

Volume of Load in Boxing Exercises and Properties of Division of the Norm

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Annotation: The author of this article has given suggestions and comments on the proper planning of training loads, tools and techniques in the development of the sport of boxing today, and its use in competition activities.

Key words: Loading, tool, style, method, microcycle, mesocycle, macrocycle, volume, physical fitness, Physical qualities.

The effectiveness of managing the athlete's condition depends not only on the tools used, but also on the sequence of tasks. For example, the incorrect sequence of performed exercises creates additional difficulties in technical training. This situation is reflected in all sections of the training of athletes of any age and category and requires a strict sequence of all stages, regardless of the duration of training. Such a feature of managing the athlete's condition lies in one of the important foundations of the theory of athlete training, that is, in the separation of a certain structure in sports training.

The training structure reflects the unity of the components (parts, sides, members) in a certain sequence and in the overall sequence. Based on the understanding of the structure of sports training, the stages of micro, meso and macro structure can be distinguished.

Separate components of the structure of boxing training. As it was mentioned earlier, the growth of training takes place in the athlete's body as a result of the correct formation of the habituation processes that have occurred through the corresponding activity. The size and direction of the processes taking place is determined by many reasons, including the duration and nature of rest. For example, you can solve the task of training short parts of the distance at a certain limited speed, or training the qualities of speed (with rest intervals) or the qualities of endurance for speed.

Thus, if a certain task is being solved in the training, even the most detailed coverage of the performed exercise will not be enough for this, because its effectiveness depends on the state of the athlete before the exercise, the parameter of rest and other conditions (altitude above sea level, depends on wind strength and direction, etc.). All this leads to one conclusion, that is, the initial element of the structure of sports training is not training, but a training task.

A busy task is a physical exercise that helps to solve a certain pedagogical task and has all the necessary conditions for its fulfillment. Training tasks have different directions, related to education of movement qualities, training in technical and tactical movements, solving light training tasks, solving recovery tasks, etc. The direction also defines other characteristics of training tasks, including its duration. Therefore, individual tasks used for light exercise can be completed in a few seconds, and tasks aimed at training aerobic endurance can be completed in 1.5-2 hours or more.

a) As a rule, part of training exercises consists of several training tasks. The objective reasons for separating the part of intensive training are that the dynamic of the athlete before work in the training process increases to the maximum at first, then remains in equilibrium for some time, and then decreases due to fatigue. First of all, it is necessary to emphasize the great level of specificity of the requirements for the athlete's performance in the performance of each training task. For example, at the initial stage of learning movement situations, sufficient activity of physiological functions, a certain

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mental orientation is required, but there should not be severe fatigue. In addition, the development of flexibility requires regular and rigorous training. Therefore, the basis of training exercises, the content and sequence of training tasks should provide specific opportunities for effective performance of tasks in a sequence, and not some stage of general work.

The preparatory part of boxing training serves to bring the athlete's performance to a stage that provides a useful solution to tasks, exercises, and also reduces the risk of injury. Too short light training will not help the athlete to prepare for the main work, but too long will lead to fatigue.

Boxing represents the main part of the training - the direction aimed at the solution of more important tasks. Its content and structure can be formed in different ways. For example, it is possible to use almost one task (cross-country running) or, on the contrary, to use a large number of tasks in different directions. In the latter case, the structure of the main part, the sequence of tasks (because the result of one performed task may be effective, the result of another may be ineffective).

The final part of the training solves the tasks aimed at reducing the functional activity of the athlete, activating the recovery processes, and eliminating the negative situations encountered during the performance of some training tasks. It includes tasks such as reduction of muscle tone, recovery of breathing, transfer of non-specific activities to each other in unconventional coordination.

A busy exercise should ensure the effective solution of the set pedagogical tasks. Depending on their number, the exercises will have a selective or complex direction.

