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MODELING THE STRUCTURE AND CONTENT OF TRAINING OF HIGHLY QUALIFIED BOXERS

Farhod Turdaliyevich Abdullayev

Candidate of Pedagogical Sciences, Associate Professor

Professor of the Institute for Retraining and Advanced Training of
Specialists in Physical Education and Sport

Abstract

This article presents the theoretical and methodological foundations for modeling the structure and content of training for highly qualified boxers. The study analyzes issues related to effective management of the process of improving sports mastery, the formation of the motivational sphere, and the organization of the training process based on a personality-oriented approach. The conceptual provisions of the model are substantiated, including a holistic approach to sports training, ensuring the unity of general and special physical training with technical-tactical preparation, the introduction of feedback and correction mechanisms, and reliance on the principle of variability. The developed model contributes to the improvement of the sports training system of elite boxers and to the enhancement of competitive performance.

Keywords: Highly qualified boxer, sports training, modeling, motivation, personality-oriented approach, technical-tactical preparation, competitive activity, feedback, principle of variability, individual style.

Introduction

The problem of managing the process of improving sports mastery is one of the most pressing issues. Its solution is associated with the development and implementation of new approaches that ensure the achievement of set goals under the changing conditions of training and competitive activity. In order to



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determine effective ways of managing the technical-tactical preparation of a boxer, it is necessary to develop a model of motivational, intellectual, and motor activity, a set of personal characteristics, as well as the orientation and content of sports training. Theoretical foundations of sports training motivation and goal setting. Further development trends in boxing are connected with the need to search for additional opportunities, since the level of general physical and technical-tactical preparedness of the strongest athletes has reached approximately similar indicators. At present, society is characterized by profound real changes in political, social, and economic life. These transformations significantly affect the structure and content of human activity, including the sphere of sport.

In the theory and practice of sports training for boxers, from the very first days of training there has been an increasingly pronounced tendency to apply a personality-oriented approach. This approach focuses on identifying individual characteristics of athletes and organizing the training process aimed at forming a specific technique for performing offensive and defensive actions, which constitute the core content of boxing.

The perception of the structure, essence, and rhythm of sports activity has changed significantly. This has strengthened the importance of the need-motivational and emotional-volitional spheres, the perception and evaluation of the space of sports training, as well as the character and interaction between coach and athlete. All of this has significantly influenced many previously established norms and principles of behavior of boxers, their attitude toward the chosen sport, and the dynamics of their value orientations.

The formation of a personally meaningful motive, taking into account the athlete's kinesiological potential, makes it possible to organize the training process in a structured manner.

The main condition for the emergence of motivation is the organization and conduct of training sessions aimed at identifying individual methods of solving motor tasks. Introducing athletes to unexpected situations that arise in boxing bouts requires them to independently choose the most effective technical methods of delivering attacking punches. With the formation of a dominant



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motive, the need arises to set goals as a conscious striving to achieve a certain result. This requires the mobilization of volitional efforts as well as intellectual and motor-coordination qualities.

Conceptual provisions and principles of the model. Among the main conceptual provisions that determine the direction, structure, and content of the model, an important place is occupied by the holistic approach to sports training as a unified object of research. This involves identifying its core structural components and establishing interrelations between them to reveal the specific features of training and competitive activity. Without this, the process disintegrates into separate functional elements.

The modeling method allows the integration of key factors that lead to increased effectiveness of competitive activity. The main methodological approach that creates conditions for solving a complex of issues related to the effective use of kinesiological potential in improving sports mastery is ensuring the unity of consciousness and activity.

This research is based on the idea of identifying the specific features and structure of sports training, reflecting the personal interests, needs, and inclinations of the boxer, as well as the content of various forms of his activity. Particular importance is attached to the boxer's level of social activity, understanding of his place in society, clear vision of future professional activity, readiness to participate in the implementation of goals and objectives, choice of methods of action, use of personal competitive experience, ability to achieve success in complex situations, and capacity to cooperate with representatives of different fields of activity.

The developed model defines methods for improving the sports training system, taking into account the patterns of development and rational use of the body's additional reserves, and determines the interrelationship between physical and intellectual abilities.

One of the main principles of sports training is the integrity and continuity of the training process, realized through the unity of general physical, special, and technical-tactical preparation. Under the influence of targeted muscular loads, various changes occur in the body associated with the formation of temporary



connections. To consolidate these connections, long breaks that may lead to a decline in functional readiness should be avoided.

In boxing, the athlete's actions constantly adapt to the opponent's technical methods. The reserve of motor actions, their diversity and variability, enable the athlete to manage a boxing bout more effectively. To increase athletes' working capacity, it is advisable to introduce elements of novelty in each training session by setting specific tasks: combining individual elements into a holistic motor act, and creating motor structures applicable in appropriate situations to mislead the opponent based on previously mastered skills.

A personality-oriented approach to boxer training ensures his development and self-improvement through managing the training process using a system of motor tasks of varying complexity, taking into account the athlete's physical and technical-tactical preparedness. This approach also involves setting exploratory and problem-based tasks that reflect individual characteristics of motivation, adaptation to muscular load, goal orientation, level of aspiration, and other factors. Athletes differ from one another in the characteristics of their muscular system, their ability to withstand stress associated with fear of knockdown or knockout, the experience of intense pain typical in boxing, and the structure of bone tissue.

The application of a personality-oriented approach in the sports training system requires organizing training based on the study of anatomical-physiological, height-weight, psychological characteristics, as well as the level of development of intellectual and moral-volitional qualities. This makes it possible to determine the necessary means, teaching methods, training methods, and methodological techniques for a particular boxer. The implementation of this approach occurs in the process of communication with the athlete while performing motor tasks. It allows clarification of the athlete's understanding of the form and content of physical exercises, provision of necessary instructions, recommendations, and feedback. As a result, intellectual and motor activity is stimulated, cognitive processes are activated, and self-confidence and adequate self-assessment are formed.



The establishment of feedback and appropriate corrections enables effective control of athletes' actions. Feedback can be of two types: external (verbal evaluation of motor actions) and internal (due to muscular sensations). At different stages of sports training, their significance varies: as the level of mastery increases, the role of muscular sensation grows, providing greater accuracy of movements compared to the visual analyzer.

Through feedback, the stage of motor task performance is determined, making it possible to implement subsequent programs. Comparison of various types of information allows prediction of the characteristics of subsequent actions and enables both final and ongoing control. The effectiveness of a boxer's activity is determined by the accuracy of forecasting, taking into account the probability of situations based on combat experience, analysis of the opponent's behavior in the ring, and knowledge of his most frequently used attacking techniques.

The principle of variability. In competitive boxing conditions, athletes demonstrate a certain level of activity in interaction with each other, and this level varies. Depending on the opponent's behavior, the task set, dominant motivation, psycho-emotional state, and the degree of formation of volitional qualities, the boxer's activity may be constructive, rational, and creatively saturated with new, unexpected ways of performing basic technical actions. Such activity has a transformative character and turns a boxing competition into an interesting, meaningful, and highly aesthetic sports spectacle.

On the other hand, activity aimed at rejecting the style proposed by the opponent may arise, leading to a situation of counteracting undesirable influence. In the process of combat rivalry, the vector of reactivity shifts toward the athlete who possesses a greater variability of motor actions, allowing wide modification of techniques and methods of execution. When speed, agility, endurance, and accuracy of motor actions are approximately equal, variability creates the necessary reserve for stability, reliability, determination, freedom, and ease of movements.



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