

ORGANIZING COMPETITIVE ACTIVITIES IN BOXING

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Annotation

In boxing, the concept of competitive activity means the process of confrontational struggle aimed at achieving planned results or victory over an opponent.

Analyzing boxing bouts is quite difficult. It is not possible to get the full amount of information about the confrontation of boxers in the near future. It seems that, in science, the question of whether a person is considered a phenomenon related to nature and society is also typical for sports. This situation is especially evident in the activity of a person in extreme, conflicting situations.

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Competition activities, like reflections in a mirror, express the skills and shortcomings of boxers, so, in turn, this situation characterizes modern boxing. However, due to the complexity of the specifics of the fighting competition, including the fact that boxing consists of a large number of different actions performed at a very high pace, it is a difficult issue to clarify the activity of the competition.

Usually, during the fight, individual movements or their generalities in episodes are distinguished, on this basis, the qualities and skills of boxers, which reflect the level of physical and technical training, are described. Actions of this type include, first of all, kicks and defensive moves.

In order to analyze the boxer's competitive performance, objective descriptions of technical and tactical skills in the fight are determined, and subjective expert assessments are used to evaluate the indicators of the main aspects of the boxer's training.

For example, in a boxing match, we can calculate the behavioral characteristics of two competitors during their careers in a similar way to the behavior of competitors in military combat, economic and other conflict situations, where it makes sense to use operations research methods to quantitatively describe the techniques and tactics of boxers. is done.

The presence of two opponents and clearly defined boundaries of actions of boxers make it easier to solve the goals. Boxing uses three basic punches: straight, side, and bottom punches. These blows can be given with left and right hands, aimed at the opponent's head or body. Defenses used in boxing consist of dodges, bends, head downs, head forwards, and underarms. During the officialization of the boxers' attack and defense actions, it is possible to use the notation system-based records of the fight, in which evaluation is carried out by experts through direct participation in the competition, as well as based on the analysis of the video recordings of the fights.

Based on the results of the research of competitive activities of highly qualified boxers in international competitions, quantitative evaluations of the following boxing techniques and tactics were developed and discussed:

1. Assessment of conditional intensity and density of the battle;
2. Carrying out assessments based on the distribution of the frequency of the use of combat actions;
3. Indicators of technical skill;
4. Evaluation of the effectiveness of offensive and defensive actions;
5. Indicators of technical and tactical differences.

The assessment of conditional intensity and density of the fight is carried out based on the calculation of the total number of blows delivered by boxers during the rounds and minutes of the fight. This indicator depends on the weight categories of the boxers, as well as on the level of training of the boxers, their individual technical and tactical actions, the features of the opponent and the skill level of the athletes. In this view, for example, it is noted that the average number of blows during a fight by boxers of relatively heavy body weight categories is relatively small when compared to the average number of blows given in a fight by boxers with a lighter body weight. Having similar data, we can enter an indicator of the conditional intensity of the fight, that is, the average number of blows per minute and the average time spent on delivering one blow, as well as descriptions of the use of boxers in particular fighting forms. is also determined. For example, counterattacks and counterattacks during the battle, such as the number of hits from long, medium and close distances are taken into account. Evaluation based on the distribution of the frequency of blows characterizes the individual maneuvers of boxers, and it is noted that they do not change during a single competition, especially during a fight between rivals whose physical characteristics and fighting maneuvers are close to each other.

The technical skill of boxers determines the improvement of execution of actions observed during the fight. However, every shot or defensive move is often not executed the same way, and is noted to have varying degrees of impact on the outcome of matches.

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