

## 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.

### INTRODUCTION

Modern women's boxing in Uzbekistan is currently developing rapidly and is one of the most popular types of combat sports. Women boxers demonstrate high athletic performance in the highest ranking competitions. Achievement of good results of athletes in the ring led to the inclusion of boxing in the program of the Olympic Games, this began to attract the attention of girls even more.

Currently, the world women's boxing is confidently and dynamically developing, covering new countries and continents and receiving more and more recognition from society and the state, coaches and specialists, business circles and business. The main factors that determine such a development of women's boxing are feminism, improvement of the material situation, improvement of physical fitness, increased self-confidence, as well as the acquisition of effective self-defense skills by women (6).

Fights of the world's strongest female boxers are characterized by dynamism and activity, a large number of unexpected and difficult attacking situations, a variety of refined techniques and a choice of rational tactics (N.N. Karpovich, 2004).

The representative of Uzbekistan Y. Mirzaeva in 2016 participated in the XXXI Olympic Games in Brazil in the weight category up to 57 kg, T. Rakhimova won the right to participate in the next XXXII Olympic Games in the weight category up to 51 kg. And also in four weight categories, female boxers of Uzbekistan have the opportunity to participate in the qualifying competitions, which are planned to be held in France (Paris) and to win licenses to participate in the upcoming Olympic Games.

Every year the number of participants at the championships and championships of the republic in women's boxing tends to increase. In 2018, the number of participants in the five weight categories was about 100 athletes, and in 2019 their number increased to 160.

In the future development of Uzbek women's boxing, the next steps have already been outlined, which will improve the quality of training for women boxers. Unfortunately, the training of female boxers today is mainly based on the theory, methodology and practice of training male boxers. However, the effectiveness of trainings and performances of athletes largely depends

on the consideration by coaches and specialists of the specific characteristics of the female body - morphofunctional, physiological, psychological, etc.

To understand many unsolved problems of the theory and methodology of training athletes, it is necessary to delve into the peculiarities of the female body, taking into account the regularities of the reodization of the training of highly qualified female boxers. This once again emphasizes the need to search for new approaches to organizing the process of training women-boxers, due to the modern requirements for the level of special preparedness in the types of single combats.

**Purpose of the research:** to study and generalize the results of scientific research on sports training of qualified female boxers.

**The objective of the research:** to determine the current problems of the process of training qualified female boxers according to the data of literary sources.

**Research methods:** analysis of special literature, generalization of the experience of leading specialists, pedagogical observations.

**Research results.** The analysis of sports research works showed that to date there is not enough research on the problems of sports training of qualified female boxers.

## LITERATURE REVIEW

In the work of V.V. Lisitsyn (3), an attempt is made to develop complexes of special movements in the course of improving the basic boxing technique and the methodology for their implementation at the stages of training women boxers for competitions. As the author notes, the decrease in the effectiveness of female boxers is determined by the lag of the characteristics of competitive activity from the model level in terms of the coefficient of attack efficiency and the density of effective attack, which indicates an insufficient level of their technical and tactical preparedness.

Modern conditions of high-performance sports, in which women participate, are characterized by an increase in the volume and intensity of training loads, therefore, a good health condition and a high level of functional fitness of athletes are the most important conditions for achieving high results.

B.P.Khamaganov (7), in his dissertation work, investigated the issues of optimal construction of the educational-training process of athletes, taking into account the individual characteristics of the female body. According to the author, it is determined that the training camp in preparation for the main competition is characterized by the following indicators: duration - 25 days; training days - 22; days with 2 training sessions - 20; days with the 1st training lesson - 2; number of training sessions 42; "pure" time of training work - 2327 min; the amount of funds of the joint venture - 1003 min; the amount of funds of the OP - 1324 min; STTM - 429 min. The most volumetric loads fall on the second microcycle and gradually decrease, but their specificity increases. Heart rate in the process of general physical training is 144 - 174 beats / min. Special training work is performed in a high-intensity mode (162-186 beats / min) in order to activate the adaptation processes.

