. Dusyarov, S. (2023). THE ROLE AND SIGNIFICANCE OF" ALPOMISH" AND" BARCHINOY" SPECIAL TESTS IN IMPROVING THE HEALTH LEVEL OF THE POPULATION, INVOLVING POPULAR SPORTS AND PROMOTING A HEALTHY LIFESTYLE. *Евразийский журнал академических исследований*, 3(4 Part 4), 92-96.
21. Egamberdi, K. (2023). An Integrated Approach to Training Sports Techniques Basketball And School. *American Journal of Public Diplomacy and International Studies* (2993-2157), 1(10), 644-653.
22. Alimov, T., & Abduraimov, S. (2023). YOSH FUTBOLCHILARNING MASHG'ULOTLARIGA QO 'YILADIGAN TALABLAR. *Interpretation and researches*, 2(1).
23. ALISHEROVICH, O. D., & TOSHPULATOVICH, T. J. (2021). Athlete mentality as the primary means of achieving success. *International Journal of Innovations in Engineering Research and Technology*, 7(10), 148-151.

24. Дусуяров, Т. Б. (2020). Перспективы развития спортивных тренировочных процессов в лёгкой атлетике. *Достижения науки и образования*, (9 (63)), 41-43.
25. Абдураимов, Ш. (2021). Активизация партнерского взаимодействия семьи и школы в воспитании детей младшего школьного возраста. *Общество и инновации*, 2(10/S), 328-334.