

PSYCHOLOGICAL FEATURES OF SPECIALIZED PERCEPTIONS IN BOXERS

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Annotation: In this article, the author tried to clarify the psychological features of feeling the gap in boxers by studying the scientific and theoretical literature of international scientists using a new methodology. The author measures nine types of intermediate distances in boxers (Opponent: moving away, approaching, turning right, turning left, Me: approaching, moving away, turning right, turning left, stepping) international class masters of sports, masters of sports, candidates for master of sports, first, second and conducted research on three hundred boxers with a third sports degree. He tried to clarify the psychological and pedagogical elements of boxers' sense of distance using a device that allows accurate measurement and development of distance. In his experimental studies, he tried to determine the formative years of the boxers' qualifications and their development of the intermediate distance in the fight from an empirical point of view. At the same time, based on the results of his scientific research, he gave suggestions and recommendations to boxers and trainers on how to form an intermediate distance in a short time.

Key words: boxer, interval, distance, competition, psychological characteristics, device, result, technique, tactics, skill.

Аннотация: В данной статье автор попытался выяснить психологические особенности ощущения разрыва у боксеров, изучив научно-теоретическую литературу ученых-международников с использованием новой методики. Автор измеряет девять видов промежуточных дистанций у боксеров (Противник: когда он уходит, приближение, поворот направо, поворот налево, Я: приближение, когда я ушел, поворот направо, поворот налево, с шагом) мастера спорта международного класса, мастера спорта, кандидаты на мастера спорта первого, второго и провел исследование на трехстах боксёрах третьего спортивного разряда. Он попытался уточнить психолого-педагогические элементы чувства дистанции у боксеров, используя прибор, позволяющий точно измерять и развивать дистанцию. В своих экспериментальных исследованиях он пытался с эмпирической точки зрения определить годы становления квалификации боксеров и развитие у них промежуточной дистанции в бою. При этом по результатам своих научных исследований он давал предложения и рекомендации боксерам и тренерам, как сформировать промежуточную дистанцию в короткие сроки.

Ключевые слова: боксер, интервал, дистанция, соревнование, психологические характеристики, прием, результат, техника, тактика, мастерство.

Relevance. It is possible to find out from the results of international competitions that the attention paid to solo sports is extremely high. The development of the sport of boxing in our country is evidence of the achievements of mass and professional athletes Bokhodir Jalolov, Murodzhon Akhmadaliev, Khasanboy do'smatov, Shakhobiddin Zoirov, Fazliddin Kheyibnazarov, Israel Madrimov and Abdumalik Halakhov. Due to the fact that all sports have

their own specialized perception, there is also a sense of range in boxing. Now our boxers are bringing high positions in world arenas, but there are also shortcomings in them. One of these is the inability to clearly feel the range. Feeling the interval plays a big role in boxing. Our republic does not have equipment and equipment that accurately measure the sense of range.

In modern boxing sports, it is possible to achieve great results using new technologies and in the short term in the development of an athlete's sense of range. Because a boxer who feels the interval in the sport of boxing will also have a higher chance of winning. Correctly evaluates its capabilities, attacks when a situation of attack occurs, and immediately switches to defense. This means that the creation of modern technologies that measure and develop the perception of the range of boxers is considered one of the current pressing problems.[1;2;3;4]

Considering the psychophysiological mechanisms of feeling distance, it can be noted that it is formed under the influence of specialized conditions of boxing activity: it is necessary to perceive the distance to the partner, as well as Hiss accuracy, speed, own movements, amplitude of partner movements. On this basis, a complex perception is formed, which allows you to assess the distance to the partner for the implementation of combat techniques. Given the above, the sense of distance can be characterized as a special perception that allows boxers to calculate the distance to a partner to perform fighting techniques. Yu. B.Nikiforov

The individual style of movement activity covers a wide range of interrelationships with elite sports. Today, in the face of the theory of elite sports results, theoretical and empirical materials collected from sports physiology, sports psychology and other disciplines allow us to generalize the problem and complement the complex multi-level structure of the individual style. The identification of new additional factors, especially in combat sports, is determined by the directions of scientific research. [7,9]

A big problem for many boxers is the feeling of distance and the time it takes to avoid a hit or a return shot. Why don't most boxers have the right sense of distance? Because intuition and perception do not work well. Instead of feeling, the boxer involves a count, which is never consistent with the action. Therefore, in boxers it is necessary to form a "sense of distance", and not a "distance calculation". Computing is the logic that serves the interests of the mind, and feeling is the intuition that serves the interests of the mind (whole and private at the same time). D. Yu.Ekomasova.

