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METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**INTEGRATED TRAINING METHOD OF QUALIFIED BOXERS****Akmal Khasanov***Independent researcher**Uzbek State University of Physical Education and Sports**Chirchik, Uzbekistan*

ABOUT ARTICLE

Key words: Boxing, competition, integrated training, direct punch, side punch, accurate delivery of punches from a pass, accurate delivery of punches, movements with a partner, exercises with objects, training process.

Abstract: This article presents information on the use of instrumental methods aimed at optimizing the types of physical technical and tactical training in improving the integrated training model of highly qualified boxers.

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Relevance. The multifactorial structure of modern boxing in the world places special demands on the athlete's actions, level of technical and functional training. Improving effective tools and methods used to improve the integral training of qualified boxers, intensifying competition in competitions and the constant growth of sports results require a new scientific approach to the training process. Currently, scientific research has been conducted in the theory and methodology of boxing training on the methods of training young talented and competitive athletes with broad psychofunctional capabilities, the development of alternative and effective pedagogical technologies in boxing training and their application. The multi-year training period determines the need to systematize the methodology and improve scientifically-based mechanisms for training highly qualified boxers for competitions.

The purpose of the research is to develop proposals and recommendations for the integrated training of qualified boxers.

Research objectives: 1. To identify the means and methods of training skilled boxers. 2. To improve the integrated model in training skilled boxers.

The conceptually presented principles of modeling the educational process using an integrated approach to training, promotion of which focuses on improving the individual technique of performing offensive and defensive movements, as well as other components and elements that make up the content of the technical training of qualified boxers. The development of the training model made it possible to identify the main areas of improvement of individual management style in boxing competitions.

The difference in the content and organization of the educational process of an integrated approach to training for qualified boxers is that a model and methodology were used to improve technical training indicators. The model formed the main directions for improving the technical training of qualified boxers. (See Figure 1)