The chosen direction ensures that the athlete's condition is affected on a large scale in some direction (it includes only the task aimed at training endurance and strength). Exercises or training in the complex direction solve not one, but several issues, and the impact on the athlete's condition is diverse, and the monotony of the training is reduced. However, each of these issues will have a solution, just like in a specially chosen direction. Therefore, in sports that require a variety of competition opportunities, training in a selected direction is used more than in sports games.

b) A microcycle consists of a number of training tasks and differs according to the character or nature of the issues and tasks solved by them.

The main volume of training tasks is usually performed on a training bike, which can be simple or impact based on the volume of the load.

The leading microcycles model the procedure and conditions of the upcoming competition activity (start or schedule of games, etc.).

Competition microcycles include participation in very important, responsible competitions. In addition, it uses additional training exercises, study of competition activities of competitors, educational activities.

Recovery microcycles help to evenly reduce the load, which in turn helps to use the effect of the upcoming high-intensity microcycles as fully as possible.

If the order of training microcycles depends on the need to manage fatigue and recovery processes, then mesocycles provide gains in overall training performance, which is manifested in a significant increase in strength, endurance and other components of competitive ability. The basis of general efficiency is the habituation of the athlete's body to the load. This process is not uniform: at first it is fast, and then it gradually slows down. Therefore, in order to maintain the growth rate of training qualities, it is necessary to periodically implement the content of the training (every 3-4 weeks) and change the nature of the load. For this purpose, different forms and types of mesocycles are included in the training. Pulling mesocycles are distinguished by a low speed (intensity) of loading and are carried out at the beginning of the training period (after the athlete's illness). Partial (initial) mesocycles serve to solve the tasks of increasing physical, technical, tactical training, and therefore they form the basis of the training period.



Control-preparatory mesocycles additionally include the need to participate in secondary competitions in order to determine the correctness of the formation of competition opportunities and, if necessary, to pay serious attention to individual components of Lee.

The characteristics of mesocycles before competitions consist in modeling the requirements and conditions of future competitions (climatic conditions, etc.). The content of the competition mesocycle is reflected in the necessary and responsible competition procedure.

Recovery-use and recovery-preparation mesocycles help the athlete to solve the tasks of training and work (for example, mesocycles between competitions).

c) Macrocycle periods and their stages serve to form the phase of a certain sport.

Sports appearance is a harmonious unity of all components of an athlete's ability to compete. For example, in this case, the mastered technique is fully related to the athlete's anthropometric and movement characteristics, his training and equipment. So, only in the case of a sports appearance (form), the maximum size (size) of the opportunity for competition in this big cycle of training, which is necessary for the athlete, is provided. This unit is carried out for a long period of time (weeks and months), then it is maintained in the achieved stage and finally it is broken (loss of sports form and strengthening).

In macrocycles, preparation, competition and transition periods belong to these phases. The preparatory period (its stages of general preparation and special preparation) solves the tasks and issues of gradual transition of the sports uniform from general to special physical training, and then introducing major technical and tactical tasks into it. Another sequence is not very effective, because a significant increase in physical training requires a change in the characteristics of competitive exercises, which partially invalidates future technical training.

The competition period (including the pre-competition stage) should ensure the creation of a high competition opportunity due to the restoration of the sports uniform in order to achieve the planned sports results. Its application in practice has its own complications, that is, control of the athlete's condition under the influence of competitions. Additional challenges often result in extended competition calendars for several sports and the need to maintain a high level of competition for several months.

The transition period is related to the direction of the change of the competition load, the reduction of special training tools, and active rest. Due to this, in the next macrocycle, individual components of competitive ability can be increased first, and then it can be brought to a higher level by achieving sports form. It follows that the inclusion of the transition period in the structure of sports training is one of the necessary requirements for maintaining the macrocycle in the desired state.

The tasks and contents of various directions and stages of the multiplicity process of training will be briefly considered in the next chapter, except for the multiplicity of sports. This stage completes the multi-year process of sports training and ensures that the achieved results are stable due to the process of acclimatization, technique, tactics and competition experience, due to filling the place according to age.

At the next stage (maintenance of general workability), it is necessary to continue the systematic tasks of physical training, otherwise, a sudden change in movement activity will have a negative effect on human health.

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