The study of special psychological training in women's boxing is the subject of the work of T.S. Saktaganova (6). The author determined that the personal characteristics of the studied highly qualified female boxers reflected the instability of their psychoemotional sphere, characterized the athletes' susceptibility to feelings, changeable mood, while a high degree of need for group support and social approval was observed. Female boxers had a well-developed intellect, as well as a high degree of receptivity to new things and creativity. Achieving a high

level of readiness for the main competitions, maintaining a sports form and increasing the level of reliability of the performance of female boxers is possible with training and the development of conscious self-regulation.

Lisitsyn V.V. (3) proposes to evaluate the psychological characteristics of female boxers according to the following criteria: life position, motives and goals of boxing; character traits associated with the attitude of female boxers to the development of personal skill (hard work, striving to master the experience of the best, etc.); attitude to the team-collective; the severity of volitional qualities; attention, thinking, memory.

Research by K.V. Zhuneva (2) were devoted to the study of the peculiarities of the training methodology and competitive activity of female boxers. As a result of an expert survey of boxing coaches, it was revealed that the methodology of training men and women in boxing, in their opinion, does not have significant differences (68% of respondents). A wide range of opinions of the coaching staff in the use of various means and methods at different stages of preparation. However, as noted by the respondents, women's boxing, in contrast to men's boxing, has specific features regarding the structure of the physique, psychophysiological, dosing of the load and cyclicity.

In the course of observing boxing competitions among women of different weight categories, the author of the study pointed out the following features: women of all weight categories strike mainly on the head with different frequency of blows, the effectiveness and accuracy of blows decreases against the background of fatigue. This is also influenced by the difference in weight, the lighter the athlete, the faster and more enduring he is.

When studying the specifics of the blows of men and women, K.V. Zhuneva found that the jab is a commonly used blow among athletes and is applied to the head more often than other blows, this is due to the fact that this blow helps to reach a certain distance in combat. Boxers also use the "hook" blow in the same way, since after reaching their distance they need to strike a favorite combination or a series of blows. If the men at the beginning of the round were in second place "cross", then in the last round against the background of fatigue they hit "hook" and "uppercut", as the distance is getting closer and using short punches.

Athletes in the first period of the fight prefer jab and uppercut strikes to the head, and at the end of the fight, hook strikes.

Women are more enduring and healthier than men, but with more delicate skin, and therefore deterioration in appearance is one of the main reasons for dropping out of specialization. It is much more difficult for women to hit the body than for men, because the use of body punches is a complex technical action. A woman must have good psychological stability and a great deal of practical experience in the ring to deliver such punches.

The work of S.F. Gasanova, E.N. Lysenko is devoted to the study of the peculiarities of the implementation of special working capacity in anaerobic conditions, as well as the peculiarities of its functional support in qualified female boxers demonstrating high sports results (1). The researchers note that qualified female boxers - leaders in the sports team - have the highest level of anaerobic creatine phosphate performance, which is combined with a slight decrease in the number of strikes at the end of the 8 s test, according to the value of the explosive endurance coefficient.

For the manifestation of high special working capacity and high efficiency of competitive activity in women's boxing, a higher rate of strikes with a lower force is of greater importance. This makes increased demands on the level of aerobic capabilities of qualified female boxers and the level of their general endurance as a basis for further increasing their special performance.

