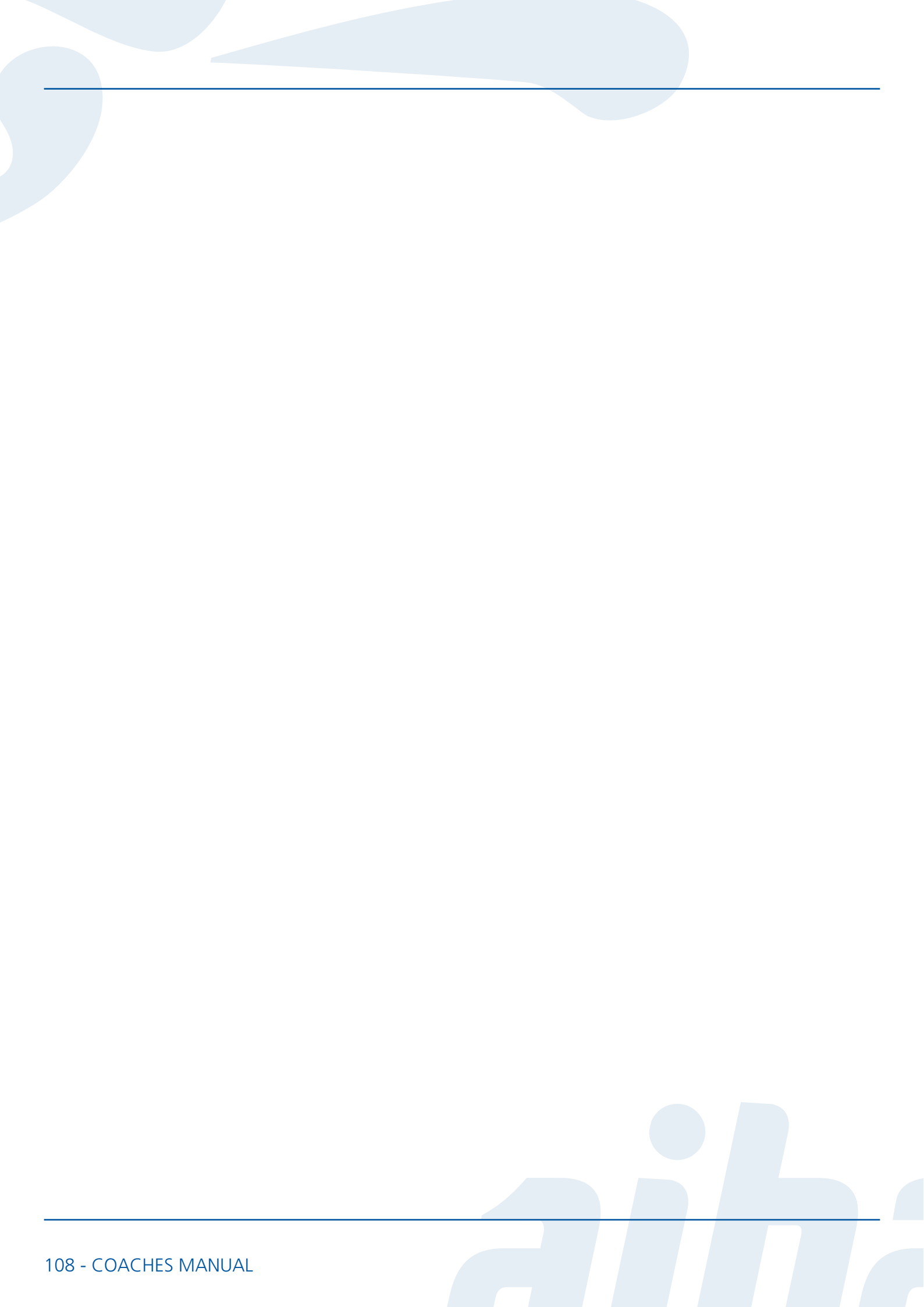

CHAPTER IV

ADDITIONAL ASPECTS



4.1. MEDICAL

4.1.1. INJURIES

Injuries can occur at anytime of the day, anywhere. It can happen during training, or at the competition. During the competition, ringside doctors and medical personnel will immediately take care of a boxer for any injuries, however, it is coach's responsibility to take care and protect the boxer from injuries but, also to provide a first-aid treatment, in case of any injuries occurring during training.

