

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.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

Urgency. All over the world the problem of an individualization of preparation of sportsmen continues to remain in the centre of attention of trainers and experts of various kinds of sports. Search of new, more perfect techniques of individual training is the major problem of a sports science. The special importance is got by increase of efficiency of preparation of sportsmen of a high class.

Huge interest to an individualization problem in system of preparation of sportsmen is connected with the decision of specific problems of increase of efficiency and reliability of sports activity. Nevertheless its separate positions connected with working out of the basic directions by an individualization of precompetitive preparation of highly skilled boxers, have not received till now due working out and an experimental substantiation. In connection with the theoretical and practical importance of the allocated contradictions and necessity of their permission the problem of research which consists in revealing of the basic directions of an individualization of precompetitive preparation of highly skilled boxers is formulated.

Research problems: to define the factors causing individual style of activity of highly skilled boxers; to reveal characteristics of fighting activity of boxers of various individual style.

Research methods: In research such methods as are used: the analysis of the scientifically-methodical literature, pedagogical supervision, the analysis of individual plans and diaries of trainings, techniques of psychophysiological and psychological researches, techniques of an estimation of a functional condition of boxers, methods of mathematical statistics.

Boxers - members of national teams of republic Uzbekistan and the Uzbek state university of physical training and sports (only 36 boxers) were investigated. It was most in detail studied sports activity of champions of Asia, world champions and Olympic games which trained under the guidance of trainers of a national team of republic Uzbekistan.

Results of researches. As has shown the literature analysis, in any kind of human activity, especially if it proceeds in extreme conditions, individual style is formed on the basis of typological features of properties of nervous system, and in the course of activity there is indemnification of those typological properties which can be considered "adverse" for the given kind of activity [1,2,3,4,5,6].

Researches show, that for the overwhelming majority of boxers mobility of nervous processes which allows to change effectively tactical decisions is characteristic, to be reconstructed from attack actions to protection actions and on the contrary, even to change technical and tactical skills. Results of our research will completely be position with this position. Only the small number of boxers of high qualification (from 36 surveyed) has appeared with the expressed displays of inertness of nervous processes. Among outstanding boxers, winners and prize-winners of the largest international tournaments there was no at which property of mobility would not be shown.

Boxers with inert nervous system for achievement of high results find indemnifications for the account of formation of individual style of activity. First of all, in training process they concern performance of each exercise more carefully, carry out technical actions with a considerable quantity of repetitions. In fight such boxers are attentive, prefer not to risk, strictly keep a fighting distance, carefully prepare a situation for application of the conceived actions. As a rule, these actions have deliberate character.

Boxers with inert nervous system in the majority prefer item style of activity. If besides this property at them good physical readiness is observed, and in lines of the person the self-trust, aspiration to leadership at such boxers positionally-attacking style is formed prevail such, as ambition; if property of inertness is combined with absence of such physical quality as speed, and in character traits and temperament prevail introversion, neuroticism, uncertainty in, positionally-defensive style is formed.

A little bit more difficult business with property «force - weakness» is.

E.P.Ilin [2016] considers, that as the weak nervous system correlates with high degree of sensitivity or activity, and it is the quality positively influencing formation of sports skill of boxers, the "weak" type should meet among them more often. On the one hand, we join E.P.Ilina's opinion concerning frequency of supervision of weak nervous system among boxers - masters of sports. In our research sportsmen with weak nervous system have made 31 % from the general number of examinees, but at half of them property the "weakness" fixed experimentally, does not prove to be true in supervision over their behaviour on trainings and competitions. On the other hand, among outstanding sportsmen we have found any, which can categorically to carry to "weak".

The majority of boxers with weak nervous system, differ from representatives of "strong" type on individual style of activity a little. The exception is made by following distinctions. Sportsmen with weak nervous system use *экспромтными* decisions as insufficiently hardy mentality does not allow is long to keep intensive attention in situations of expectation of the moment for realisation of deliberate actions is more often.

Contrary to expectations, such property as lability at boxers it is expressed slightly. It would seem, the property "responsible" for occurrence of excitation, in boxing should be shown brightly. Probably, all business in procedure of measurement of this property. For us property of lability is important, that, as a rule, do not connect with formation of individual

style of activity [3] Some materials gives us the bases to doubt in such approach. In our research from 36 sportsmen of surveyed group 5 have appeared with strongly pronounced lability of nervous processes. These sportsmen have general lines in individual style of activity. They consist in the following. At them the attacking manner of conducting fight (positionally-attacking or maneuverable-attacking) was generated. Sportsmen with labile nervous system especially often attack actions «on conducting» and reach thus high results. Their actions in protection are much less effective, they, as a rule, are deliberate, and the tendency to tactically inadequate counterattacks is observed. High efficiency of attacks «on conducting» the most expressed line of individual style of boxers with high lability of nervous processes.

The described laws of communications between features of psychodynamics and individual style of activity of boxers open possibilities for diagnostics of preferable signs in formation of style and simultaneously specify the optimal ways to formation of this style.

All boxers can be divided conditionally into four groups according to features of individual style of activity:

Positionally-attacking; maneuverable-attacking; maneuverable -defensive; positionally-defensive. However among those sportsmen who were, among our examinees and with which pedagogical work was conducted, there was only one with a positionally-defensive manner of conducting fight. About any typical laws here speeches could not be, therefore, further we have left for the analysis only three groups with characteristic for them indicators of style of activity.

