

THE SPEED AS A FACTOR IN SPORT'S TRAINING AND TECHNIQUE AMONG BOXERS

(Preliminary communicationa)

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Abstract

In this paper are presented the results from two tests about speed technique among boxers. There are some methods that can improve their performance as it is proved by the attached data base. In order to determine how using a specific exercise can improve speed's performance of the active professional boxers, we realized a research on a sample of 16 male active boxers at the age from 20 to 30 years old, which are still not competing professional. The experiment *takes 4 weeks, 5 trainings (90 - 100 min.) per week. The experimental group includes 8 sportsmen which exercise the speed cuffs. They exercise free fight and the "paws" impact technique.* All examiners were measured in two tests: Test N1 - frequency and speed of the cuffs 10s on the boxing sack and Test N2 - Standing - jumps and kicks in the air. The tests results were processes using variation analysis, correlation and the Student's t-test. Based on the obtained results, we recommend use of special practices in the beginning of the boxers' training. The boxers should avoid useless movements that can delay their cuffs and special exercises for dexterity that can improve the speed performances which could be useful. This information could be used in the future work with boxers.

Keywords: *self-control, boxing training technique*

INTRODUCTION

The speed is essential for the boxer's performance. Especially in specified fight examples as single cuff and serial cuffs. This observation is analyzed by many researchers among which are Zechev (Жечев), 1985; Lefterov (Летеров), 2006; etc. Based on this studies and obtained results from them, we constructed the idea for this research.

METHODS

The aim of this research is to show how by using specific exercise we can improve speed's performance of the active professional boxers. Considering the determined aim, the selected subject of research was consisted from 16 male active boxers at the age from 20 to 30 years old, which are still not competing professional. The obtained results were processed using variation analysis, correlation and Student's t-test.

The methodology used in the research was designed from several issues: analyses of special oral and numeric evaluation scale concerning on the different type of mistakes in the performance, with pedagogical experiment and analyses.

The *analysis* is concentrated on the special oral and numeric evaluation scale concerning on the different type of mistakes in the performance. Those analyses are provided by four professional box trainers.

Pedagogical experiments – which takes 4 weeks, 5 trainings (90 -100 min.) per week. The experimental

group includes 8 sportsmen which exercise a speed cuffs. They exercise free fight and impact technique "paws". The pedagogical analysis shows the speed and the dynamics. There were used two tests and all 16 sportsmen took part in it, named as Test N1 - frequency and speed of the cuffs 10s on the boxing sack and the Test N2 - Standing - jumps and kicks in the air. The first test: Test N1 - concern the general among of cuffs – frequency and speed of the cuffs 10s on the boxing sack, which is a test for the frequency not for the power. The second test: Тест N2 – Standing jumps and kicks in the air is designed to determine the general among of cuffs and kicks.

The obtained results were processes using the variation analysis, correlation and the Student's t-test.

RESULTS AND DISSUSION

The results are presented at *Table 1. and Table 2.* We can see the improvement or better performance after our special training in the experimental group based on the achieved results.

Legend: X-average results; S-standard diversion; d-increase of the results.

Variation coefficient (V% under 25%) of speed performance is almost homogeneous. Using T-criteria according to Student (d) the statistics are correct). There are differences in the speed performance before and after the exercises. As we can see in Table 3. after those specified exercises the two test shows that boxers

Table 1. Dynamic of the cuffs on the boxing sack - 10s at the beginning of the experiment

No	Index	Min	Max	R	X	S	V%
1	test 1 (sec.)	24	35	11	30,94	3,87	12,53
2	test2 (sec)	3	6	3	4,63	1,08	23,49

Legend: X-average results; S-standard; Min – low performance; Max - maximum; V% - variation coefficient; R the difference between the lowest and the highest performance.

Table 2. Dynamics of the standing jumps

No	Index	Min	Max	R	X	S	V%
1	Test 1 (sec.)	28	37	9	31,5	3,54	11,22
2	Test 2 (sec.)	3	6	3	5,5	0,86	15,56

Legend: X-average results; S-standard; Min – low performance; Max - maximum; V% - variation coefficient; R the difference between the lowest and the highest performance.

Table 3: Statistical analyses of the test results

No	Index	$x-x^2$	$S S_1-S_2$	d
1	Test 1	-0,56	0,33	5,6
2	Test 2	-0,87	0,22	8,7

Table 4. Correlational matrices (r – coefficient lineal correlation)

		Test 1 begging	Test 2 begging	Test 1 finish	Test 2 finish
Test 1 begging	r - correlation	1	,069	,966	,307
	Authenticity		,799	,000	,248
Test 2 begging	r - correlation	,069	1	0,000	,751
	Authenticity	,799		1,000	,001
Test 1 finish	r - correlation	,966	0,000	1	,386
	Authenticity	,000	1,000		,139
Test 2 finish	r - correlation	,307	,751	,386	1
	Authenticity	,248	,001	,139	

Table 5. The t – test results

	Average	Standard difference	t	Authenticity
Test 1	-3,06	,28	-10,90	,000
Test 2	-,62	,18	-3,48	,003

increase their speed performance. According to (d) there is serious increase in the speed performance. It means that the used methodology gained a success. For better understanding we did a correlation analysis as well. The results are too low and are statistically incorrect. But they give us information about some physical body improvement and better performance (Table 4).

The T-test shows that the results are correct and there are better performance and the increase is 9,9%, but according to the test 2 the increase is even bigger 13,5%. According to those results we suggest that our

methodology is sufficient and it works for a better speed performance.

CONCLUSION

We found that in the boxers training we skipped those important exercises and that is why they did some technical mistakes and had lower speed performance. With those exercises we can improve their performance and the technical elements as well. We found out that the speed technique is essential for the whole boxers' performance. Considering the obtained results we could

give the following recommendations:

- We recommend those special practices to be used in the beginning of the boxers' training
- We recommend boxers to avoid useless movements that can delay their cuffs
- We recommend special exercises for dexterity that can improved speed performances.

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