Types of injuries in Boxing:

- Nosebleed
- Fractured Nose
- Fractured Jaw
- Boxer's fracture
- Stave Bennett's fracture
- Intraorbital Injuries
- Periorbital Injuries
- Laceration
- Haematoma
- Facial Tenderness
- Cauliflower Ear
- Perforated Drum
- Concussion

4.1.2. INJURY PREVENTION

In order to prevent injuries, the first and foremost thing that a coach has to do is to provide a safe environment for training. The following criteria can also help boxers from getting injured during training or at the competition.

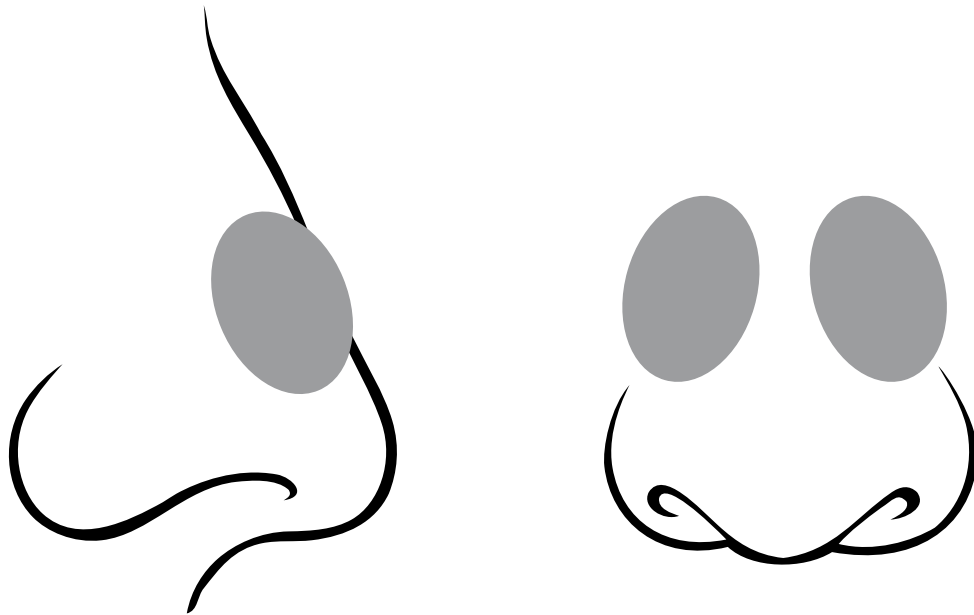
- Must follow safety guideline for using the facility and equipments
- If equipment is worn out or missing pieces, do not use it
- During the technical training with partner, the boxer must be fully attired with headguard, protectors, training shoes and etc.
- When sparring during the practice, the boxer should wear a headguard that covers most of the head and face and bigger boxing gloves (ex. 16oz gloves)
- During the sparring, the sparring partner has to be selected accordingly, based on the physical and level of skills of the boxer and based on the main objective of sparring.
- The boxer must have proper Warm-Up before the training and competition
- Provide the boxer with enough time for recovery before or after training and competitions
- Grease or Vaseline rubbed into the face before sparring to prevent injury

4.1.3. TREATMENT FOR MINOR INJURIES

In any cases, if the injuries are more severe than minor cuts or bruises, the Coach should call the emergency medical assistance before conducting any first treatment.

NOSE BLEED

- Sit up straight and tip your head slightly forward
 - Do not tilt your head back. This may cause blood to run down the back of your throat, and you may swallow it
- Breathe through the mouth
- Apply an ice pack to your nose, cheeks, and neck (The cold will stop bleeding and swelling)
- Use thumb and forefinger and firmly pinch the area shown in grey in picture below for 10 – 20 minutes



BRUISE

- Apply bag of ice or ice pack to the bruised area for approximately for 20 minutes to speed healing and reduce swelling. After a short break, this process can be repeated.
 - Do not apply ice directly to the skin. Wrap the ice pack in a washcloth or towel

CUT

- Be sure the wound is cleaned well with disinfectant swab or similar
- Apply plaster strip (bandage)

SPRAIN

- Lay the athlete down on flat ground
- Elevate sprained area
- Apply ice pack or bag of ice cubes on the injured part
 - Do not apply more than 20 minutes at a time
- Use the elastic wrap to wrap the injured area, overlap the elastic wrap by one-half of the width of the wrap. Make sure the wrap does not cut off blood circulation, the wrap should be snug. If the injured athlete's sprained area becomes cold, blue, or tingle, re-wrap.

