

IMPROVING THE SPECIAL PHYSICAL TRAINING OF GIRLS BOXERS

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Abstract

In this article, based on the results of the experiment conducted by the researchers, it is proposed to develop a special training plan adapted to the individual characteristics and functional state of the body for the special physical training of female boxers recruited to the Uzbekistan national boxing team, and to develop the physical qualities of female boxers based on the competition conditions, using general and special means selectively directed according to the number of heart contractions, the analysis of physical qualities, strength, speed, agility, flexibility, endurance, low-tension punches, high-tension punches, and accuracy of punches will be discussed, with the aim of improving the process of targeted preparation of athletes for competitions through the development of training methods.

Keywords: Physical fitness, physical qualities, agility, strength, endurance, flexibility, speed, physical development, explosive endurance coefficient, explosive endurance index, creatine phosphate performance index, rapid endurance coefficient, low-tension punch, high-tension punch, accuracy of punches.

Introduction

A number of scientific studies conducted in the field of sports show that in achieving high results in female boxers, specific morphological characteristics, high level of physical and psychological abilities, high technical and tactical skills, and proper organization and management of training processes are of great importance. In many countries of the world, large-scale scientific research is being carried out to adapt the training system for boxing athletes to modern requirements. However, there is a lack of detailed scientific developments and experiences in organizing a system for selecting female boxers to participate in

the first women's national team, identifying talented female boxers who can achieve high results in boxing in the future, and organizing their training processes.

Due to the insufficient study of the issues of developing complex criteria for selecting female boxers for the preliminary women's national team, taking into account individual capabilities, the results in the process of transition from the initial qualification stage to the advanced qualification stage were not sufficiently studied. It is worth noting that the lack of systematic study of the factors affecting the effectiveness of the selection of female boxers for the first women's national team and the lack of scientifically based recommendations pose a number of challenges for experts in the field.

It is no exaggeration to say that the Resolution of the President of the Republic of Uzbekistan No. PQ-5099 "On Measures for the Further Development of Boxing" dated April 29, 2021 has made a significant contribution to the further development of the sport of boxing.

Women's boxing was included in the Olympic Games in 2016. In this sport, the number of female boxers in our country, who are currently training for the Uzbekistan national boxing team, has not been sufficiently developed, so great attention should be paid to the training of female boxers. Leading scientists in the field, such as F.K. Turdiev, S.S. Tajibaev, F.T. Abdullaev, Q.A. Umarov, Z.Sh. Khadiyatullaev and many other experts, considered it important to pay serious attention to the development of all physical qualities and abilities from the age of the initial preparatory stage.

However, to date, the issues of determining the intensity and volume of use of tools aimed at improving physical quality indicators in female boxers have not been sufficiently studied. This situation has clarified the relevance of this study.

Materials And Methods

Determining the physical fitness of female boxers on a special bag (number of punches delivered by signal).

Based on the goals and objectives of our research, the following was carried out: In the test for special physical training, a test was taken to determine the special physical training of female boxers, a test was taken to check the number of blows given by a signal on a special bag, The average number of punches delivered at maximum speed in female boxers was determined as follows: PDLT - punch delivered at low tension, PDHT - punch delivered at high tension, APD - accuracy of punches delivered (%).

In our female boxer Ya.Zi., the average number of high-speed punches is PDLT - punch delivered at low tension - 75.17 which is a low figure. In Is.Od., this result was PDLT - punch delivered at low tension - 62.28 which is a high figure (see table 1).

Table 1. Specific physical fitness indicators of female boxers (number of punches delivered on signal) (before the experiment)

T/r	F.I.	Sports Title	PDLT	PDHT	APD %
1	To. Ja.	MSIC	68,06	180,59	83,33
2	Xu. Mu.	MSIC	69,51	179,21	75,00
3	Yu. Zi.	MSIC	65,38	183,20	83,33
4	Yo. Az.	MS	73,64	177,12	66,67
5	Be. Ra.	MSIC	64,11	180,03	75,00
6	Xu. Se.	MSIC	66,52	187,13	75,00
7	Is. Od.	MSIC	62,28	188,41	83,33
8	Be. Di.	MSIC	63,01	191,08	83,33
9	Ya. Zi.	MS	75,17	178,84	66,67
10	Sha. So.	MSIC	63,54	193,19	83,33
11	Ab. Di.	MSIC	67,22	186,13	75,00
12	Qu. Ra.	MSIC	68,71	189,38	75,00

Note: PDLT - punch delivered at low tension, PDHT - punch delivered at high tension, APD - accuracy of punches delivered (%).

