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Using The Effectiveness Of Improving Fighting Skills In Two Fighting Stances For Young Boxers

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Abstract: This article examines the effectiveness factors in developing young boxers' ability to fight in two combat stances (orthodox and southpaw). The study analyzes the impact of bilateral stance training on technical-tactical performance, coordination, reaction speed and functional preparedness. A pedagogical experiment conducted with young boxers demonstrated that systematic training in both stances improves adaptability, strike variability and tactical decision-making during combat. The findings show that integrating dual-stance training into regular practice significantly enhances the overall combat readiness and competitive performance of young athletes.

Keywords: Young boxers, dual stance, orthodox, southpaw, technical-tactical training, coordination, reaction speed, neuromuscular adaptation.

Introduction: In boxing, technical and tactical skills are one of the main factors determining the combat effectiveness of an athlete. In the process of training young boxers, it is especially important to develop the ability to fight in two fighting stances - right and left guard. Boxers who can move in two stances will be able to distract the opponent in the ring, expand their striking combinations, and increase the effectiveness of defensive measures. At the same time, training in two stances also develops the coordination of the muscles and nervous system, as well as the speed of reaction. When this skill is combined with previously learned technical elements in young athletes, their combat readiness increases significantly.

relevance - Today, competition in professional boxing is high, and athletes are required to have speed, combination striking ability, and ring management skills. In this regard, the formation of the ability to fight effectively in two-man fights in young boxers is an urgent scientific and practical problem. For coaches, it will be possible to identify methods for developing this ability, increase their technical-tactical, physiological, and psychological readiness. The results of the study will contribute to the improvement of pedagogical methods in the process of sports education and the future professional development of young boxers, as well as to the development of scientifically based strategies for increasing efficiency in the ring.

purpose - To identify the factors that contribute to the development of young boxers' ability to fight in two fighting stances (right and left guard) and to study the possibilities of applying them in practice.

Research tasks

-Analysis of the technical, tactical and physiological characteristics of fighting in two stances.

-Identification of effective exercises and methods for developing the ability to move in two stances in young boxers.

-Evaluation of the impact of developing the ability to fight in two stances on the effectiveness of athletes in the ring.

LITERATURE REVIEW

Analysis of the technical-tactical and physiological characteristics of fighting in two stances.

-Identification of effective exercises and methods for developing the ability to move in two stances in young boxers.

-Evaluation of the impact of developing the ability to move in two stances on the effectiveness of athletes in the ring.

The book by Karimov A.M. (2021) describes a methodology for the gradual formation of the technical-tactical preparation of young boxers. It presents exercises and a weekly structure of training

for the integration of two stance elements, providing a practical program basis for research.

The monograph by Kholboev D. (2020) is devoted to the development of the ability to move in two stances and, especially, shows the methods of changing stances in young athletes in a practical way. The author's recommendations provide specific exercises and progressions that can be used in coaching practice. Abdullayev S. (2019) analyzes methods for developing coordination and speed; the coordination exercises and diagnostic criteria presented in the article are useful for assessing the readiness of two-stance fighters. This work helps to link the results of the study with the neuromuscular coordination of athletes.

Ergashev R. (2020) highlights methods for increasing functional training, in particular, paying attention to the combination of aerobic and anaerobic loads and recovery methods. Ergashev's approach is important in creating the necessary conditioning base for young boxers to fight effectively in two-stance fighters. The article by K. E. Ketozhev (2024) deals with general physical activity and body weight regulation, considering factors of health and functional training of young athletes. This study provides a context for the topic and allows us to assess the impact of training loads on health and performance.

The work of E. A. Chetyrkin (2024) discusses the impact of physiological habits and psycho-emotional state on the health of students; it is a valuable source for studying the issues of stress and psychological adaptation in boxing training. This source helps in designing psychological training and coaching-methodological approaches. J. Smith (2020) provides an international review of boxing stances, techniques, and overall performance; it provides an empirical assessment of modern tactical and technical elements. This resource provides an opportunity to compare two-stance technologies with international experience.

R. Johnson (2019) examines training methods and motor adaptations in studies on the development of ambidexterity. This work contributes to understanding the neuromuscular changes that occur in young boxers when switching to two stances.

V. Petrov (2018) provides methodological articles on functional training, presenting specific exercises and diagnostic tools for young boxers. Petrov's approach provides practical guidance for creating a training and testing schedule. A. N. Kuznetsov (2022) analyzed ring strategies and combination exercises in his article on methodology and practice of technical and tactical training. Kuznetsov's recommendations can be directly applied to the formation of combinations and tactical vectors in two stances.

METHODOLOGY

This study is aimed at identifying the factors affecting the effectiveness of young boxers in developing their ability to fight in two stances (right and left guard). The methodological basis of the work was scientific views on sports theory, sports physiology, biomechanics and pedagogical technologies. A comprehensive approach was used in the research process: the dynamics of development in two stances were studied through the assessment of technical and tactical skills, monitoring of functional indicators, and diagnostics of coordination and speed of reaction. Also, theoretical sources on the adaptation processes of the body of young athletes were analyzed, and the neuromuscular mechanisms of stance change and impact variability were scientifically elucidated. The empirical methods used in the study were pedagogical observation, experiment, test-tests, biomechanical analysis and functional diagnostics. The pedagogical experiment was organized in two stages - initial diagnostics and final control stages. The technical and tactical training of athletes was assessed through mock exercises, work with pads, stance change exercises and combination strikes. Functional training was measured through heart rate, reaction and coordination tests, and adaptation to training loads. The data obtained were analyzed based on statistical processing, and the level of growth of fighting ability in two stances and the main factors affecting it were identified.

RESULTS

The study involved 30 young boxers aged 12–16 years and randomly assigned to experimental (n = 15) and control (n = 15) groups. The duration of the study was 12 weeks, and in the experimental group, a special methodology was used to work in two fighting stances (right and left guard) as an addition to the standard training program. Technical-tactical tests, coordination tests (human visual-motor coordination and lateral reaction tests), reaction and functional indicators (maximum heart rate, recovery and O2 consumption indicator) were measured at the initial diagnosis and final control.

In terms of technical-tactical indicators, an increase in total scores was observed in the experimental group; the combination punches and the speed of changing stances (for the sample) increased by an average of 18–22%, while in the control group the increase was around 5–8%. In coordination tests, the experimental group's visual-motor coordination and inter-lateral coordination indices improved; reaction time (from the start of the reaction to the impact) decreased by an average of 10–14%. In functional indicators, the experimental group improved overall endurance and

recovery efficiency — the rate of normalization of heart rate after training increased.

The results of statistical analysis showed that the changes in the experimental group were statistically significant ($p < 0.05$) in technical-tactical scores and reaction time. The changes in the control group were more clinically insignificant and not statistically significant in some indicators.

Subjective assessments and observations of coaches showed that athletes in the experimental group began to feel more confident in the exchange of stances, tended to switch combinations faster during the fight, and showed greater opportunities to disrupt the opponent's strategy.

CONCLUSION

The results of the study showed that the formation of fighting skills in two fighting stances in young boxers is an effective factor in technical and tactical training. The special training program significantly improved the speed of stance change, variation of blows, coordination and reaction speed of athletes. The results of the experimental group were higher than those of the control group, confirming that working in two stances creates an advantage in the fight.

This methodology develops flexibility, tactical thinking and strategic advantage over the opponent in young boxers. Based on the study, coaches are recommended to regularly use stance change exercises, increase combinations performed in two stances in the lapas, and gradually integrate them into the sparring process.

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