

STRATEGIES FOR IMPROVING STRIKING TECHNIQUE IN BOXERS

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Abstract. Striking technique is the foundation of success in boxing and separates average fighters from elite champions. A powerful, accurate punch can change the course of a match, requiring boxers to constantly improve their striking skills. In this article, we'll look at the nuances of striking technique and explore effective strategies to improve boxers' performance in the ring.

Key words: Boxers, "quick start" tactics, intense attacks, effective striking, non-stop striking, repeated striking.

INTRODUCTION

Boxers who are physically well-prepared, with strong and sharp punches can offer their opponents a "quick start" tactic. In this, from the first seconds of the fight, they try to rush the opponent, strike hard and achieve a quick victory.

A tactic directed against an opponent who is attacking with intensity, throwing powerful, wide-arm punches and hoping for a quick victory is for the boxer to wait for the opponent's incoming punches, wear him down and incapacitate him, and only after that he should take decisive action. To do this, the boxer defends against fast blows and combines defenses with retreats to the back and sides (which forces the opponent to make mistakes and send punches into the air), throws punches during retreats and stops the opponent with counter punches. If the boxer does not have time to avoid the fierce attacks of the opponent, he stops his blows by stacking them or entering the "clinch" position.

Due to the fact that non-stop attacking opponents usually operate at long and medium ranges, they are challenged by close range combat. They are often at a disadvantage here because they cannot throw wide shots and do not have the necessary defenses against shots from this distance.

At the heart of effective hitting technique is a solid foundation of fundamental principles. Boxers must develop proper stance, balance, and footwork to generate power and maintain a defensive stance. In addition, mastering the jab, cross, hook, and uppercut mechanics is essential for accurate and striking punches.

Cleansing Techniques by Repetition: Repetition is the key to improving your hitting technique. Boxers must devote countless hours to drilling basic punches, focusing on form, timing and execution. Shadow boxing, heavy bag work and pad exercises allow boxers to improve their skills, strengthen muscle memory and improve movement fluency.

Using video analytics: In the digital age, video analysis has become an invaluable tool for boxers looking to improve their technique. Recording and reviewing sparring sessions and training footage



allows boxers to identify areas for improvement, analyze their movements and fine-tune their striking techniques.

Combining Strength and Conditioning: Strength and conditioning play a crucial role in optimizing kicking technique. Boxers must develop explosive power, endurance and agility to deliver punches with maximum power and efficiency. Plyometric exercises, resistance training, and agility training are important components of a comprehensive training regimen aimed at improving kicking technique.

Seek advice from coaches and experts: Coaches and experienced trainers are an invaluable resource for boxers looking to improve their striking technique. Through personalized instruction, feedback, and guidance, coaches can identify weaknesses, make technical adjustments, and develop customized training plans to address specific areas of improvement.

Making mental preparations: Mental preparation is just as important as physical preparation in improving piercing technique. Boxers need to develop focus, confidence and composure to perform at their best under pressure. Visualization techniques, mental exercises, and mindfulness practices help boxers develop a winning mindset and improve their mental toughness in the ring.

Summary: Improving your hitting technique is a constant journey that requires dedication, discipline and determination. By focusing on the fundamentals, improving technique through repetition, using video analysis, incorporating strength and conditioning, seeking guidance from coaches, and practicing mental preparation, boxers can improve their performance and striking. they can reveal their full potential. With commitment and effort, the mastery of the art of striking comes within the reach of aspiring boxers who strive for greatness in the ring.

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