

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

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.

Genotypic factors are linked to heredity, talent and skills. They depend only on the subjects.

Phenotypic factors are addressed to accumulated elements such as anthropo-morphological, functional and mental. They depend on subjects, specialized cadres and environment.

Socio-athletes integrators factors relate to leadership and organizing system, to planning system, to competitive sports calendar and to material basis. These depend on institutional forms, specialized cadres and material possibilities.

The Biological Characteristics of the Growing Period

Knowledge of a number of working principles adopted at different development levels of the boxers should allow trainers to be particularly coherent in drawing up the perspective preparedness plans. These will take into account their own biological peculiarities, the growing periods as a whole and each development stages in part for which must be found practical adaptive solutions to efforts.

Not lastly, rigorously, it will be established means that will be used in accordance with the assimilation rhythms that could be met.

Regarding the growth period it is known that all children grow in leaps, and not regularly, each of them having their own rhythm.

In addition, it has been found that the development of VO_2 Max, depending on age, and reported to a fast growing phase, on its turn varies depending on level. Even in this rapid growth phase, it is seen how the VO_2 Max of the children athletes is increasing considerably, reaching up to 133ml O_2/kg , compared to 68 ml O_2/kg for sedentary children. It appears the gap between chronological and biological age, that's the problem that trainers often face.

One important primordial element in boxing training for beginners is to know whether the training will not result harmful consequences first of all on child health and later on future performer.

Energy consumption must be higher than the required one for building structures, taking into account that the child basic metabolism is 20-30 higher than the adults.

Thus, children need a great amount of vitamins, minerals, and especially proteins (2,5g/kg per body), the training efforts need these requirements over wise the growing and developing process is prevented or the performance is limited.

It means that the trainer has the duty of making question regarding the overall energy cost of training lessons, the answer being based on prudence and common sense which will permanently guide the entire activity. It should be noticed that an aerobic lesson, even mixed, is relatively easily assimilated by young boxers, compared to a lesson with an expanse, in time or shorter, only with a higher intensity level, latter being more difficult recovered, even though, apparently, is easier.

Physiological researchers have concluded that tissue sensibility is equal with growing process. To avoid a negative repercussion on the child's body, overly and non-physiological efforts during the training always should be taken into account. The greatest danger in tolerating efforts lies in the support system (of bones, cartilaginous, of tendons and ligament) which actually represents one of the main child and teenager limitative factors. However, this tolerance varies from one subject to another, in other words, an effort may be suitable for one child and unsuitable for another, the trainer being one who discerns in making the right choices.

Children's blood vessels are thinner, softer and less resistance to pressure. The tendons and ligament systems are not strong enough which result the injury risk.

However, it is important not an alarmist point of view but the well devised athletic training which seeking multilaterally and harmoniously the entire motor and supportive system. In this context it should be kept in mind that any child is equally sensitive, both motive efforts and inactivity. The fact of inciting sport is decisive if we want to defend the child during the growth and development process against cardio-vascular diseases which it is not available for sedentary person.

It is important to know that all structures needs enough time for adapting so it is necessary to take into account that work assimilation at the muscles level is being performed more quickly than the bones structure level, which entails a certain balance in choosing work methods and means, where the progressive efforts does not require to be too fast.

In the development of each motor quality, the trainer has to rely on sensitive periods, it means those in which the training capacity is optimal.

Thus, during the initiating stages, the power increases the most rapidly and the most easily but when the qualification advances its development becomes slower and more sensible.

The majority of specialists recommend for beginners to develop their force starting from exercises without additional freights, that being used only after the muscles exceed 40% of body weight, which normally happens at the age of 14-16.

In the case of beginners is very useful the dynamic efforts method that consists of the exercises without freights or with lightweight freights but high speed.

The Speed. The "GOLD" age of speed development generally ranges between 7 and 13 years old when the nervous system is still modular. You must take full advantages of this sensitive period because the things which do not develop at the appropriate time will not develop never.

However, this trend toward a precocious development should lead to the using of means adapted to different levels and with ages, the game forms will be replaced progressively with the classic means.

Between 7 and 13 years old the displacement and reaction rate, and especially in our case, the execution one will have priority, then during adolescence, will focus on force-speed.

The Resistance. The aerobic capacity training is by far the one that has the most repercussions on main factors of performance. It is well known that consistent aerobic capabilities allow the building of a solid working base which latter can support the specific training.

The development problem of aerobic possibilities for beginners depends on connection between the improving of the maximum aerobic power, which requires a cardiovascular device, and the necessity to observe different levels of stimulation intensity zones.

This means that in training lessons for beginners, a certain balance must be respected at a work intensity range level also taking into account the medium intensities.

The Development Profile

At the aim of organized training process for beginners it must be elaborated a development profile, also called a development trajectory, that will serve as a guideline in evolution and which will flash out throw the attaining of reported physical level at this stage. Thus, it comes the real establishment of the following tasks:

- the increasing degree of progression;
- the stages size of preparation;
- the ideal proportions between general and specific parts;
- the priorities between developing of motive skills taking into account the levels.

Besides the correct defining of the objectives it is necessary to have an accurate idea on the utilized means and the needed recovery time for assimilation work.

The boxer's career plan must be based on a progressivity at the high themes that must be addressed, the training effects occurring from case to case sooner or later.

The first stage, we refer to, is the basic initiation one, an activity that aims general physical training and progressive insertion of the boxing technique and tactic, also focused on the developing of child's health capital. In practice, three lessons per week are sufficient that will be added to physical education lessons in school.

Conclusions

1. For a successful boxer future it is absolutely important a thorough knowledge of the adaptation and development laws.
2. In the educational process for beginners it is indicated a variety of efforts with avoidance of unilateral activities.
3. During the force exercises it is required a great attention regarding the technique executions in order not to seek inadequately the spinal column that is about to consolidate.
4. The required times of body recovery between repetitions are of a great importance.

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