

Specific exercises for the execution of preparatory tactical actions for the attack in boxing

Ejercicios específicos para la ejecución de acciones tácticas preparatorias para el ataque en el boxeo

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Date of reception: January 5, 2021.

Date of acceptance: February 26, 2021.

ABSTRACT

This work is related to the improvement of the preparatory tactical actions for the attack in boxing. The objective of the research is to propose specific exercises to improve the execution of the preparatory tactical actions for the attack in boxers of the category 11-12 years and to the general development of the offensive actions in this category of initiation, within the framework of this research were used the following research methods and techniques such as analysis-synthesis, systemic-structural-functional; observation, documentary analysis, pre-experiment, survey, arithmetic mean and percentage calculation.

Keywords: Specific exercises; Offensive tactic; Boxing; Preparatory tactical actions

RESUMEN

Este trabajo se relaciona con el perfeccionamiento de las acciones tácticas preparatorias para el ataque en el boxeo. La investigación tiene como objetivo proponer ejercicios específicos para mejorar la ejecución de las acciones tácticas preparatorias para el ataque en boxeadores de la categoría 11-12 años y al desarrollo general de las acciones ofensivas en esta categoría de iniciación, en el marco de esta investigación se utilizaron los siguientes métodos y técnicas de investigación como el análisis-síntesis, sistémico-estructural-funcional; observación, análisis documental, pre-experimento, la encuesta, media aritmética y el cálculo porcentual.

Palabras clave: Ejercicios específicos; Táctica ofensiva; Boxeo; Acciones tácticas preparatorias

INTRODUCTION

Boxing belongs to the group of sports that are characterized by rapid changes in competitive conditions and by a great variability of the boxer's actions in the combat process. This makes it an eminently tactical sport.

Classic authors in the specialty have raised the call and the need to create new objectives that lead to the ascent of technical and tactical skills in combat sports. On the part of the European classics, they can be named: Degteriov (1983), Matviev (1983), Ozolin (1988), as well as by the doctors in Pedagogical Sciences Rolando Zamora Castro and Alcides Sagarra Carón who provide various criteria on the general preparation of the boxer, also agreeing that "the indicator par excellence in the preparation of Cuban boxers is free training with gloves, since it expresses all the competitive capacity" (Sagarra, 2011, p. 43) teachings that have reached the different levels the boxer goes through in his development to strengthen the learning process.

Authors such as Rubio (2009) and Navarro (2013), carried out research related to the proposal of alternatives and strategies that contribute to the process of tactical preparation of the boxer in youth and social categories respectively where they highlight the tactics as a determining component in the preparation of the fighter.

In the book "The basic preparation of boxers" by (Domínguez and Llano, 1987) it is stated that:

Las acciones preparatorias son todos los movimientos que se realizan antes de efectuar el ataque o contraataque en busca de posiciones cómodas mediante el uso de elementos de desplazamientos, movimientos del cuerpo, golpes de engaños y fintas. Estas acciones iniciales deben ocultar la acción programada, confundir al contrario y descubrir sus posibilidades, tanto positivas como negativas.

The preparatory actions are all the movements that are carried out before carrying out the attack or counterattack in search of comfortable positions through the use of elements of displacement, body movements, trick shots and feints.

These initial actions must hide the programmed action, confuse the contrary, and reveal its possibilities, both positive and negative.

Feints: imitation of the blow

Tricks: the feint is conditioned by a blow or a series of blows that are made without much force.

Maneuvers: ability to move.

Pendular movement: execution of the flat step forward and backward, quickly and freely, to change the distance. (p. 79)

According to Zamora (1995), in the book "Boxing with the new and the traditional", *"las acciones previas son las actividades que relacionadas con el ataque, se realizan con el propósito de enmascarar al mismo. Básicamente las acciones previas del ataque están compuestas por las fintas, que a la vez pueden ser directas, indirectas y mixtas"*. (p. 46)

"The previous actions are the activities related to the attack, carried out with the purpose of masking it. Basically, the actions prior to the attack are made up of feints, which at the same time can be direct, indirect and mixed ". (p. 46)

Feints constitute a varied number of body movements tending to disorient the attention of the opposing athlete, which facilitates their effective hitting. Its objectives are to provoke inappropriate reactions from the adversary to simulated movements that do not actually occur.

The direct feints are actions that tend to confuse the opponent and are directly related to the attack with any of the classic movements. It consists of the use of simulated movements of blows that are interrupted in their main phases and replaced by the same or others suddenly, with the consequent deception of the opponent.

Indirect feints are all actions produced with any of the visible parts of the athlete's body and that are not related to any of the hitting actions, aimed at diverting the attention of the opponent and that by having a positive effect, allows a clean impact on the athlete. their response capacity is diminished.

Mixed and combined feints are those actions where the elements of direct and indirect feints are integrated as a particular monostructural phenomenon of the tactical actions of boxing.

The author of this work assumes the definitions previously raised by Dr. Rolando Zamora, providing as essential data the possibilities that feints have, which act as disconcerting factors to the contrary. The school boxer is just beginning his sporting journey and at this age it is necessary to equip him with all the knowledge that boxing requires, feints as an action that the boxer executes to prepare his attack is an essential tactical element in combat.

