

THE FACTORS CAUSING INDIVIDUAL STYLE OF ACTIVITY OF HIGHLY SKILLED BOXERS

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ABSTRACT

In given article the developed characteristic of specific features of competitive activity of boxers of high qualification, options analyzed distributions of training loadings and the basic exercises at a stage of preparation for the main start, individually-typical variants of reaction of sportsmen on training loadings is given, the importance of training activity and features of conditions of boxers with various individual style is defined.

Keywords: training, training means, loading, volume, intensity, the individual style which is positionally-attacking style, maneuverable-attacking style, maneuverable-defensive style, position-defensive style, fighting activity, types of nervous system, psychodynamic features.