FRACTURE

- If the fracture looks severe, call for medical assistance or transport the person to the emergency room
- Lay the athlete down on flat ground
- If there is bleeding, apply pressure to the bleeding area to stop bleeding before splinting
- For broken arm or leg bones, put a splint (made of wood, plastic, metal or other rigid materials) and padded with gauze against the area to prevent movement
- Wrap the splint to the area using bandage; then elevate the fractured area
- Transport the athletes to the medical emergency room or wait until medical personnel arrive

BRAIN CONCUSSION

- Apply ice pack or bag of ice on the injured area
 - Do not apply directly to the skin. Wrap the ice pack in a washcloth or towel
- Apply ice for 20-30 minutes
- Transport the athletes to the medical emergency room
- Warning signs of more serious concussion include nausea and vomiting, confusion, dizziness. In such case, the athlete needs to be transported to hospital immediately or call for medical assistance

4.1.4. TREATMENT FOR SEVERE INJURIES

In any case of severe injuries during the training, the coach must call the emergency number immediately. Until the emergency medical personnel arrive, the coach must stay with the injured boxer all the time and not perform any treatment on the boxer.

In a case of a knock-down during the training:

- Lay the boxer in comfortable and safe position
- Remove the mouthpiece and hold the head in a safe position (maybe we should add the illustration presenting the safe position)
- Apply cold sponges to the forehead and neck
- Carefully remove the headguard
- If the boxer suffers the concussion from the knock-down, it should be recorded in the coach's diary
- The coach must escort the boxer to see a physician and verify that he/she is in fair condition
- The boxer should have another medical check-up according to the AIBA competition and technical rules and regulations

4.2. NUTRITION

- The main goal of diet is to provide adequate energy for recovery and muscle tissues to repair quickly and efficiently without adding body fat
- The best strategy is to create a year-round eating strategy that includes weight management that ensures the boxer does not get outside 10% of his competitive boxing weight.
- It is recommended to eat approximately every 3-4 hours (Eat minimum four (4) meals per day at regular intervals)
- Drink water or a sport drink to maintain proper hydration, especially during the training.
- Avoid water-like substances such as sodas or lemonades. Although these may contain water and some carbohydrates, they also contain a greater amount of the useless type of carbohydrate source
- Don't forget about minerals and vitamins
- Plan diets that consist of a wide variety of foods and keep in mind the basic food groups – This is the best insurance for getting the needed nutrients.
- Diet of young athletes should be based on proper selection of nutritional elements such as:
 - Carbohydrates - brown rice, whole-meal pasta, oatmeal, whole-meal bread, vegetables, fruits and potatoes
 - Proteins- tofu, egg, fish, chicken, beef, pork and half fat cottage cheese
 - Fat- butter, seeds, nuts, sea fish, vegetable oils and olive oils
 - Vitamins- vegetables, fruits and other products, rich in following vitamins - C, B, D, A, K
 - Minerals – sodium, potassium, magnesium and iron
- For athletes, it is recommended to compose their diets, based on following ratios (calories):
 - 55 percent of carbohydrate
 - 1 gram of carbohydrate = 4 calories
 - Based on a consumption of 2,000 calories, 1,100 calories derives from carbohydrate
 - 1,100 calories = 275 grams
 - 15 percent of protein
- Daily protein intake: 1.6 – 1.8g per 1kg of bodyweight
 - 30 percent of fat
 - 1 gram of fat = 9 calories
 - Based on a consumption of 2,000 calories, 600 calories derives from fat
 - 600 calories = about 66 – 67 grams
- Try to consume additional 300 to 500 calories than your weight-maintenance level during the training season
- Drink fat-free or low fat milk
- Increase protein intake to 2g per 1 kg of bodyweight
- During the off-season, boxers should strive to either increase lean muscles mass and/or improve their physical weaknesses

BEFORE AND AFTER TRAINING SESSION

- 30 to 40 minutes before the training, consume 30 – 40 grams of carbohydrate and 20 grams of protein
- Consume sports drinks or drinks containing carbohydrates and proteins during the training session and immediately after, to avoid dehydration, prevent blood glucose levels falling too low and help maintain the body's glycogen stores

4.3. WEIGHT MONITORING

The body weight of the boxers will place boxers into the specific weight categories at the competition. In many cases, boxers start to control their body weight, a few days before the competition starts and such habits can be risky, not only for the boxer's well-being, but also the boxer may not be able to make the specific weight.

It is essential for the coach to constantly monitor and help the boxer to maintain his/her body weight without the competition.

