

FEMALE BOXING – PROBLEMS

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ABSTRACT

This article deals with the issues of sports training for women boxers. The data of the analysis of studies of various aspects of readiness (physical, technical-tactical, functional, psychological) are given. The features of the competitive activity of female boxers have been studied. The actual problems requiring theoretical and practical substantiation of the rational construction of the educational and training process of female boxers have been identified

Keywords: Training, female boxers, annual cycle, stages, means and methods of training.