Research by Ryzasnoy I., Shevchenko A., Shevchenko I. (5) is devoted to the identification of the most significant morphological and functional characteristics of the body of women who go in for boxing, which predetermine the specifics of the structure of the educational and training process. The researchers note that the ability of female athletes to perform work due to anaerobic energy sources is lower than that of men, since their bodies have less total amounts of adenosine triphosphoric acid, creatine phosphate and carbohydrates. In the opinion of the authors, limited aerobic capabilities lead to a faster transition of the female body to anaerobic energy production with an increase in the power of work. Their total amount of adipose tissue is on average about 30% of their body weight, and the absolute amount of fat is also greater. As carbohydrate stores are consumed during work, athletes more easily switch to the utilization of fatty energy sources than athletes. However, this means less economical consumption of oxygen and limits the performance of work associated with oxygen deficiency. The authors come to the conclusion that when building the educational and training process of women, a necessary condition is to take into account the morphological and functional characteristics of the female body and a broad substantiation of the system of training highly qualified athletes.

In recent years, training in the middle mountains has been widely used in sports practice. Training in mid-altitude conditions is one of the directions for solving the problem of optimizing the training of athletes-boxers.

According to R.J.Shephard (8), the best recommendation for training in the mountains deserves moderate altitudes, i.e. mid-altitude. There are many examples in sports practice when individual outstanding athletes or entire teams who held training camps in the mid-altitude both in the preparatory period and immediately before important starts, achieved significant sports results.

Adaptation to hypoxia increases the general non-specific and especially specific resistance of the organism. Under the influence of the mountain climate, a person's endurance to oxygen starvation increases and, at the same time, the ability to quickly mobilize compensatory reactions to eliminate the consequences of hypoxia is developed.

The problems of acclimatization and training of female boxers in hypoxic conditions (mountainous terrain) are the subject of special consideration.

R. Houston (9) investigated the effect of training in the mid-altitude mountains on physical performance and pointed out that hypoxia affects the ability to perform work in different ways, depending on its nature. He listed the physiological mechanisms limiting maximum performance at altitude: muscle fatigue, prolonged recovery, decreased  $\dot{V}O_2\text{max}$ , pulmonary ventilation, diffusion capacity of the lungs, minute and stroke blood volumes, limiting the "ceiling" of the pulse, etc. R. Houston, in particular, emphasized that it has not yet been clarified how the initial level of physical readiness affects performance in the mountains, and that high-altitude training may have a positive effect, but it has not yet been studied enough regarding the results of subsequent performance at sea level.

In fact, there are many unresolved problems: how to rationally and productively train female boxers in the midlands with further participation in competitions that will be held at different heights. These aspects of training are incomplete and require further research in midland conditions.

A.A. Peredelsky, R.A. Sultanov (4), in their studies they studied the influence of the gender factor on the effectiveness of training and competitive practice of highly qualified female boxers. Based on the cumulative results of the study, they came to the following conclusion: correct methodological and methodological work can determine the general strategic direction, change the technology of the entire training and competitive practice of female boxers. But even if the new technological program is successful, which partially eliminates the gender problem in women's boxing, it is rather difficult to predict its real consequences.

The solution of the gender problem in women's boxing at a deep (special) level can be the development of a competent psychophysiological methodology of educational, training and competitive activity, the result of which is the substantiation of a certain style for women boxers.

An integrated metascientific approach that combines physiological, psychological, sociological, pedagogical and other scientific research and development seems to be correct and productive.

## CONCLUSION

Thus, the analysis of literature data made it possible to determine the problems of sports training of female boxers, which today require a comprehensive solution.

At the same time, there is a need for further research, which would make it possible to comprehend and generalize the experience accumulated by specialists in this area, to approach the solution of the problem of improving the system of sports training from the standpoint of an integrated and systematic approach.

The available theoretical and practical developments of training and competitive activities in men's boxing are not always applicable to women's sports, since women boxers are inferior to men in speed, endurance, sharpness, combat intelligence and endurance, confidence in their superiority over the enemy.

The solution to the current situation can be the development of innovative training systems for women boxers, corresponding to their morphological and psychophysiological characteristics, the use of which will contribute to the achievement of a high level of physical, technical and tactical functional and psychological readiness, maintaining sports form and increasing the level of reliability of the performance of female boxers in major competitions.

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