WEIGHT-HEIGHT INDICATORS OF HEAVYWEIGHT BOXERS AS THE MOST IMPORTANT COMPONENT OF PLANNING AND IMPLEMENTATION OF THE TRAINING PROCESS

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ABSTRACT

Attempt of the article to intend to justify the need for improvements in the methodology for training heavyweight boxers based on group individualization of the training process that takes into account the weight- height performance and the degree of influence of the body weight of boxers on the level of physical, technical and functional readiness.

Keywords: Heavyweight boxers, training process, weight- height indicators, athletes, methods.