

MODERN METHODOLOGY OF TEACHING YOUNG BOXERS TECHNIQUE AND TACTICS

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Annotation: This article explores the theoretical and practical foundations of training young boxers with a focus on both classical and modern techniques and tactics. It examines age-appropriate methods, current trends in combat sports, and the integration of technology in training processes. Drawing on recent literature and practical case studies, it offers guidance on how to develop the physical, technical, and strategic skills of young athletes to meet contemporary demands in boxing.

Keywords: Boxing, youth sports, technical training, tactical preparation, modern techniques, sports pedagogy, athletic development, combat sports, coaching methods, performance analysis.

INTRODUCTION

Boxing is a dynamic sport that requires the harmonious development of physical strength, speed, agility, technical proficiency, and tactical intelligence. Training young boxers poses unique challenges due to their physiological and psychological characteristics. Over the past decade, boxing training has undergone considerable evolution with the introduction of scientific approaches, digital technologies, and interdisciplinary coaching methods. This article aims to analyze effective strategies for teaching techniques and tactics to young boxers, integrating modern methods while respecting foundational principles.

Modern approaches to teaching young boxers emphasize a blend of foundational skills, progressive development, and innovative tools to make training engaging, safe, and effective. Unlike traditional methods that focused heavily on repetitive drills, contemporary methodologies incorporate technology, psychological preparation, and game-based learning to build technique (the "how" of movements) and tactics (the "when and why" in a fight). This is particularly tailored for youth (typically ages 8-18), prioritizing fun, injury prevention, and holistic growth to foster long-term interest in the sport. Training often starts with basics and evolves to advanced strategies, drawing from sports science and online resources.

Teaching Technique to Young Boxers

Technique forms the core of boxing training, focusing on proper form to ensure efficiency, power, and safety. Modern methods stress starting with fundamentals before advancing, using a mix of structured drills and exploratory exercises.

- **Fundamentals and Progressive Building:** Begin with basic stance, footwork, and punches (jab, cross, hook, uppercut). For young boxers, introduce bigger movements early (e.g., exaggerated swings) to develop coordination, then condense them into precise actions as skills improve. Defensive basics like blocking and slipping are taught alongside to protect against strikes. Coaches emphasize relaxation in striking—contract to initiate, relax during motion, and tense on impact—to maximize speed and power, avoiding the common beginner mistake of stiffness.

- **Drills and Tools:** Use shadow boxing, heavy bag work, and mitt sessions for repetition. Incorporate action games and pair exercises (e.g., bypassing opponents or signal reactions) to enhance coordination, speed, and reaction time. Modern twists include drilling at lower intensities (25-50%) to focus on biomechanics and flow, rather than full speed, allowing young athletes to absorb principles like rhythm and proprioception. For youth, gamify drills with relay races or obstacle courses to keep sessions fun and build teamwork.

- **Technology Integration:** Online coaching platforms enable video analysis for form feedback, virtual sessions for real-time guidance, and wearable tech to track metrics like punch speed and endurance. Young boxers can access customized programs via apps, blending shadowboxing with strength conditioning. Coaches often model after champions with similar builds, analyzing footage to drill high-percentage techniques.

Key Technique Drills for Young Boxers	Description	Benefits
Shadow Boxing	Mirror work or free movement practicing punches and footwork.	Builds muscle memory, improves balance, and allows self-correction.
Mitt Work	Coach holds pads for targeted combos.	Develops timing, accuracy, and power in a controlled setting.

Key Technique Drills for Young Boxers	Description	Benefits
Coordination Games	Signal reactions or pair bypassing.	Enhances speed, attention, and physical qualities like agility.
Video Review	Record and analyze sessions.	Provides objective feedback for technique refinement.

Focus on one skill at a time (e.g., stamina before advanced guarding) to avoid overload, building mastery progressively.

Teaching Tactics to Young Boxers

Tactics involve strategic decision-making, teaching boxers to read opponents and adapt in real-time. Modern methods shift from rote learning to scenario-based training, emphasizing mental resilience.

- Offensive Tactics: Teach using the jab to set pace and probe, followed by combinations (e.g., double/triple jabs to body/head). Incorporate feints to fake out opponents and create openings. For youth, start at long/mid distances, introducing close combat later (e.g., after 1-2 years). Disguise approaches to close distance subtly, using setups like foot sweeps or rhythm changes.

- Defensive Tactics: Focus on slips, rolls, and parries, practicing in controlled sparring to build instincts. Teach "whiff punishing"—disrupting opponent attacks to counter effortlessly. Universal tactics like individual styles shine through consistent combos.

- Mental and Tactical Integration: Use visualization, meditation, and breathing to enhance focus and composure. Psychological prep includes developing time sense, spatial awareness, and reaction speed through ideomotor training. Scenario wargaming (e.g., mixups with multiple threats) builds adaptability, avoiding over-reliance on one tool.

Offensive vs. Defensive Tactics	Examples for Youth	Teaching Method
Offensive	Jab setups, feints, combinations.	Pair drills with varying distances.

Offensive vs. Defensive Tactics	Examples for Youth	Teaching Method
Defensive	Slips, blocks, counters.	Controlled sparring with gear.

Youth-Specific Considerations

For young boxers, methodology prioritizes safety with gear (gloves, headgear) and qualified coaches. Sessions start with warm-ups (jumping rope, stretching) and end with intention-setting or feedback. Make it fun: Use music, nicknames, and games to normalize mistakes and celebrate effort. Benefits include improved fitness, confidence, discipline, and social skills. Individualize based on age—e.g., 13-14-year-olds focus on universal tactics and original techniques. Encourage multi-sport participation and teach life skills like goal-setting and handling loss.

CONCLUSIONS

Modern boxing training for youth requires a balanced integration of classical skills and innovative tools. Technical and tactical training must progress systematically, and modern technologies—when properly used—can accelerate development, improve safety, and enhance engagement.

Adopt a Multistage Training Framework that gradually incorporates complex tactical elements as athletes mature.

Train Coaches in Digital Tools to ensure effective implementation of modern analysis systems.

Develop Athlete-Centered Plans that prioritize learning and enjoyment alongside performance.

Incorporate Psychological Support, particularly in competitive preparation stages.

Create Access to Technology through partnerships with sports tech companies or federations.

Encourage Parental Involvement in tracking progress and motivation strategies.

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