In the observations made to the preparatory stops and the training sections, it was observed that there are deficiencies in the execution of the preparatory tactical actions for the attack, determined because the boxers do not have the speed required to perform it, insufficient coordination in the execution of feints or other deception maneuvers and they are executed without creativity, little specific treatment appears in the Athlete Preparation program for teaching these preparatory actions for the attack.

The foregoing corroborates the need to consider research and alternatives that contribute to perfecting the process of preparing boxers from an early age.

METHODS

To carry out this research, 12 boxers who make up the provincial preselection of the Guantánamo province were taken as a population, with a view to the national games.

The methods and techniques used allowed to carry out the evaluation of the development of the historical antecedents of the offensive tactical preparation process for the category; In addition, the information obtained from the consulted literature, the normative documents, such as the comprehensive training program for the athlete 2017-2020, was synthesized; the data obtained from the application of empirical methods and discover relationships and the logic to follow in obtaining knowledge.

In the same way, the study of the contents of the documents was carried out, especially those related to the sporting activity of boxers at the age of initiation;

Direct observations were made of preparatory ceilings and non-fundamental competencies that allowed detecting the deficiencies and the ineffectiveness of the actions during the combative activity.

RESULTS

Foundation and development of the set of specific exercises for the execution of preparatory tactical actions for the attack in boxing

The proposed set of exercises is developed with the aim of contributing to the development of tactical thinking, through the rational use of preparatory actions for the attack in boxing in the 11-12 year old category.

After a teaching process carried out from the beginning of the attack, tell yourself the fundamental elements of boxing such as: the combat stop, the fundamental blows, etc. It is necessary to educate the pupil by instilling in them what actions to take before attacking the other side. Preparatory actions or deception maneuvers have this charge and the positive use of them becomes an act that effectively leads to the attack.

The exercises shown below are closely related to the previous actions to attack the opponent. They are designed with the aim of introducing them into the training system carried out in the process of preparing the provincial preselection with a view to the pioneering national games. They are divided into three groups of exercises, firstly: the arm preparatory tactical actions, the trunk preparatory tactical actions and the leg preparatory tactical actions.

Structure of the set of exercises to execute the preparatory attack actions.

1. Name of the exercises: These will be related to the action to be carried out.
2. Objective: they will reflect the purpose of the exercise.
3. Description: they will clearly and precisely explain the exercise to be carried out.
4. Methods: they will be aimed at solving the teaching task.
5. Methodological indications: They will reflect the most important aspects to take into account.

Set of exercises to execute the preparatory attack actions

For a better application of the set of exercises it was divided into three groups:

- I. Exercises for the execution of preparatory actions with the upper limbs

Exercise # 1: Divert the opponent's attention to the lower zone.

Objective: Deceive the opponent by means of a simulated attack with a straight anterior hit to the abdomen to hit with the rectum posterior to the face.

Description: From the boxing position, perform an imitation of the anterior straight blow to the abdomen and hit with the posterior rectum to the face. When performing the imitation of the anterior rectus strike to the abdomen, the technique should be interrupted in its main phase and struck with the rectum posterior to the face

Methods: Explanatory demonstrative, repetition and fragmentary global of the whole.

Methodological indications: to carry out the activity the coach must take into account the methodological steps for teaching, give an exhaustive explanation of the intentions of the action, it will be emphasized that the action must achieve the objective of diverting the attention of the opponent and then meet the objective of the action. Ensure that the action of the exercise is dynamic and coordinated.

It will be performed first static, then with pendulous steps with combat rhythm and then in pairs and with gloves

Exercise # 2: Divert the opponent's attention to defend the head area.

Objective: Deceive the opponent by simulating an attack with a straight blow in front of the face and hitting with the straight behind the trunk.

Description: From the boxing position, perform an imitation of the anterior blow to the face and hit with a straight posterior to the trunk. when performing the imitation of the anterior rectus strike to the abdomen, the technique should be interrupted in the main phase and struck with the rectum posterior to the face

Methods: Explanatory demonstrative, repetition and fragmentary global of the whole.

Methodological indications: take into account the methodological steps for teaching, give an exhaustive explanation of the intentions of the action, it will be emphasized that the action must achieve the objective of diverting attention from the opponent and then fulfill the objective of the action.

Exercise # 3: Cheat in the middle distance.

Objective: Deceive the opponent by simulating an anterior hook attack to the abdomen and hitting with an anterior cross to the face.

Description: From the boxing position, perform a feint of the anterior hook strike to the abdomen and strike with an anterior cross to the face.

Methods: Explanatory demonstrative, repetition and fragmentary global of the whole.

Methodological indications: Pay attention to the technique of the hook strike in relation to the flexion of the legs and the rotation of the trunk towards the support of the front leg. give an exhaustive explanation of the intentions of the action, it will be emphasized that the action must achieve the objective of diverting the attention of the opponent and then fulfill the objective of the action. You can apply the variant of making contact with the opponent with little force and then applying all the intensity to the cross.