- Before and after every training session or competition, body weight should be measured to see the impact of the training on the body weight
- It is dangerous to reduce body weight through dehydration or crash dieting
- The coach should monitor the fluid intake by the boxer and help him/her to take a sufficient amount of fluid during training
- Losing weight may cause boxers to be tired easily and quickly, the coach shall provide adequate meal plan that includes, time, frequency and what boxer should eat.
- If boxer wants to gain weight and build up body mass to compete in upper weight categories, the coach shall provide \ nutrition plan with a higher calorie intake.
- Athletes should reduce intake of the unhealthy food, such as soft drinks, oils, butters, sweets, too much coffee and tea, white bread, fast food.
- The nutrition plan should be based on the fruit/vegetables, rice, lean meats, natural drinks, pasta, grains

4.4. ANTI-DOPING EDUCATION

The AIBA Anti-doping program seeks to preserve what is intrinsically valuable about sport. This intrinsic value is often referred to as "the spirit of sport". It is the essence of Olympianism; it is how we play true. However, doping is fundamentally contrary to the spirit of sport.

Therefore, AIBA accepted the revised 2009 World Anti-Doping Code. Anti-doping rules are adopted and implemented in a professional manner and AIBA will continue its effort to eradicate doping in the sport of boxing.

4.4.1. IN-COMPETITION DOPING TEST

All athletes under the jurisdiction of a National Federation are subjected to in-competition testing by AIBA, the Athlete's National Federation, and any other Anti-doping organization responsible for testing at a competition or event in which they participate.

- In AIBA approved events, AIBA is the organization responsible for the testing
- In all other events, the Local Organizing Committee is responsible for the testing

SELECTION OF ATHLETE TO BE TESTED IN-COMPETITION

At International Events, each individual athlete finishing in one of the top three placements in all weight categories in the competition, plus one other boxer in the competition selected at random.

4.4.2. OUT-OF-COMPETITION DOPING TEST

AIBA has a Registered Testing Pool of those athletes who are required to comply with the whereabouts requirements of the International Standard for testing. The purpose of the AIBA Registered Testing Pool is to identify top-level international athletes who the AIBA requires to provide whereabouts information to facilitate Out-of-Competition testing by AIBA and other Anti-Doping Organizations with jurisdiction over the athletes.

SELECTION OF ATHLETE TO BE IN AIBA REGISTERED TESTING POOL

- During the Olympic Qualification Period, every athlete who has obtained a quota place for his country, independently if he will be participating in the Olympic Games
- The elite medal winners of the latest World Cup, World & Continental Championships
- The elite medal winners of the Previous Olympic Games
- Any athlete, member of a National Team, selected randomly by the AIBA Medical Commission
- List of athletes will be available on the AIBA website (<http://www.aiba.org>)
- Even if the athlete no longer fulfils any of the above criteria, he/she will remain in the Registered Testing Pool until the end of the calendar year

Responsibilities of athletes in the AIBA Registered Testing Pool

- Need to file quarterly reports with AIBA on forms provided by AIBA which specify on a daily basis the locations and times where the athletes will be residing, training and competition
- Need to update his/her information as necessary so that it is current at all times.
- Be available for testing at such whereabouts

The ultimate responsibility for providing whereabouts information rests with each athlete; however, it shall be the responsibility of each coach and National Federation to make its best efforts to assist AIBA in obtaining whereabouts information as requested by AIBA.