The average number of high-speed punches in our female boxer Yo.Az. was a low figure of PDHT - punch delivered at high tension - 177.12. In Sha.So., this result was a high figure of PDHT - punch delivered at high tension - 193.19.

In the special physical fitness test, a test was taken to check the number of punches delivered on a special bag by signal, the average number of punches delivered at high speed was APD - accuracy of punches delivered - 83.33% and 5 of our female boxers achieved the highest result.

Results and Discussion

Training camps were organized for female boxers who are training for the Uzbekistan national boxing team.

The main goal of the training and sports session:

To improve general and special physical fitness, work on technical and tactical movements with the opponent, ensure optimal neuropsychic state, prepare female boxers for complex fights, and increase the desire to win.

The use of various means and methods of pedagogical influence, as well as the widespread use of vitamins to ensure a high level of performance and maintain it throughout the competition.

Improving special physical training and combat skills.

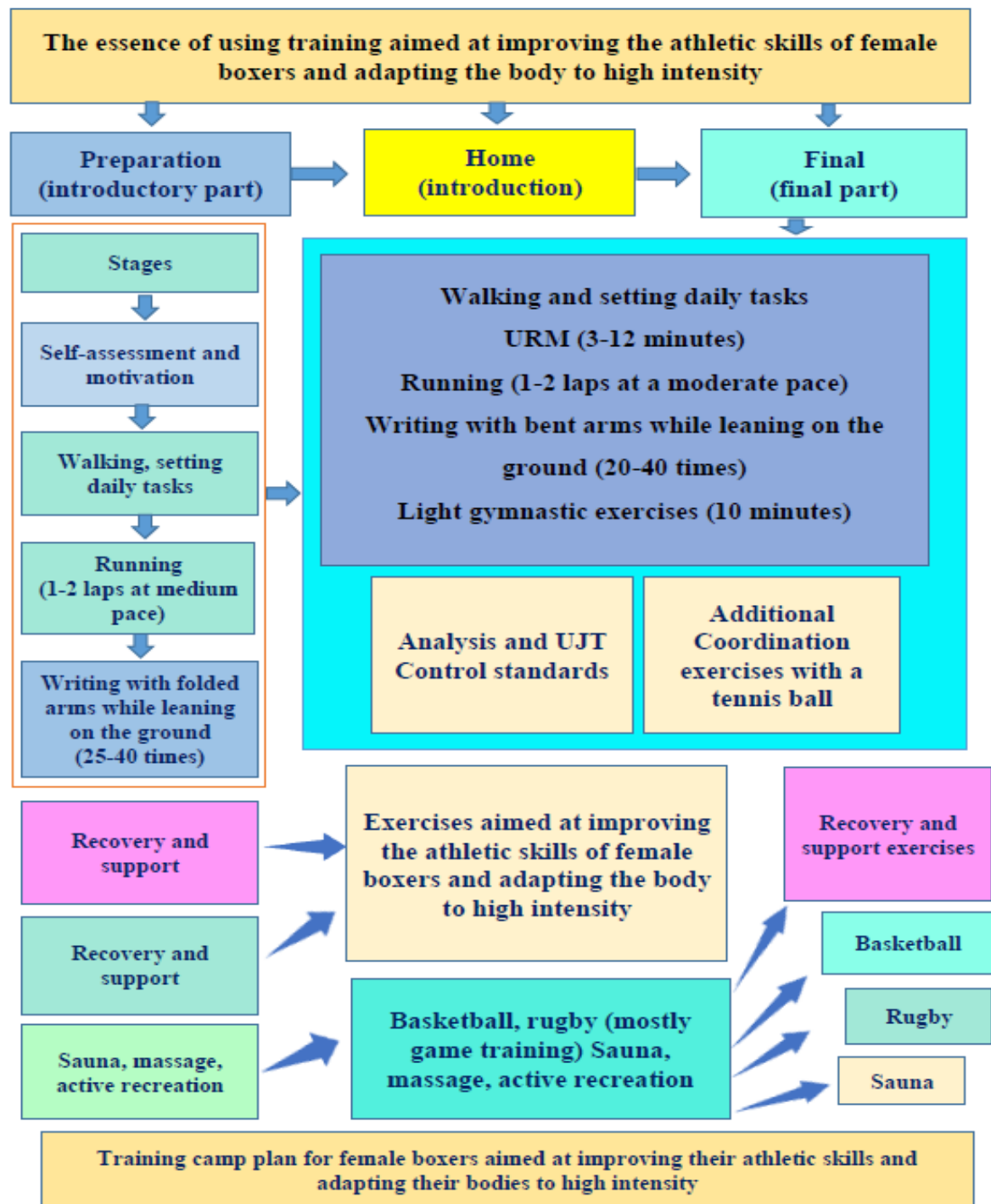


Table 2. Specific physical fitness indicators of female boxers (number of punches delivered on signal) (after the experiment)

