VERBESSERUNG DER PSYCHOPHYSIOLOGISCHEN AUSBILDUNG VON TEENAGE BOXER MIT HILFE IMPROVISIERTER SPIELMITTEL

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Anmerkung: Dieser Artikel analysiert die Wirksamkeit von Action-Spielen zur Verbesserung des psychophysiologischen Trainings junger 11-13-jähriger Boxer in der Anfangsausbildungsphase an spezialisierten Kinder- und Jugendsportschulen, die auf Kampfsport spezialisiert sind.

Schlüsselwörter: Anfangsphase der Vorbereitung, Juniorenboxer, psychophysiologische Vorbereitung, Aktionsreaktionszeit (ART), Schockstärke.

IMPROVING PSYCHOPHYSIOLOGICAL TRAINING OF TEENAGE BOXERS WITH THE HELP OF IMPROVISED MEANS OF GAMES

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Annotation: This article analyzes the effectiveness of action games in improving the psycho-physiological training of young 11-13 year old boxers, at the initial training stage at specialized children's and youth sports schools specializing in martial arts.

Keywords: initial stage of preparation, junior boxers, psychophysiological preparation, action reaction time (ART), shock strength.

Introduction

It is worth noting that a lot of scientific research work has been carried out on the involvement of children with disabilities in the development of sports of children and adolescents around the world, their training in sports, assessment of psychophysiological condition, application of tools and methods used in the development of physical, technical and tactical training, organization of training on a scientific basis (2, 5, 6, 7).

In the scientific research work conducted by many scientists, moving games have been recommended as the most effective means of comprehensive training of teenage athletes. However, in the psychophysiological preparation of adolescent boxers, adequate studies have not been carried out to determine the shiddati and size norms of game loads and improve the methodology for their application to the training process (1, 2, 3)

Purpose of the study: justification of the effectiveness of the use of moving games in psychophysiological preparation of teenage boxers in pedagogical practice

Objectives of the research work:

- - selection of action games in which the effectiveness of teenage boxers in psychophysiological preparation is high

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- - to examine the effectiveness of the use of moving games in increasing psychophysiological training of teenage boxers in pedagogical practice.

Research methods:analysis of scientific and methodological literature, questionnaire, pedagogical observation, pedagogical experience, pedagogical testing, methods of Mathematical Statistics.

Organization of the study. The experiment was conducted in Chilonzor District of Tashkent City and 120 boxers aged 11-13 who are engaged in the initial preparatory stage of children's and adolescent sports schools specializing in Solo sports located in Chirchik City of Tashkent region.

In order to sort out the action games with high efficiency in improving the reaction rate of oxr-normal behavior, which are tolerant to the psychophysiological preparation of adolescent boxers, a questionnaire was conducted among the trainers of boks, according to which 68% of the respondents said that as a moving games that help to increase the speed of oxr of young boxers, the out "and recommended other games.

In boxing, strokes that are given directly and from the side are most often used. They are both powerful with great efficiency, and are executed as fast shots(4). Therefore, as the types of blows that need to be included in the control exercise, we selected strokes directly and sideways to the head in the right and left hands.

In determining the psychophysiological preparation of young boxers, a computer program "determination of special physical preparation of highly qualified boxers (SPUDERG-4)" was used (4).

The results of the study and its implications

The results from the pedagogical study were analyzed by dividing the weight category and age of the athletes.

In the experiment, an analysis of the results obtained from athletes aged 12 to 30-34 kg was presented

It was reported that by the end of the experiment, their average indicators increased to 28,4±8,04 kg, while the weight of the control group athletes at the beginning of the year was 24,7±12,3 kg, on average, with the force of direct impact on the left hand on the head. However, statistical differences were not found among the obtained indicators ($r>0,05$).

The weight of the impact force of experimental group boxers hitting the head directly on the left hand was 23,5±11,7 kg at the beginning of our study, it was found that by the end of the experiment, their indicators increased by an average of 28%. The reliability of statistical differences between the parameters obtained at the beginning and at the end of the experiment was equal to $r<0,01$.

Statistical differences were not found when the indicators of control and experimental group athletes were compared ($r>0,05$).

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Dynamics of psychophysiological preparation of teenage boxers

Defeat type	Measure Unit		**12 y n**=32					
			N/G	V%	T/G	V%	t	R
F ↱	Kg	t/o	24,7±12,3	49,80	23,5±11,7	48,95	0,39	>0,05
		t/k	28,4±8,04	28,31	32,8±7,1	21,65	2,25	>0,05
		R	**> 0,05**		**< 0,01**			
	m/s	t/o	856,9±76,8	8,96	844,4±88,1	10,43	0,59	>0,05
		t/k	812±88,4	10,89	720,2±75,8	10,52	4,32	<0,001
		R	**< 0,01**		**< 0,001**			
F ↳	Kg	t/o	37,2±8,4	22,58	36,1±9,1	25,21	0,49	>0,05
		t/k	40,3±7,2	17,87	44,7±6,8	15,21	2,43	<0,05
		R	**> 0,05**		**< 0,001**			
	m/s	t/o	820,4±88,6	10,80	832,6±97,6	11,72	0,51	>0,05
		t/k	795,3±67,8	8,53	742,8±78,3	10,54	2,78	<0,05
		R	**> 0,05**		**< 0,01**			
F ↴	Kg	t/o	32,7±11,7	35,78	30±12,1	39,93	0,78	>0,05
		t/k	36,6±10,9	29,78	37,4±9,7	25,94	0,30	>0,05
		R	**> 0,05**		**< 0,05**			
	m/s	t/o	838,8±68,4	8,15	856,8±78,9	9,21	0,94	>0,05
		t/k	807,7±72,3	8,95	760,6±85,2	11,20	2,31	<0,05
		R	**> 0,05**		**< 0,001**			
F ↱	Kg	t/o	50,8±10,1	19,88	49,2±9,2	18,70	0,64	>0,05
		t/k	53,7±9,4	17,50	59,6±8,7	14,6	2,52	<0,05
		R	**> 0,05**		**< 0,001**			
	m/s	t/o	854,8±93,4	10,93	856,3±82,2	9,38	0,95	>0,05