The purpose of the study: to study and experimentally substantiate the psychological peculiarities of the perception of the oral in boxers.

Research techniques. Scientific methodological literature was used in the analysis, confirmation experiment, observation, correspondence, instrumental style and mathematical statistical methods.

The scientific novelty of the study: to create a new device for feeling the range in boxers. To put into practice a new approach to the feeling of a special specialized perception i.e. range in all-round boxers.

The importance of research in practice: it becomes easier to acquire technical and tactical skills and skills if we develop a sense of range in boxers from a young age. The strategy of fighting will improve. At the same time, the time to achieve high sports skills is reduced.

In the study and assessment of the Republican and foreign literature on the development of the sense of range in boxers, the following were found. Scientists of our country R.Halmukhammedov, S.Tajibaev, Yu.Serebriyakov, V. In the scientific and theoretical literature and dissertations of Anoshev and others, clearly measurable methodologies on the perception of the range are not sufficiently illuminated. One of the scientists who learned to make a gap in boxing in the world was initially K.While Gradapolov gave information in his book on Boxing

tactics, later Yu.B. Nikiforov recommended in his 1971 literature that the range in boxers should be developed at the expense of striking from different distances in the development of his. The first in our republic to do scientific research work on spacing is Z. Gapparov has provided information in scientific articles and books on the development of the sense of range in swordsmen and young boxers. [5,6]

In young boxers, methodologies have been used in various ways to make a device and test it to develop a sense of orality. But the creation of instrumental methodologies that accurately measure the intermediate distance has become one of the pressing problems of today. To this end, professor Z. Gapparov, it was for boxers that a trainer was developed that accurately measured the "intermediate" intermediate distance.

The structure of the created device.

According to the analysis of the literature studied, we can see that boxers do not have special devices or simulators on the range. For this purpose, Based on the ideas of Z.G. Gapparov, a special device was created for measuring and developing intermediate distances. It was named "intermediate". It consists of the following parts. 1-the bottom, which is mounted on the hinges. Column 2, mounted on the base of the device, is bricked in centimeters to column 3 with a height of 1.85 cm. The length of the measurement is up to 20 centimeters. The scale moves up and down the column. The range is moved up or down towards the boxer's height while being measured. The device is able to move to different sides, like an athlete.

The results of the study were carried out by students of the Uzbekistan State physical Tarbiya and sports university. The study attracted a total of 300 athletes from international categories of masters of sports, masters of sports, candidates for Master of sports, as well as various razryad. Thus, a boxer with a counter-attack style is characterized by a sense of distance associated with defensive movements.

That boxers have ways and measurement options to feel the range of nine types. Looking closely at the numbers, we can see that the master of sports in the international category has had the following indicators during his 15 years of experience. At first we can see that at four different intermediate distances in the process in which the opponent is moving, 1.5 centimeters when the opponent moves away, 1.6 centimeters when the opponent approaches, 0.5 centimeters when the opponent moves in a right circle, 0.33 centimeters when the opponent moves in a left circle did not reach the specified part. In the process of the second study, however, the following indicators were obtained at intermediate distances of five types when acting on their own in relation to the opponent. We can see that there is an error of 0.71 centimeters when I approach the opponent, 1.7 centimeters when I move away from the opponent, 1.0 centimeters when I turn to the right in relation to the opponent, 1.4 centimeters when I turn to the left in relation to the opponent, 1.2 centimeters when I step on the opponent. In general, we can see that masters of sports of the international category on average have the greatest error of 1.7 centimeters.

In sports masters, however, we can see that the above indicators did not reach the specified section of 2.5 centimeters when the opponent moved away, 2.16 centimeters when the opponent approached, 2.5 centimeters when the opponent moved in a circle to the right, and 2.33 centimeters when the opponent moved in a circle to the left. In the process of the second study, however, the following indicators were obtained at intermediate distances of five types when acting on their own in relation to the opponent. We can see that there is an error of 1.66 centimeters when I approach the opponent, 2.5 centimeters when I move away from the opponent, 2.5 centimeters when I turn to the right in relation to the opponent, 3 centimeters when I turn to the left in relation to the opponent, 2 centimeters when I step on the opponent. In general, we can see that the fact that sports masters make different intermediate distances his is

up to a maximum of 3 centimeters. It was observed that when taken at the expense of boxing gloves, they move with an accuracy of up to 0-0.5 centimeters. This can be clearly seen from the picture below.