Boxers of positionally-attacking style in competitive fights use basically attacking actions. In the beginning of a stage of accumulation of fighting potential when level training is low, such feature is expressed, is not too bright: sportsmen of positionally-attacking style spent about seven attacks in a round with average efficiency about 50 % - In the end of a stage of accumulation of fighting potential the quantity of complete attacks reached to 9 with average efficiency of 62 % and, at last, in the basic competitions the quantity of attacks increased to 12 though their efficiency fell: it is no wonder, that at such considerable quantity of attacks far not each of them achieved the object. Contenders know propensity of such sportsmen to attack and in advance are adjusted on defensive actions (if there is no in advance an installation to "suppress" own attacking actions). It that fact also speaks, that at representatives of a positionally-attacking manner difficult attacks have the greatest relative density. Over perfection of simple attacks they work obviously insufficiently though such attacks, at small volume, are effective enough (68 %). Protective actions at such sportsmen are rare and ineffective, counterattacking - are frequent (2-3 for one fight), but, as a rule, are tactically inadequate. Because of constant "aiming" at attack sportsmen of positionally-attacking style often carry out attacking actions after the beginning of attack by the contender that is regarded as untimely counterattack. At such sportsmen time of one episode of fight does not exceed 16 seconds. Tactical validity of many fights suffers from it.

Representatives of maneuverable-attacking style of activity in the beginning of a stage of accumulation of fighting potential spend about 8 attacks for fight with efficiency of an order of 55 %, and separate attacking actions at them it is good agreed upon. Also protective and counterattacking actions are balanced, their efficiency is in limits of 45 %. In the end of a stage of accumulation of fighting potential the number of attacks reaches on the average 10, and their efficiency - 60 %. Relative density of difficult attacks and attacks by serial

blows, technically the most difficult increases. In the ratio protective and counterattacking actions of a proportion already others: counterattacking actions almost twice exceed protective, and their efficiency still is at level of 55 %. An exception boxers, at which and during this period of protective actions more than make high tech the counterattacking. In the basic competitions the quantity of attacks at boxers of maneuverable -attacking style remains at the same level, the quantity of counterattacking and protective actions a little increases, and efficiency of all three groups of operations is practically identical. Sportsmen of this style less than others conduct fight at ropes of a ring owing to their good maneuver on a ring. It is necessary to notice, that among outstanding boxers most of all representatives of maneuverable -attacking style.

Sportsmen of maneuverable -defensive style in the beginning of a stage of accumulation of fighting potential carry out no more than 7 attacks for fight, but they are highly effective (over 60 %). Such sportsmen, as a rule, dare at attack only for certain, they usually have a favourite attack which most often brings success. Does not raise the doubts that fact, that at them protective actions (nearly 9 in fight at this stage), but their efficiency yet above, than at other sportsmen (50 %) prevail. By the end of a stage of accumulation of fighting potential the parity of attacking actions becomes more balanced (efficiency of 55 %), is more than protective actions (9-10), they become more effective (63 %). Counterattacking actions though and it is a little (7-8), their efficiency much more above, than at sportsmen of other styles (60 %). In the basic competitions all same indicators of fighting activity which were established in the end of a stage of accumulation of fighting potential remain.

Thus, at low level training the individual manner of conducting fight "is still indistinct enough". It is accurately formed only by the end of a stage of accumulation of fighting potential. If at sportsmen with an attacking manner indicators of a parity of fighting activity are dynamical and vary throughout both competitive periods at representatives of maneuverable-defensive style all indicators of fighting activity develop in the finished kind already by the end of a stage of accumulation of fighting potential, further not changing almost.

Individual psychodynamic features of boxers and feature of their style of activity are in own way shown in specificity of training process, in distribution of loadings at various stages of preparation.

Attracts attention the following interesting fact. In the beginning of a stage of accumulation of fighting potential when training sportsmen it is low, individual distinctions in carried out training work are considerable. In the middle of this stage, in process of growth training, they smooth out. In the end of a stage when training reaches qualitatively new level, individual distinctions in training work are again considerable. Only motor density of employment is close at all to certain size.

Unfortunately, practice of preparation of highly skilled boxers has developed so, that in the basic competitions, by preparation for the main start of year, it plans identical work, irrespective of features of properties of psychodynamics and individual style of fighting activity. Absolutely identical work is carried out in I ("involving") MS and in II ("shock") when are spent BP, pursuing the aim of control competitions or selection in a command. To change loading in a "shock" microcycle is, in essence, to call into question the readiness and by that participation in the main start of year. Therefore, if there are individual corrections

they have the compelled character and speak deterioration of a functional or mental condition of sportsmen or any deviations in health.

Thus, analyzing results of the spent researches, it is possible to conclude, that:

- The greatest value has perfection of individual style of activity in the course of the precompetitive preparation representing multifactorial system with multilevel dependences between separate parametres of behaviour and activity of boxers:

- There are the following factors defining individual style of activity: a specific parity of psychodynamic properties and morph functional features of the individual, character of techniko-tactical readiness, feature of construction of training loadings and reactions to these loadings in the form of typical psychophysiological conditions of sportsmen;

- "Kernel" of individual style of activity are typological features of sportsmen, criteria of individual style - features of their behaviour in trainings and competitions, features of adaptation to training loadings and mainly - probable characteristics and indicators of efficiency of techniko-tactical actions;

Parametres of fighting activity considerably change in process of increase training, especially at boxers of positionally-attacking and maneuverable-attacking styles;

- Distribution of training means at various stages of precompetitive preparation is defined not only problems of this preparation, but also specific features of sportsmen, and also style of conducting duels inherent in them.

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