10.5281/zenodo.5510415

		t/k	796,1±86,4	10,85	750,8±76,9	10,52	3,09	<0,05
		R	**< 0,05**		**< 0,001**			

Note: F-force of impact, direct blow to the head in the left hand , direct blow to the head in the right hand , lateral blow to the head in the left hand , lateral blow to the head in the right hand," kg " kilogram, "m/s" meter / second.

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Movement reaction time in the left hand direct head impact was 856,9±76,8 m/s, before the experience in the RT control group boxers, it was known that by the end of the experiment their results were improved to 812±88,4 m/S, respectively. Statistical reliable differences were not found when the results obtained were compared (r>0,05). Statistical differences between the parameters before and after the experiment (844,4±88,1; 720,2±75,8) recorded on the side of the experimental group of young boxers, the reliability was equal to r<0,001.

The dynamics of statistical reliable differences between the parameters of the control and experimental group of reaction rate of the pre-trial period (856,9±76,8; 844,4±88,1) were not observed (r>0,05). By the end of the year, the dynamics of statistical reliable differences between the control and experimental group RT indicators (812±88,4; 720,2±75,8) were determined equal to r<0,001.

Giving a direct blow to the head in the right hand to the alarm we can observe that the average weight of the impact strength of the experimental group of athletes in the control exercise increased by 23% compared to the result before the experiment, by 11% compared to the indicators of the control group.

There are reliable statistical differences between experimental and control group indicators [R<0,05].

At the beginning of the year in the RT control group, when giving a direct blow to the rear arm, it was 820,4±88,6 MS, by the end of the experiment it was 795,3±67,8 MS, respectively. This indicator grew by 3% compared to the beginning of the year. The reliability of statistical differences between the indicators was not found [R>0,05]. We can see that by the end of the experiment, the average figure was improved to 742,8±78,3 MS, if at the beginning of the year in the athletes of the RT experimental group on this control exercise was 832,6±97,6 MS, respectively.

The reliability of statistical differences between the mean values recorded at the end of the year by the control and experimental group athletes was equal to r<0.05.

The weight of the impact force when hitting the head from the side to the left hand was 36,6±10,9 kg, which was achieved after the experiment in the control group. This result is 11% better than the average recorded at the beginning of the year, but there are no reliable statistical differences between the indicators [R>0.05].

The average weight of the impact force recorded by the experimental group on the control exercise described above was 37,4±9,7 kg, respectively. It turned out that the result obtained increased by 20% compared to the previously recorded figure of the experiment. The reliability of statistical differences between the indicators is equal to r<0.05.

Statistical differences between the RT indicators obtained before and after the experiment (838,8±68,4; 807,7±72,3) were not found to be reliable when the control group boxers hit the head from side to side in the left hand [R>0,05].

In experimental group boxers, it was found that the reaction time of movement by the end of the experiment was improved to an average of 856,8±78,9±76,2 m/s, while the left-hand rectal rate was 856,8 ± 76,2 MS, on

10.5281/zenodo.5510415

average at the beginning of the year. The reliability of statistical differences between the indicators is equal to R<0,05.

When the average impact strength of the experimental group of boxers at the beginning of the year was 49,2±9,2 kg, while the average result of the control group was 50,8±10,1 kg, with the right hand hitting the head from the side. By the end of the experiment, we can see that the average result of the experimental group boxers increased by 21% compared to the indicators obtained at the beginning of the experiment, and by 10% compared to the indicators of the control group. There are reliable statistical differences between the recorded indicators [R<0.05].

If the reaction time of the movement of the control group boxers (RT) was 854,8±93,4 m/s, the average indicator in the control exercise of beating the lateral blow to the head in the right hand, by the end of the experiment it was determined that the reaction time of movement increased by 7%. The reliability of statistical differences between the obtained indicators was equal to r<0.05.

When the results of this control exercise experiment and control group at the end of the year were compared among themselves, it was found that there were reliable statistical differences between the indicators [R<0.05].

Conclusion

The analysis of scientific and methodological literature, as well as the results of the questionnaire survey conducted among trainers, revealed that the application of game functions in the training of teenage boxers at the initial preparatory stage will serve as an effective tool.

The inclusion of game tasks in the composition of training of young boxers has proved to contribute to the quite successful development of psychophysiological training. When the results from the pedagogical study are analyzed, the indicators of the action reaction time associated with the psychophysiological preparation of the experimental group correspond to the indicators of the control group 15%, 9%, 12,2%, 11,03% ga developed effectively.

From the results of the conducted research, it became known that the use of Game methods in the process of training in the case of developing psychophysiological training of boxers of adolescent engaged in the initial preparatory stage, taking into account their functional training and age characteristics, serves as an effective tool

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