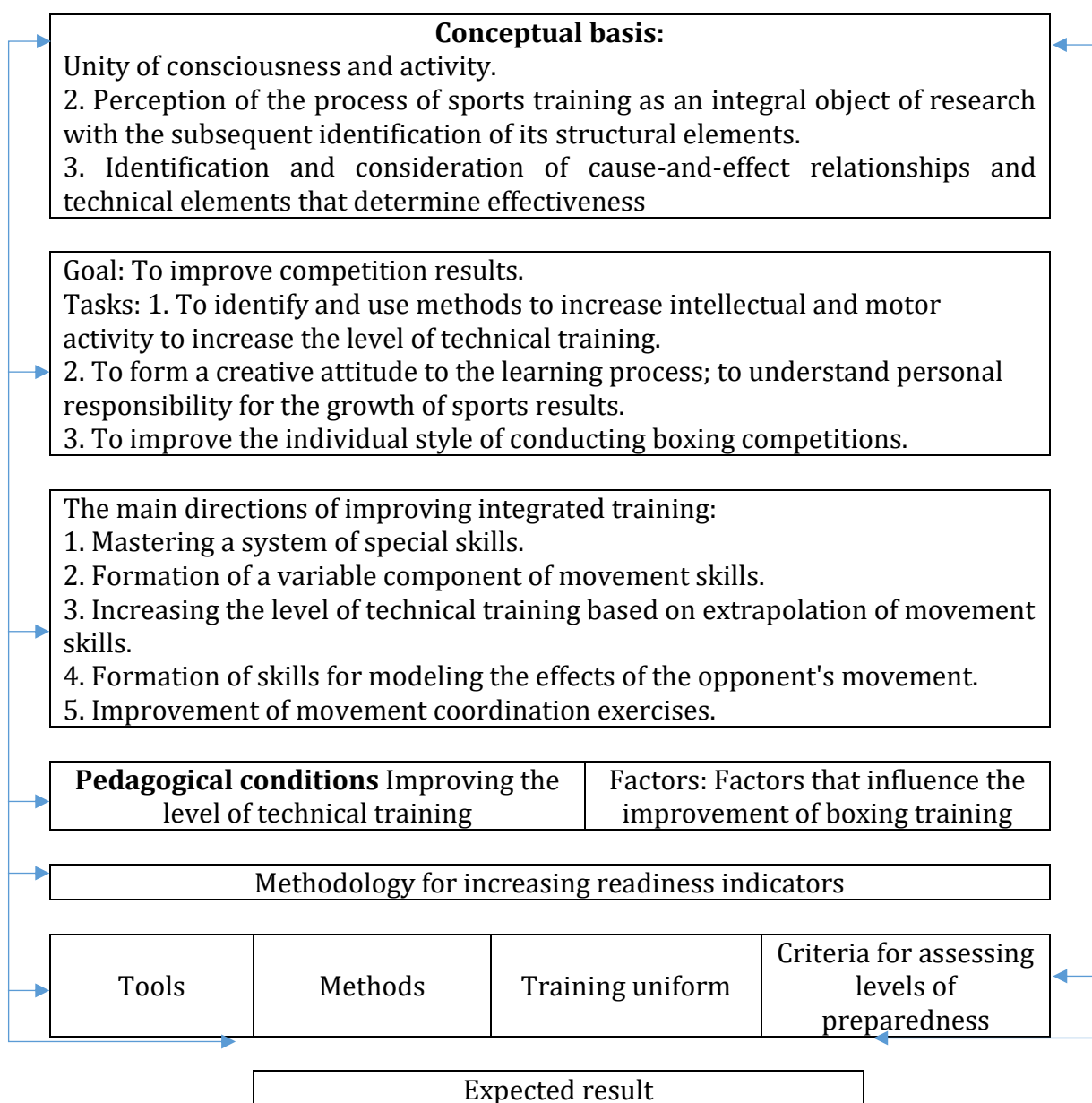


Figure 1: Pedagogical model for improving the integral training of qualified boxers

The methodology provides tools, methods, forms and criteria for assessing the level of training types. This allows you to increase the effectiveness of training types. This, in turn, allowed you to increase the effectiveness of technical training. I - the formation of a variable component of motor skills. After mastering the technique of rational striking, in the future its execution is carried out in a standard manner, only according to external parameters. At the same time, there are differences in the internal structure when reproducing individual parts:

in the sequence of activation of individual muscle groups, the duration of latent periods, etc. This is due to the ability of the central nervous system to use different options for solving a motor task.

II - increasing the level of technical training based on extrapolation of movements. Formation of the ability of the central nervous system to effectively solve new motor tasks using previously acquired experience. Having mastered several types of motor skills, the athlete can perform many others. The ability to extrapolate allows you to select more effective training exercises with a similar content with less energy expenditure.

III - The formation of skills for modeling the actions of the opponent allows you to make timely adjustments to the combat program: increase the speed of actions; unexpectedly break the distance, change the direction and nature of actions; reduce the time of the preparatory phase of the impact action, etc.

Requires skills in modeling the opponent's technical methods. Distances are a constant analysis of his movements, determining the nature of the responses to each attack blow, the characteristics of the maneuver;. An objective assessment of the effectiveness of the opponent's motor actions is provided by the functions of various analyzers: visual, tactile, motor, etc., as well as the connection between the processes of excitation and inhibition in the cerebral cortex.

During a fight, if a similar situation arises with another opponent, its assessment and perception occurs instantly, by restoring previously formed neural connections in the cerebral cortex, and the athlete uses types of attacks based on the experience of previously acquired competitive activities. This helps to improve the skill of modeling the opponent's motor movements and increases the boxer's level of technical training.

IV. An important direction in improving the sports skills of boxers is to increase the indicators of coordination of movements. The following are of particular importance in boxing: flexor and extensor muscles of the lower and upper extremities, characterized by "fast" and "explosive" strength of the torso and shoulder girdle. Their growth is facilitated by: dynamic movement methods: strength simulators; various weights, sports equipment and equipment.

The ability to perform complex and active movements also plays a big role in boxing. It is formed when fighting with partners of light weight with an adequate reaction to the opponent's movements, faster execution of offensive and defensive movements. The optimal level of development of general and special endurance allows you to resist rapid fatigue.

The means of increasing endurance are: various types of running (cross-country, acceleration, a number of special running exercises); outdoor and sports games; swimming, rowing; consists of a series of offensive blows in certain zones, performed for a certain time based on a variable component of motor skills.

The boxer's inherent agility allows him to synchronize movements with the opponent's movements and deliver a precise attack blow at the first mistake; use pauses and tannafus to attack; timely determine the moment of changing the tempo and rhythm of the opponent's motor movements. Optimal indicators of accuracy in performing motor movements ensure their economy and efficiency; increase the clarity of perception of the space-time and space-force parameters of the applied technique.

Body stability is an important condition for the reliability and stability of the execution of motor movements; successful implementation of the variable component of motor skills; the ability to improvise techniques in difficult competitive conditions. Flexibility provides an optimal range of motor movements; rational distribution of body parts and joints for the implementation of an effective offensive blow; maintaining balance after an unexpected blow.

The level of development of mobility in boxing is characterized by the speed of perception, evaluation and processing of information coming from working muscles. In a state of high neuromuscular tension, the boxer performs motor movements at an unusual pace. Impulses from working organs to the corresponding nerve centers signal a discrepancy between the speed of movement and the indicators of the functional state. In this regard, the necessary adjustments are made to the fighting program; new algorithms of movements are developed that correspond to the functional state of the body - as a result, the speed of movements is optimized. In conclusion, the difference in the content and organization of the integrated approach to training for qualified boxers is that through the use of models and methodologies to increase technical training indicators, an overall increase of up to 15.2% was observed in the training indicators of qualified boxers.

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