

# DEVELOPING STUDENTS' PHYSICAL QUALITIES IN THE TRAINING PROCESS WHILE USING GAMES IN BOXING SPORTS

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## Abstract

The orientation of special physical training in boxing practice is closely related to the technical and tactical variety of combat methods performed at different amplitudes, at different speeds and forces, in unusual situations. Depending on this situation, special physical training is aimed at solving the task of developing a wide range of physical qualities that allow successful competition fights. The following materials are required to be included in the training of training groups of all levels during the entire academic year, however, the size and intensity of the specified exercises are selected depending on the level of training of the trainees and the level of technical and tactical preparation of the trainees. In this article, we will consider how using games in boxing sports training can help students develop their physical qualities during training.

**Keywords:** boxing, physical training, result, achievements, training, boxing tactics.

## Introduction

Physical training is the basis for achieving high scores in boxing. It is characterized by a significant development of the physical qualities of the boxer, as well as the forms and functions of the organism. The stronger and more capable the body, the better it receives loads of exercise, adapts faster to it, and stays engaged for a long time. Without good physical preparation, the technical, tactical, and psychological skills and qualities of a boxer cannot last for a long time. Therefore, physical training, together with the process of improving the elements of boxer techniques and tactics, is generally a leader in training. Practice shows that after an initial qualitative shake-up, only boxing limits athletes' chances. Failure to properly evaluate the importance of a variety of exercises in boxer preparation can lead to unilateral development, resulting in a decrease in sports results and, in a number of cases, a slowdown in sports skills growth. It all reduces interest in training and does not allow the boxer to fully unlock his naturally given abilities. The trainer and the boxer should take care to achieve a high level of physical training at all stages and stages of the training process. At the same time, the physical training of a boxer should become more specialized as his qualifications and exercises grow. This, on the one hand, will help to more fully nurture special physical qualities and skills, and on the other hand, ensure that all aspects of athlete training and development are delivered to the same level by filling in special training. The level of physical training of a boxer changes



as his sports skills increase, so it is necessary to train an athlete's physical qualities in accordance with the requirements of sports characteristics.

### **LITERATURE ANALYSIS AND RESEARCH METHODOLOGY**

Not only is boxing a combat sport, it is a comprehensive form of physical education that can benefit a person in a variety of ways. Introducing game-based training methods into boxing will not only make training more interesting and interesting for requirements, but also allow you to effectively improve their physical qualities.

The advantages of gaming-based training in boxing are:

1. Cardiovascular fitness improvement: boxing games, which include agility exercises, foot exercise patterns and high-intensity intervals, significantly increase students' cardiovascular resistance. By mimicking real boxing scenarios through game-based training, students can improve their endurance and overall aerobic ability.
2. Enhanced strength and strength: Games aimed at strength-enhancing exercises such as body weight movements, resistance exercises and plyometric exercises can help students develop great muscle strength and strength. By including these exercises in boxing, students can improve their ability to make explosive moves and take powerful hits.
3. Increase speed and agility: Agility-based games that require rapid reactions, quick directional change and coordination help improve students' speed and agility. By quickly exercising and doing exercises, students can improve their ability to act quickly and efficiently in the boxing ring.
4. Improving balance and coordination: Games that emphasize balance and coordination, such as balance beam exercises, speed stair exercises and hand-to-hand coordination games, help improve students' mobility skills and proprioception. By enhancing these core qualities, students can be more skilled at performing clear and controlled activities in boxing.
5. Mental focus and tactical skills: Game-based training in boxing can help students develop mental focus, strategic thinking and tactical awareness. By engaging in decision-making games, reaction exercises, and situational sparring scenarios, students can develop the ability to think quickly and adapt to different types of competitors and situations.

### **DISCUSSION AND RESULTS**

Boxing training is not only to develop physical strength, speed and endurance, but also to develop mental focus, strategy and teamwork. Incorporating games into boxing classes can provide an interesting and interesting way to improve students' physical qualities and improve their overall boxing skills. Game-based training adds an element of competition, friendship and excitement to the training, encouraging students to pursue more and enjoy the process of improvement. Let's take a look at how using games in boxing can help students develop their basic physical qualities and create a positive learning environment.

1. Gamification in boxing classes:

Playing involves incorporating elements of games such as competition, challenges, rewards, and score systems into training to make them more engaging and enjoyable. In boxing classes,



teachers can use gaming techniques to incorporate color, creativity and excitement into training, ensuring students are enthusiastic and keen to participate.

#### 2. Power development through games:

Games can be aimed at specific physical qualities, such as the development of strength in boxing training. For example, a shock-force fighting game can rival students to give the strongest shots to a punching bag or focused gloves. This not only increases students' ability to strike, but also enhances their competitive spirit and their desire for superiority in the game.

#### 3. Increase speed and agility through games:

Speed and agility are vital to success in boxing, and games can be an effective way to enhance these physical qualities. Speed aesthetics, stair training competitions and reaction-time games help improve students' agility, foot movement and reflexes while adding an element of fun and excitement to the workout.

#### 4. Increase cardiovascular resistance with game difficulties:

Cardiovascular resistance is necessary to maintain high-intensity boxing rounds, and games can be used to improve student endurance and the cardiovascular system. For example, in a high-intensity interval training game, students can rotate around with exercises such as a combination of burpi, plunge jumping and concussions across different stations, and include resisting levels of endurance and increasing heart rate.

#### 5. Coordination and balance through interactive games:

Coordination and balance play an important role in the implementation of the exact boxing technique, and interactive games help students to improve these skills dynamically and interestingly. Balanced games, hand-to-hand coordination problems, and agile-based training strengthen students' proprioception and motor skills while keeping them in the process of mental and physical training. Introducing games into boxing will allow students to effectively improve their physical qualities, knowledge skills and overall performance in sports. By conducting training sessions in game form, teachers can create an encouraging and interactive learning environment that encourages students to increase their boundaries, improve their skills and enjoy the process of acquiring the boxing arts. Game-based training not only develops a sense of friendship and teamwork among students, but also nurtures a spirit of competition that leads to constant improvement and success on a boxing trip.

### CONCLUSION

Introducing games into boxing will allow students to effectively improve their physical qualities, knowledge skills and overall performance in sports. By conducting training sessions in game form, teachers can create an encouraging and interactive learning environment that encourages students to increase their boundaries, improve their skills and enjoy the process of acquiring the boxing arts. Game-based training not only develops a sense of friendship and teamwork among students, but also nurtures a spirit of competition that leads to constant improvement and success on a boxing trip. Incorporating game-based training techniques into boxing can offer a dynamic and effective way to enhance students' physical qualities. By integrating fun, interactive games focused on specific physical characteristics, teachers can facilitate an engaging and challenging training environment that encourages students to



increase their limits and achieve fitness goals. Through game-based training, students not only improve the cardiovascular system, strength, speed, agility, balance and coordination, but also increase their mental focus and tactical skills, making them advanced and qualified boxers in all respects.

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