

PHYSICAL EDUCATION AND SPORT

AN INTEGRATED APPROACH TO TRAINING GIRLS IN BOXING

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Due to the popularity of women's boxing in Ukraine, more and more women want to do it. This is due to the fact that since 2017, the age limit has been reduced in women's boxing, and also held the first national championship, which was attended by girls 12-13 years. Before that, official competitions such as the Ukrainian championship were held only with the participation of girls who reached 14 years of age. In 2018, the European Championship for girls aged 13-14 was held for the first time. This contributed to the early «recruitment» of girls for the boxing department to the sports school. Competition in these age groups forces coaches of this sport to more methodically approach to the level of technical training, and in some cases to accelerate its process. Because the quality of training in this age group of women's boxing must increase, due to the ever-increasing competition among European national teams, which obliges coaches to find new approaches in the training of girls. Such approaches, according to the author of the article will be the integrated training of girls engaged in boxing. The purpose of the research is to study and identify the most important aspects of integrated training of girls engaged in boxing.

After analyzing the data of sports psychologists on the importance of the nervous system in the training process, a clear interaction in the development of techniques by certain psychological types, regardless of the sport was determined. Scientists have proven the influence of temperament to the choice of tactics in duels, behavior during competitions and the transfer of physical activity in training. Also, a certain ability of girls than boys to master stereotyped movements was revealed [14, p. 115–119]. The other side of such training is noise resistance and rapid psychological recovery after training and competitive processes [13, p. 12–13].

That is, to solve the first part of this area of training it is necessary to apply fundamental methods to determine the typological features and develop an individual training program for more productive learning, for example: such

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features of the individual as rapid development of monotony to reduce time or volume of training exercise, or to increase motivation by certain psychological receptions proceeding from temperament of the girl – the boxer. In tactics at competitions such data will be necessary at planning of special actions before a duel. For example, for girls-boxers with a predominance of phlegmatic signs of temperament, which do not quickly «enter» the work, according to the author, it is necessary to warm up longer before the fight, which will facilitate a quick «entry» into the duel from an emotional point of view. And athletes with more mobility of nervous processes should reduce this time, as it is known that at the end of the task they have less expressive functional work [14, p. 16–18]. For the second part of the direction of psychological training on the example of exercises of practicing sports psychologists, including working with women boxers of the world's leading teams, appropriate tools for psychological mobilization and recovery such as hypnosis, self-training, self-suggestion, self-belief, ideomotor, psychomuscular. Which can be applied by means of music and color [10, p. 144–160; 13, p. 142–172].

Physical and special components of such training are to influence not only the functional systems of the girl's body, the transfer of physical activity, as well as the level of mastery of boxing skills. Scientists have proved that the main basic component of technique in boxing is the harmonious development of physical qualities [5, p. 11–18]. On a par with traditional methods of physical and special training, the most relevant method is the combining: physical with special training, technical and tactical with speed and strength training, which can be used, according to the author of the article, in different training periods for a long time from 8 to 24 weeks with undulating undulating periodization exercise. This is confirmed by research data from European and American scientists [2, p. 515–522; 3, p. 1224–1232; 8, p. 26–30; 9, p. 687–708]. That will be relevant at certain moment due to the busy schedule of competitions and training camps.

The use of gender-differential direction in women's training has a different view among experts. Some experts insist that the transfer of training patterns from the men's training program without taking into account the physiological and psychological component in the women's training program is unacceptable. Other researchers working with highly qualified women in various sports, including martial arts, argue that a differentiated gender approach depends on the typological characteristics of the female athlete and such individuals can train in the men's program [1, p. 16–19; 4, p. 25–28; 6, p. 115–121; 11, p. 3–14]. In turn, there was a difference in the amount of training loads between girls 8, 11, 15 years and 10, 12, 14 years. This has been proven by leading coaches of women's boxing teams and scientists working with girls involved in sports [7, p. 65–70; 12, p. 69].

However, the author's study of these scientific materials proved that in methodological terms, that is consistent teaching of boxing techniques: punches, defensive actions, special motor actions do not have a difference in training on the basis of gender. The main tools and methods of training technical – tactical training in boxing, which are taught to male boxers can be used in training women, but with a certain differentiation of loads. Theoretical analysis also proved the expediency of differentiating training between highly qualified women – boxers and girls.

Theoretical education in the general annual plan of children's and youth sports schools of Ukraine on preparation of girls takes the smallest quantity of educational hours in comparison with the general and special physical training, technical and tactical preparation. But, according to the author, the universality of such training is that it can be taught directly in the training process, a few minutes before training, at the end or between exercises.

Some experts argue that theoretical training can be combined with tactical. Pay attention to the ranking of such training. They provide data on which topics of theoretical training the attention of martial arts was more focused: «Varieties and content of tactics and actions» and «Strategy and tactics of competitive activity». Determine which methods should be used in the acquisition of theoretical knowledge of tactical training: verbal methods and educational films [15, p. 50–60; 16, p. 46–51].

The above material suggests the need for a conceptual approach to the training of girls engaged in boxing. This approach allows to adjust the amount of one or another component of training according to the needs of the athlete at different stages of long-term training. This approach can also be narrowly focused on the development of a particular component of training.

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