

# METHODICAL ASPECTS AND CONTENT ASPECTS OF THE INSTRUCTIVE-EDUCATIONAL PROCESS OF BOXING NOWADAYS

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## Abstract

The basic idea in box training is that the instructive-educative activity is a process of continuous transformation of the sport, which doesn't only take the existing possibilities to a superior level, but also constantly creates new abilities.

The effort in boxing requires the use of all the physical qualities to the fullest extend and this aspect is a basic feature of the professional boxing and therefore, the training process needs to be oriented in a manner that allows the body to adapt completely in order to meet the demands of this effort in the furthest measure. The efficient adaptation of the athlete to the requirements of the competition activity can be achieved, according to the latest research, only through a differentiated and personalized approach.

*Key words: efficiency, differentiated approach, individualization, dynamism, surprise, coordination*

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## Introduction

Athletes face major requests in modern competitive level of boxing, so as result of long training they must possess wide tactical and technical knowledge as well a good preparation both physical and psychological for achieving exceptional sports result. An issue of utmost importance is the finding of some efficient solutions for training, especially the raising of required quality for beginners.

Sports performance claims bright subjects, it operates the selection based on skills, especially psycho-motive, the ultimate goal being to maximize them.

The junior beginners should act effectively on these skills, over wise as future performance athletes they could not show totally the native endowment.

A series of studies of recent years come to confirm the training and education effectiveness of athletes based on pedagogical process within which was taken into account the typological qualities of the athletes.

Following these researches have appeared evidences which aim to substantiate physiological, psychological and methodical aspects related to behaviour forms typologically motivated in the training sports activities. Thus, it was proved that efficient adaptation of sports following the competitive activities requirements, the maximum manifestation of sports capacities and the development of needed qualities can be achieved through a differentiated and individualized approach. This is achieved by using selective methods, means, materials and organization forms of the training process, which correspond to individual characteristics of boxers.

The same time, due to erroneous interpretations of theoretical and practical-methodical issues, the training individualization still has a more declarative character. In this regard the existing data refers more to high performance boxers and less to training method for beginners. The practical importance of research consists in formulating a set of conclusions, proposals and practical recommendations regarding the selection and use of the most rational and appropriate training methods and means differentiated since the early stages of boxers training.

## Features of the Modern Boxing

"Boxing is the most powerful workout for the resilience, it is the body's transformation from unarmed into the gun," said Erwin KischEgor. Another boxing definition is following: "Boxing is the art of hitting an opponent without receiving any blows." So, to be a good boxer you need a really good physical training, an harmonious physical development, a great rapidity in executing movements of attack, defence, displacement and a perfect coordination of movements. You need courage, determination, agility, a good technical background and a great tactical intelligence. Observing strict rules, not to be confused boxing with fists take a beating, but with the sport that is run by a precise regulation involving clear requirements regarding the preparation and courage. Following the strict rules, boxing should not be confused with a rough fists beating, it is a sports discipline that follows an accurate rule that involves clear requests regarding training and courage.

Boxing origin is lost somewhere in the mists of time, when it was a battle of force, violent and brutal confrontation that led favour of the most powerful. The different forms of practicing old boxing ended at the end

of the eighteenth century when in England were established first struggle rules of which the most important made it compulsory the wearing of gloves. Later, these rules are perfected establishing the duration of a meeting, space combat, allowed and disallowed punches, dividing by weight category of boxers etc. Worldwide, during its evolutionary stages are recorded famous champions who stunned the world by their clever tactics or their perfect technique. Thus, James Corbett, Joe Louis, Archie Moore, George Carpentier, Ray Sugar Robinson, Cassius Clay, George Foreman and many others have shown that boxing is a real art as specialists said.

As a whole, it can say that the main feature of modern boxing is the special dynamism in which matches take place. It should be mentioned that no matter the personal struggle style of each boxer, all performers practice a dynamic boxing where the attack and defence actions follow each other immediately.

Another feature is the large differentiations in the way of leading struggle, both as a shape of the used procedures and the dosage of effort. From technical and tactical point of view in the actual boxing, the predilection for executed action with great precision is outlined. Generally, performed boxers avoid the prolonged changes of punches, they prefer to act rapidly than take the defender's position. The effective punch remains an essential purpose, in this regard boxers of high performance prove a thorough specialization.