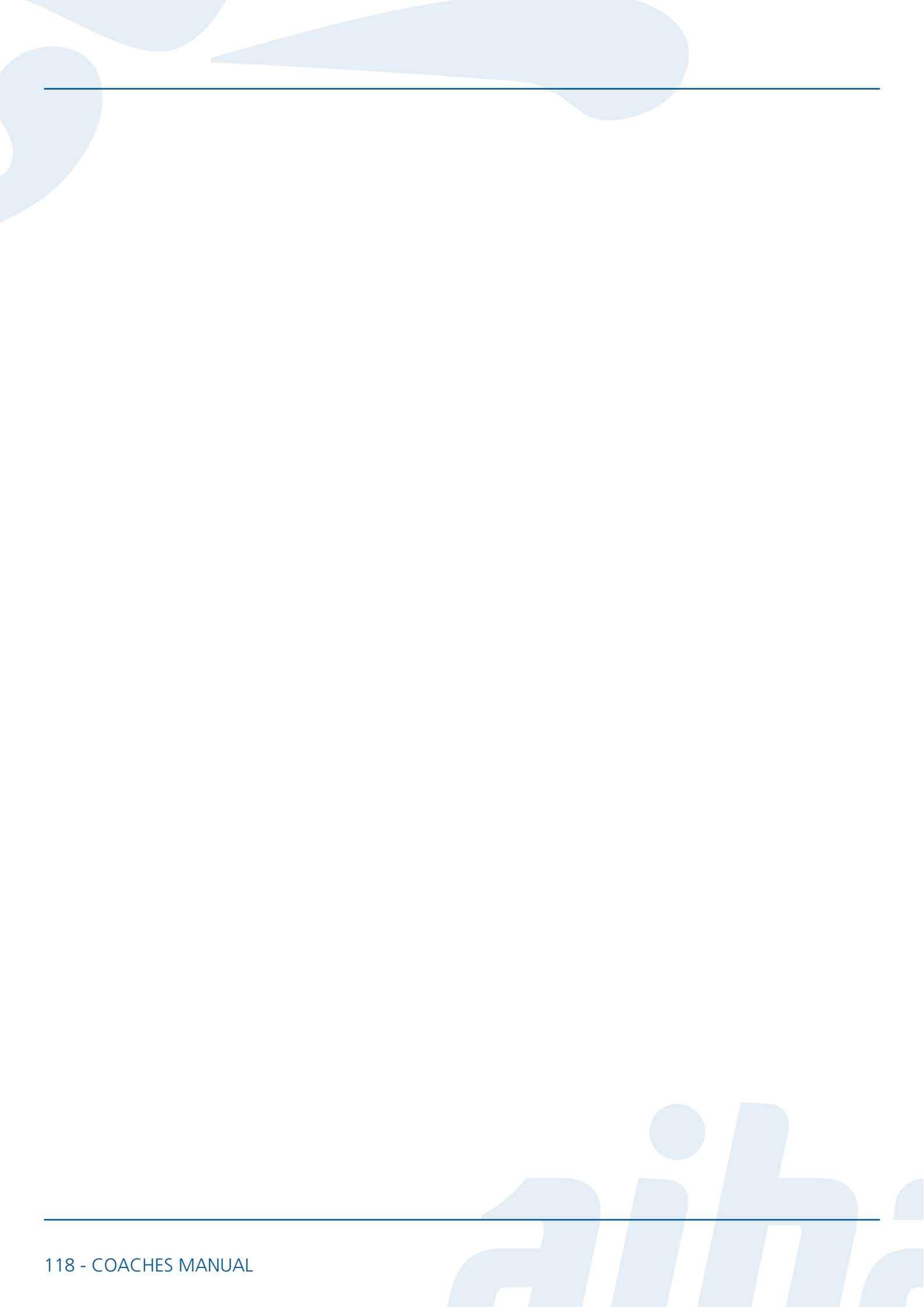
Anti-Doping Rule Violations

- The presence of a prohibited substance or its metabolites or markers in an athlete's sample
- Use or attempted use by an athlete of a prohibited substance or a prohibited method
- Refusing or failing without compelling justification to submit to sample collection after notification as authorized in AIBA anti-doping rules, or otherwise evading sample collection
- Failure to advise AIBA of his/her whereabouts
- Failure to be available for testing at his/her declared whereabouts



CHAPTER 5

ADVANCE TECHNIQUES



In the earlier part of the Coaches Manual, we have covered the basic part of boxing skills, techniques and boxing related information that fits with beginning level to 1-Star level coaches. In the advanced part of the Coaches Manual, we will explore the boxing techniques and coaching preferences in four different countries and region's. These countries and region includes Europe, Russia, USA and Cuba.

Furthermore, in the advanced part of the Coaches Manual, advanced level of training exercises and methodology will be presented along with individualization of training and control and monitoring (evaluation) of the boxer's performance and skills.

Before moving on to learn the advanced technique, the coach must understand and make sure that the boxer has mastered the basic boxing stance, basic punches, defenses and movements such as bodyweight shifting, upper body movement without moving the feet, feet movement without losing balance, etc. Mastering these basic skills will allow the boxer to launch different attacks freely and effectively.

Basic punches learned in the previous part of the Coaches Manual are the basis and foundation of the boxer's attacking skills. It is very important for the boxer to understand that the attacking skills taught in the advanced technique portion are variation of the basics learned previously.



5.1. ADVANCED TECHNIQUE - EUROPE

Europe is a continent that consists of many countries and its boxing style has been influenced by countries like England, France, Germany, Italy, Poland, Russia and others. Each country developed its own system of training camps, competitions, analysis, evaluations, control and monitoring of the sports trainings. However, after the World War II, these styles have been mixed and the coaches from each country added different elements from their knowledge and experiences, specifically aimed to improve individual boxer's skills and preparations.