II. Exercises to carry out the preparatory actions with the trunk.

Exercise # 1: Back and forth from the trunk

Objective: To disorient the opponent through movements of the trunk to the sides and back to execute the attack with straight blows before and after the face.

Description: Perform movements of the trunk behind, to the posterior lateral, to the anterior lateral and in this last movement, hit with the anterior and posterior rectum to the face.

Methods: Demonstrative explanatory, repetition and global fragmentary global.

Methodological indications: Take care that the movements of the trunk are not excessive so that they do not affect the balance and stability of the body and that the action runs fast and dynamic. Start from the first movement and gradually incorporate the others from the dominance of the boxer

Exercise # 2: Masking Body Position

Objective: To disorient the opponent by means of movements of the trunk towards the sides and execute the attack with a posterior straight blow and a crossed anterior to the face.

Description: From the boxing position, perform a trunk movement to the anterior and posterior lateral and hit with a straight posterior to the face and crossed anterior to the face.

Methods: Explanatory demonstrative, repetition and fragmentary global of the whole.

Methodological indications: Take care that the movements of the trunk are fast but not excessive in its center of gravity so that they do not affect the balance and stability of the body and that the action runs fast and dynamic.

Exercise # 3: Masking Body Position in Medium and Short Distance

Objective: To disorient the opponent by means of movements of the trunk towards the sides and back to execute the attack with straight blows posterior to the face and anterior and posterior hook to the trunk.

Description: From the boxing position, perform imitation of trunk movements to the side, posterior, anterior and backward and hit with a straight back to the face and anterior and posterior hook to the trunk.

Methods: Explanatory demonstrative, repetition and fragmentary global of the whole.

Methodological indications: Ensure the correct initial boxing posture, that the movements are fast, coordinated and the technique that is executed fulfills its objective. Insist that the last blow be made with greater explosiveness.

III. Exercises for the execution of preparatory actions with the lower limbs

Exercise # 1: Rocking horse

Objective: To destabilize the opponent through deception movements with the legs, front and back, to execute the attack with straight blows before and after the face.

Description: Imitation of movement with anterior direction and change of direction backwards and quickly attack with anterior and posterior rectus to the face.

Methods: Explanatory demonstrative, repetition and fragmentary global of the whole.

Methodological indications: Pay attention and encourage deception movements, such as changes of direction, the athlete must be fast and the view must always be based on the opponent. Require coordination between legs and arms

Exercise # 2: Deception of combat distance

Objective: To destabilize the opponent through deceitful movements with the legs, quickly entering the attack distance to execute the attack with a straight blow to the abdomen.

Description: Imitation of displacement of flat steps back and then two in front from the extra-long distance with anterior flat step, and attack with a straight anterior strike to the abdomen.

Methods: Explanatory demonstrative, repetition and fragmentary global of the whole.

Methodological indications: Pay attention to the technique of flat steps in terms of the position of the legs without breaking the mechanics of the movement

Exercise # 3: Exit to the diagonal

Objective: To destabilize the opponent by deceiving movements with the legs towards the sides to execute the attack with straight blows to the face.

Description: From the boxing position, perform trick movements with the front foot and move with lateral steps leaving the opponent's line of attack and hit with a straight back to the face.

Methods: Explanatory demonstrative, repetition and fragmentary global of the whole.

Methodological indications: It must be taken into account that the attack must be carried out immediately after the deception action, giving all the speed and explosiveness that the blow requires.

DISCUSSION

The visits and observations to training sessions and preparatory stops of the boxers under study corroborated the existing limitations in offensive tactical knowledge to achieve effectiveness in the attack. In addition, the little treatment of aspects related to creativity and problem solving in young boxers was evidenced.

On the other hand, the Comprehensive Program for the Preparation of the Boxing Athlete presents limitations regarding the treatment of offensive tactical work in these initiation categories, which limits the adequate planning regarding this component of the preparation, elements that They are solved with the exercises that are proposed in this investigation.

This research addresses the issue of preparatory actions for the attack in boxing, for which the definition of Domínguez and Llano, 1987 is assumed, in which they reveal how to perform these preparatory actions that constitute essential elements for the elaboration of the exercises. proposed.

The authors Rubio (2009) and Navarro (2013) in their research propose exercises to improve the process of tactical preparation of boxers in advanced categories, of which some elements were assumed that were contextualized to the category under study to lay the foundations of the boxing development of the practitioners.

What was raised by Dr. Sagarra corroborates the need to work in pairs to polish the competitive capacity of boxers once they have mastered the execution of the preparatory tactical actions for the attack with the specific exercises proposed in this research.

It can be concluded that an analysis of the main theoretical references that address aspects related to research is carried out. The proposal can favor a better performance of the fighters in the combats in order to improve the competitive results. On the other hand, it is important that the coach of the young boxers be able to identify the levels in which the fighters are found from an exhaustive characterization of all the physical, technical, psychological and theoretical aspects, to achieve a correct individualized work in training.

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