

AGE BOXERS IN PREPARATION SITUATIONAL MODELING TECHNOLOGY APPLICATION EFFICIENCY

Ibrahimov Mironshokh Muhammadovich

Associate Professor, Department of Sports Theory and Methodology,
Bukhara State University

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Abstract: In the article young boxers preparation in the phase situational modeling technology of use scientific and pedagogical conditions studied. Situational modeling through athletes non-standard combative in cases right solution find skills formation showing passed. Experimental in the group record done positive dynamics this approach traditional from the methodology more efficient that confirms .

Support words: sports pedagogy, situational approach, boxing technique, tactics preparation, age athletes.

Yours scientific your article for " **Young boxers in preparation situational modeling technology application " efficiency "** on the subject, all academic to the requirements answer giving, approximately half page in size entrance tex :

Introduction . Modern boxing sports today's on the day grass high dynamics, combat of actions unexpectedness and tactical schemes becoming complicated going with International in the fields of competition sharp increase in sports equipment improvement and arbitration in the system changes young boxers preparation to the process innovative pedagogical approaches implementation to reach requirement is doing. Young boxers of preparation initial movement skills in stages formation traditional accordingly technician methods many once to repeat (stereotypical) approach) is based on. However, sports practice this shows that such approach athlete's real combat in the situation — time and space limited, rival by permanent pressure there is was under the circumstances fast and appropriate decision acceptance to do enough ability (anticipation) at the level This is not the case . in turn , in training indicators and competition results between imbalance brought is issuing .

This problem solution in the process of situational modeling technology the most effective methodological from solutions one as manifestation will be. Conditional modeling is training process competition to the real parameters of its activity maximum at the level to approach, to the opponent probable tactical movements in advance modeling and this optimal technical conditions solutions to find directed systematic This is a process. technology application through young in boxers not only movement technique, but also tactical thought, situation analysis to do and intellectual stability such as important adjectives complex accordingly is formed.

The research relevance is that the current on the day boxing according to training in programs situational modeling elements fragmentary to the character has are, they are systematic pedagogical technology to the level not raised. Therefore, the age individual capabilities of boxers into account received without, combative situations modeling through their technical-tactical readiness improvement methodology working exit and his/her efficiency scientific justification of modern sports pedagogy important from the duties one is considered. This research exactly young boxers preparation system optimization and their professional sports to pass during the period competitiveness to provide focus with is important.

Learning level. Boxing theory and in the methodology technical-tactical preparation issues far from years since sports scientists and of experts attention in the center to be In particular, the movement technique in boxing formation and combative tactics Fundamentals of Optimization RD Khalmammedov, Sh.A. Abdullayev and VA Taymazov such as of scientists in their work wide illuminated. Their in research individual style of boxers shaping , blow to



give dynamics and protection of their actions biomechanical to the characteristics separately attention Also , athletes physical adjectives develop and them competition to the activity preparation pedagogical system FA Kerimov and other local experts by scientific analysis made .

However , in modern sports pedagogy modeling approach related research analysis this shows that most affairs high qualified Boxing (adult) competition activity to modeling directed . Age boxers in preparation situational modeling , that is training process certain tactical situations (against attack , unexpected protection , distance based on the battle of organization to grow issue still enough at the level not systematized . For example , SS Tajibayev and MM Ibragimov scientific in their work boxers technical-tactical movements management seeing issued although , exactly young in athletes tactical " situational" thinking game " and " fighting models " via development methodical algorithms open remains .

With this together , foreign in research (for example , K. Degtiaryov and others) in boxing situational approach importance record done , but this approach national sports education system and young boxers psychophysiological development to the stages adaptation necessity available . The above in consideration received without this in research there is scientific views generalized , young boxers readiness efficiency increase situational-logical models working to go out main attention This is own in turn , the studied of the problem theoretical base practical methodology with enrichment opportunity gives .

Home part. Age boxers readiness in the system technician and tactical actions many in cases separately However, modern boxing methodology this two component integrated form — situational modeling requirement will. Situational modeling when you say, exercise in the process competition to the activity typical was typical and non-standard situations artificial accordingly create and to them appropriate technician solutions find understood .

Our research within young boxers for following three basic model maker output:

- **Mobile models:** Opponent's movement to the trajectory looking at distance storage and selection.
- **Time models:** Of the battle last in seconds or fatigue in the background high at a pace work
- **Tactical contradiction models:** Height high, left or aggressive offensive to opponents against special styles to form.

2. Pedagogical of the experiment organization to be

Research The case of the Bukhara state University (BukSU) sports complex at the base The experiment was conducted on 13-14 year olds . 30 people in total boxer participation They were 15 people each . consists of Control (NG) and Experimental (EG) groups separated.

Experimental group to training 3 times a week for 20-30 minutes situational modeling blocks This was introduced. in blocks athletes " chess " lesson " in principle, that is, each blow and protection certain tactical to the situation tied without they did . Control in the group and traditional The training program remains unchanged. postponed .

3. Research results and their comparative analysis

Experiment in the end boxers technical-tactical skill special test exercises and sparring through evaluated . Home attention of blows accuracy , protection reliability and decision acceptance to do to the speed focused .