T/r	F.I.	Sports title	PDLT	PDHT	APD %
1	To. Ja.	MSIC	55,17	221,55	90,00
2	Xu. Mu.	MSIC	57,23	219,79	90,00
3	Yu. Zi.	MSIC	59,41	223,27	83,33
4	Yo. Az.	MS	61,22	218,19	83,33
5	Be. Ra.	MSIC	53,19	241,25	90,00
6	Xu. Se.	MSIC	56,15	251,47	83,33
7	Is. Od.	MSIC	51,18	258,84	90,00
8	Be. Di.	MSIC	52,74	261,91	90,00
9	Ya. Zi.	MS	60,98	217,48	83,33
10	Sha. So.	MSIC	53,79	259,37	90,00
11	Ab. Di.	MSIC	54,82	256,28	83,33
12	Qu. Ra.	MSIC	57,01	249,73	90,00

Note: PDLT - punch delivered at low tension, PDHT - punch delivered at high tension,

APD - accuracy of punches delivered (%).

In the test for special physical training, a test was taken to determine the special physical fitness of female boxers, which involved checking the number of punches delivered on a special bag using a signal. In our female boxer Yo.Az., the average number of high-speed punches is PDLT - punch delivered at low tension - 61,22 which is a low figure. In Is.Od., this result was PDLT - punch delivered at low tension - 51,18 which is a high figure (see table 2).

In our female boxer Ya.Zi., a test was taken to check the number of blows delivered by a signal on a special bag in the special physical fitness test, the average number of blows delivered at high speed was PDHT - punch delivered at high tension - 217.48 a low figure. In Be.Di., this result was PDHT - punch delivered at high tension - 261.91 a high figure.

In the special physical fitness test, a test was taken to check the number of punches delivered on a special bag by signal, the average number of punches delivered at high speed was APD - accuracy of punches delivered - 90.00% and 7 of our female boxers achieved the highest result.

Conclusion

In order to determine the indicators of special physical fitness of female boxers, it is advisable to conduct special physical training, psychological preparation, and

the basic foundation of special physical movements that prepare for competitions in a systematic process, adapted to the type and characteristics of the sport of boxing. In order to determine the physical development indicators, physical qualities, and physical fitness levels of female boxers who are engaged in the Uzbekistan national boxing team, control test exercises were taken from them. In the pedagogical experiment, the indicators of special physical fitness of female boxers were determined. According to the results of this control test, a test was taken to check the blows on a special bag in the second test of blows given by a signal to determine the special physical fitness of female boxers, In the test for special physical training, a test was taken to determine the special physical fitness of female boxers, which involved checking the number of punches delivered on a special bag using a signal. In our female boxer Yo.Az., the average number of high-speed punches is PDLT - punch delivered at low tension - 61,22 which is a low figure. Is.Od., this result was PDLT - punch delivered at low tension - 51,18 which is a high figure. In our female boxer Ya.Zi., a test was taken to check the number of blows delivered by a signal on a special bag in the special physical fitness test, the average number of blows delivered at high speed was PDHT - punch delivered at high tension - 217.48 a low figure. Be.Di., this result was PDHT - punch delivered at high tension - 261.91 a high figure.

In the special physical fitness test, a test was taken to check the number of punches delivered on a special bag by signal, the average number of punches delivered at high speed was APD - accuracy of punches delivered - 90.00% and 7 of our female boxers achieved the highest result. According to the results of control exercises, which reflect the level of development of specific physical fitness indicators, the indicators observed at the beginning of the study in female boxers differed from each other. It was found that physical quality indicators, including: strength, speed, agility, etc., were not sufficiently developed in female boxers.

In order to eliminate the identified shortcomings, the necessary recommendations and instructions were developed. The general and special physical fitness levels of female boxers who are training in the Uzbekistan national boxing team were correctly assessed during the control test practice, and their growth indicators were highly evaluated..

Feedback processes were exchanged with relevant personnel in this field and sports trainers with extensive sports experience on the effective organization of measures to eliminate the shortcomings that arose during our research process..

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