In the image above, the indicators of 9 different types of punches of one boxer are expressed. We can see that at the moment when the opponent is moving, 4 types of strokes are obtained, as well as 5 types of stroke indicators in his actions in relation to the opponent. The picture shows the results of the 9 types of shots of the master of sports, in which we can clearly see from the picture above that curves close to 0 indicate that the most optimal and accurate shots are scored from a more ambiguous shot away from 0. Just like that such indicators were obtained in all categories of boxers. Their overall average comparative performance is expressed in Figure 1 below.

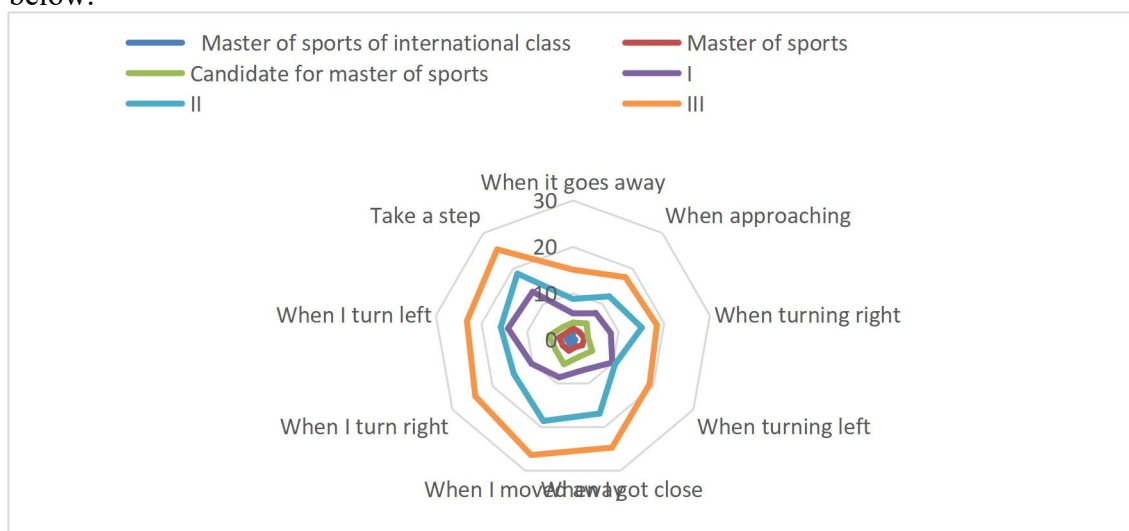


Figure 1. Performance of the interval in boxers with different sports qualifications

From this picture we can see that in 300 boxers with six types of sports qualifications, that is, if the mistakes made in relation to the movement of the opponent are considered with attention, then the errors in sports collisions also decrease. In sports masters of the international category, up to 1.7 centimeters, the mistakes of sports masters are up to 3 centimeters, in candidates for sports masters up to 5.6 centimeters, 1-razors 14.2 sm. up to, we can see that there are maximum errors of 2-razors up to 18.6 centimeters, and 3-razors up to 26.4 centimeters. So in 1-15 years, there were cases when professional activity decreased or increased in age due to the development of a sense of range.

Conclusion

1. From the literature studied, it turned out that in boxing sports, there are no specific tools and techniques for the development and measurement of interval hiss, as well as training for special development is not provided. It became known in the results of the taxing, in which the boxers were carried out that the feeling of the interval in the process of conducting a fight is growing empirically.
2. In order to further improve the sports skills of boxers in our republic, it is necessary to find a sense of their individual intermediate distances from the very first period of their activity and to fight in this felt range, as the time to achieve high sports skills is reduced if skills and qualifications are formed.

3. The advantage of the style is that the device "measures the length of the intermediate distance and provides an opportunity for sharp development, its co-existence, high results with little effort and time, does not get injured, has the opportunity to use it in different places, is comfortable, the athlete has the opportunity to independently develop these specialized perceptions in himself, does not.
4. The experiment carried out confirmed that MSIC, MS and CMS were proven in the obtained indicators that more accurately measure an intermediate distance of 2-3 times compared to athletes with a 1-2 - 3-discharge.

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