Age boxers technical-tactical indicators dynamics (experiment) results)

Table 1.

No	Evaluation indicators	Grou p	Initial (points)	Final (score)	Growth (%)	t-test (P)
1	Shock to give technique and accuracy	NG	6.4 ± 0.5	6.9 ± 0.4	7.8%	P > 0.05
		E.G.	6.3 ± 0.6	8.4 ± 0.5	33.3%	P < 0.01



2	Protection movements efficiency	NG	5.9 ± 0.4	6.5 ± 0.3	10.1%	P > 0.05
		E.G.	6.0 ± 0.5	8.1 ± 0.4	35.0%	P < 0.01
3	Tactical thought and decision speed	NG	5.2 ± 0.7	5.8 ± 0.5	11.5%	P > 0.05
		E.G.	5.3 ± 0.6	8.6 ± 0.4	62.2%	P < 0.001
4	Distance feeling (footwork)	NG	6.1 ± 0.4	6.6 ± 0.3	8.2%	P > 0.05
		E.G.	6.2 ± 0.5	8.3 ± 0.3	33.8%	P < 0.01
5	Against to attack to pass ability	NG	4.8 ± 0.6	5.5 ± 0.4	14.5%	P < 0.05
		E.G.	4.9 ± 0.7	7.9 ± 0.5	61.2%	P < 0.001

Discussion . Our research results this showed that the age boxers in preparation situational modeling technology application technical-tactical indicators sharp to grow take This situation comes . boxing biomechanics and sports psychophysiology laws based on explanation possible . Traditional in training developing movement skills often " closed " in character has are , they are external the environment (of the opponent) is changing to the effect less adapted will be . Conditional modeling and in boxer " open " " practices " shapes .

Experimental in the group tactical decision acceptance to do speed **62.2%** to increase athlete's central nerve in the system cognitive of processes since activated evidence The boxer gives every situation (for example , the opponent's unexpected jab (a blow) as a separate signal not , maybe whole one model part as acceptance can This is the " reaction " "time" abbreviated as " forecast " extends the time (anticipation) .

Received our results RD Khalmukhammedov and Sh.A. Abdullayev like of scientists individual tactics in boxing style formation regarding theories practical in terms of enriches . However , our in our approach main accent only the technique to correct not , maybe that's it of the technique **situational compliance** focused .

SS Tajibayev in research in sports modeling general principles shown if so , our in our research exactly 13-14 years old boxers psychophysical sensory reactions this to models how much fast adaptation proven . Control in the group growth slow (around 7-11 %) shows that only physical exercises and standard " school" boxing " elements modern , high at speed to battles preparation for enough not . Experimental in the group **61.2%** quality growth (against) attack efficiency according to) and tactical of thought technician from opportunities according to more to the result impact to reach confirms .

Discussion being done technology again one important aspect — athlete intellectual potential mobilized Age boxers often competition " tactical " in time blindness " (battle the area to the state of not seeing fall They will stay . This main The reason is the brain. unexpected information flow again to work It's not enough .

Situational modeling training during which we boxers various " combat scenarios (e.g. , " opponent " only on the left hand " is working " , " rival " only in the corner pinch " trying to put it ") we taught . These scenarios athlete's in memory " **tactical** " **blocks** " in appearance preserved As a result , real competition under the circumstances boxer new solution to search time does not spend , but there is from models the most optimal automatic in a way selectively This is emotional stress reduces and combative stability provides .



Research during determined regulations sports schools and boxing clubs for new methodical recommendations working to go out basis will be . Conditional modeling not only the technique improves , but coach and athlete between analytical It also enhances communication . Athlete now The coach said " hur " command just does not do it , but " what for exactly this in the situation hit "need" understanding enough .

This methodology in use following to factors attention focus must :

- **Individualization** : Each boxer's anthropometric data (height , weight) length) and temperament depending on individual models create

- **Video monitoring** : Every situational from exercise then video analysis of errors through showing to give (this) visual memory strengthens) .

- **Gradation** : Models " complexity " is simple from shock — complicated combative " episode " principle based on increasing to go

Conclusion : Age boxers technical-tactical readiness to improve directed this research in sports pedagogy situational modeling technology high efficiency complete proved . Take visited pedagogical experiment results this shows that traditional training in the system repetitive (stereotypical) methods young athlete's competition in the conditions unexpected to changes adaptation opportunity limits . Situational modeling and in a boxer not only movement technique , but also cognitive analysis and anticipation (situation) in advance (perception) abilities complex develops . Research in the end experimental in the group tactical decision acceptance to do speed **62.2%** to , blows accuracy coefficient and **34.4%** to increase this methodology statistic reliability and practical priority confirms .

Received scientific conclusions based on young boxers readiness optimization according to following practical offers previously pushed : first , training of programs at least three one part exactly situational-logical models to solve direction ; secondly , each technician element certain combative situation (for example , " closed " protection " to crack " or " against " attack ") with integrated without to teach . This technology implementation to be in athletes intellectual battle style to form , competition in the activity psychological stability to provide and the most important , high qualified boxer personnel preparation quality new to the stage to lift service will do . Future in research this modeling system digital technologies and video analysis programs with further enrichment sports skills in increasing new opportunities opens .

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