### **The Educational Process Guideline**

Taking into account the requirements of modern boxing it is necessary to ensure a methodical guidelines that leads to fulfilment of the following requirements:

- The technical and tactical training should be based on a high level of physical training both special and multilateral;
- Increasing the concerns for the thorough studying of technique and tactics by the continuous increase of the effort typical boxing;
- The strict individualization of training process taking into account the morphofunctional, psychological and age's peculiarities of each athlete.

The main idea of boxing training is the fact that educational process is a continuous athlete transformational process that tends not only to highlight the existing possibilities at a superior levels at some point, but to create permanently new capacities.

The boxing effort is determined by a number of factors that create a complex of physical and particular morphofunctional demands.

An important feature of specific effort is given by the complexity of boxing movements, determined by the great variety of situations and technical and tactical elements. This complexity is manifested both by attending the execution of movements of all segments and a large number of muscle groups, and by the asymmetry of these movements. So, the execution of technical and tactical elements of boxing requires a coordination totally different from natural coordination.

As a result of specific requirements and conditions that occur in struggle the boxer breathing is shallow, arrhythmic and braked. This leads to a poor oxygenation of the lungs and to overstraining of the cardiovascular system.

Another important feature of boxing effort is the emotional and inevitability degree of received punches, presented both in competitions and training. These conditions are reflected directly on the effort adaptation of the entire body.

Boxing effort requires physical qualities such as speed, force, endurance and prowess, therefore, the taken effort is characterized by a complex manifestation of all these qualities.

Starting from this characterization of specific effort, the educational process should be oriented so as to lead to a deep adaptation of the body within the meaning of satisfaction into the largest possible extent of requirements to that effort.

The value of effort is determined by the ratio between volume and intensity, to which the complexity of movements has a large influence. Taking into account the exact limited time of the unfolding completion during the boxing training, the raising effort is achieved, mainly, on increasing intensity and secondly on increasing of volume and complexity.

Gradual variation of the effort components (intensity, volume, complexity) lead to increasing of premises for effort level. The achievement stages of this leap varies according to training degree, age, traineeship and individual peculiarities.

The objective indices of body adaptation achievement at an increased effort are given by functional and control samples.

The subjective indices are the athlete's behaviour during the matches and training, the trainer's remarks and the supplied information by the athletes.

By analysing these factors, the trainer can draw conclusions about the right moment of proceeding the increase of effort's parameters.

## Conclusions

1. The competitive traineeship of modern boxing put in front of athletes major requests, so that following a judicious preparations, they must possess considerable knowledge about technical and tactical abilities and as well a good physical and psychological preparation.
2. The boxing effort is determined by a number of factors that create a complex of specific physical and neuro-functional demands.
3. Sports Performance pretends endowed items selected on the basis of psycho-motor and functional skills.
4. The dominant feature of effort in training will be the same as the competition effort, the training effort is not an end in itself but a means of achieving the exact requirements of the contest.
5. Taking into account the limited time of the contest in the process of boxing training the raising effort mostly is achieved depending on increasing of intensity and then on increasing of volume and complexity.

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# PSYCHO-PHYSICAL AND PHYSIOLOGICAL PARTICULARITIES OF THE GROWTH PERIOD IN RELATION TO TRAINING BEGINNERS IN BOX

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## Abstract

Taking into account that the basic features of professional boxing, which are the exceptional dynamism of the event, the morpho-functional and somatic development at a high level, as well as the use of all the physical qualities to the best extent, the boxing training must be oriented in a manner that allows the body to fully adapt according to the particularities of the age and the psycho-physical and physiological particularities of the students.

For those who are beginners in box training, the coach has the duty of the being very demanding concerning the energy that is consumed and the overall input during the training sessions as well as concerning the difficulty level of the elements that are taught, all being based on caution, common sense and competence.

*Key words: adaptation, growth periods, limitative factors, sensitive periods, development profile*

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## Introduction

The trainer's temptation to propose tasks and technical structures that go beyond the beginners possibilities to those who came into the gym is real. Because of the insufficient development of certain functional systems such tasks cause a dysfunction that will result the most unpleasant consequences and sometimes irreversible on the development. These considerations lead to the approach of an work manner based on patience and calmness because skipping certain stages assumes acceptance of a major risk factor.

Taking into account the basic features of the boxing performance and namely the special dynamisms in which the actions taking place, somatic and morphofunctional development at a high level as well as the total request of all physical qualities, the training process is imposed to be oriented so as to lead to profound adaptation of the body according to the age, physical and psycho-physiological peculiarities of pupils.

According various studies we can sustain that sports performances are the result of three factors: genotypic, phenotypic and socio-athletes integrators.