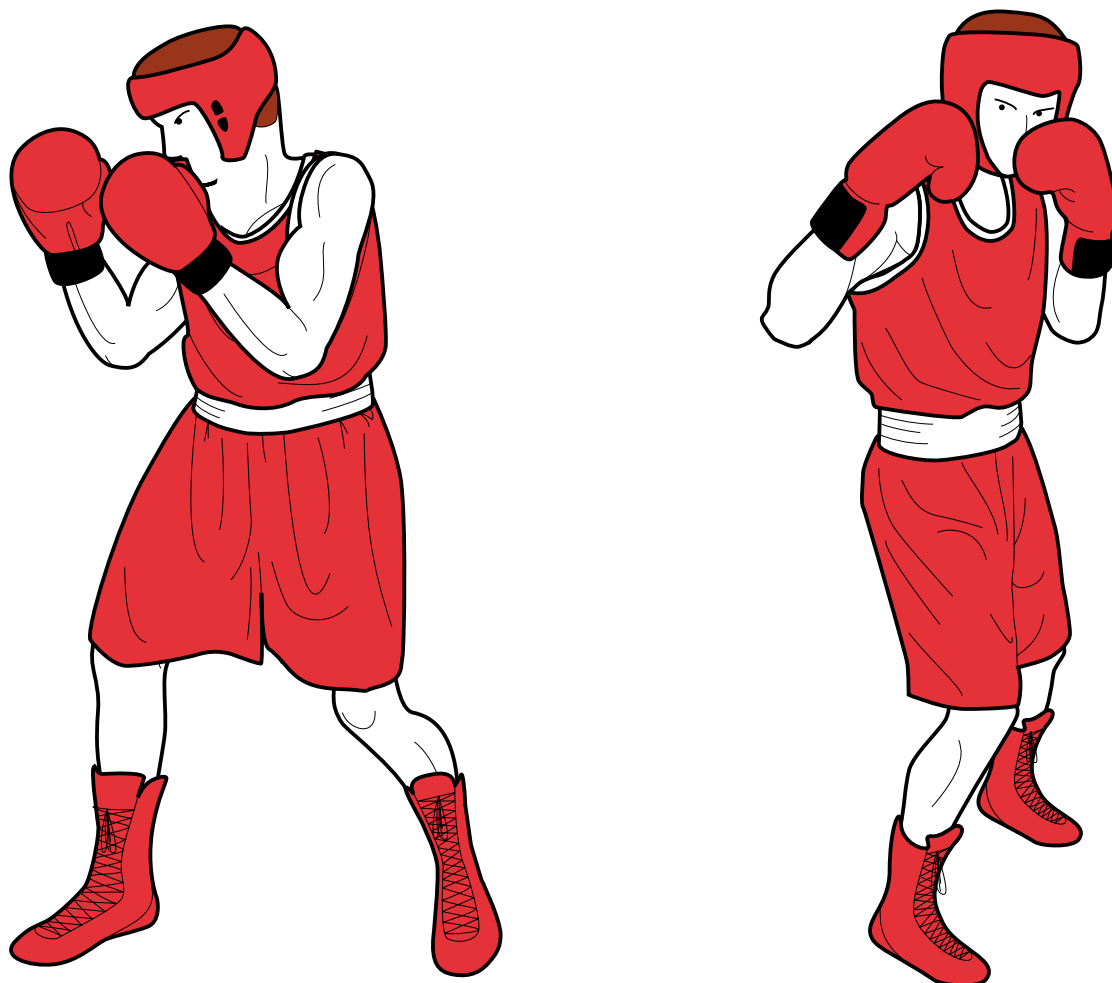
European coaches work to develop the boxer's technical and tactical skills based on the individual boxer's physiological and physical skills as well as psychological preparation level. The boxer executes a series of short and dynamic punches with good leg movements and combinations of punches after their defense actions.

5.1.1. BOXING STANCE

With the efforts of the coaches to develop the boxer's technical skills with individual strengths and weaknesses, each advanced boxer has different boxing stance. However, all boxers alternate their boxing stances with different weight distribution to their legs, shoulder, arm and hip positions and standing up or bent down. Decision to alternate the boxing stance is based on the offensive, defensive situations and tactics of the bouts.

WEIGHT TO LEAD LEG

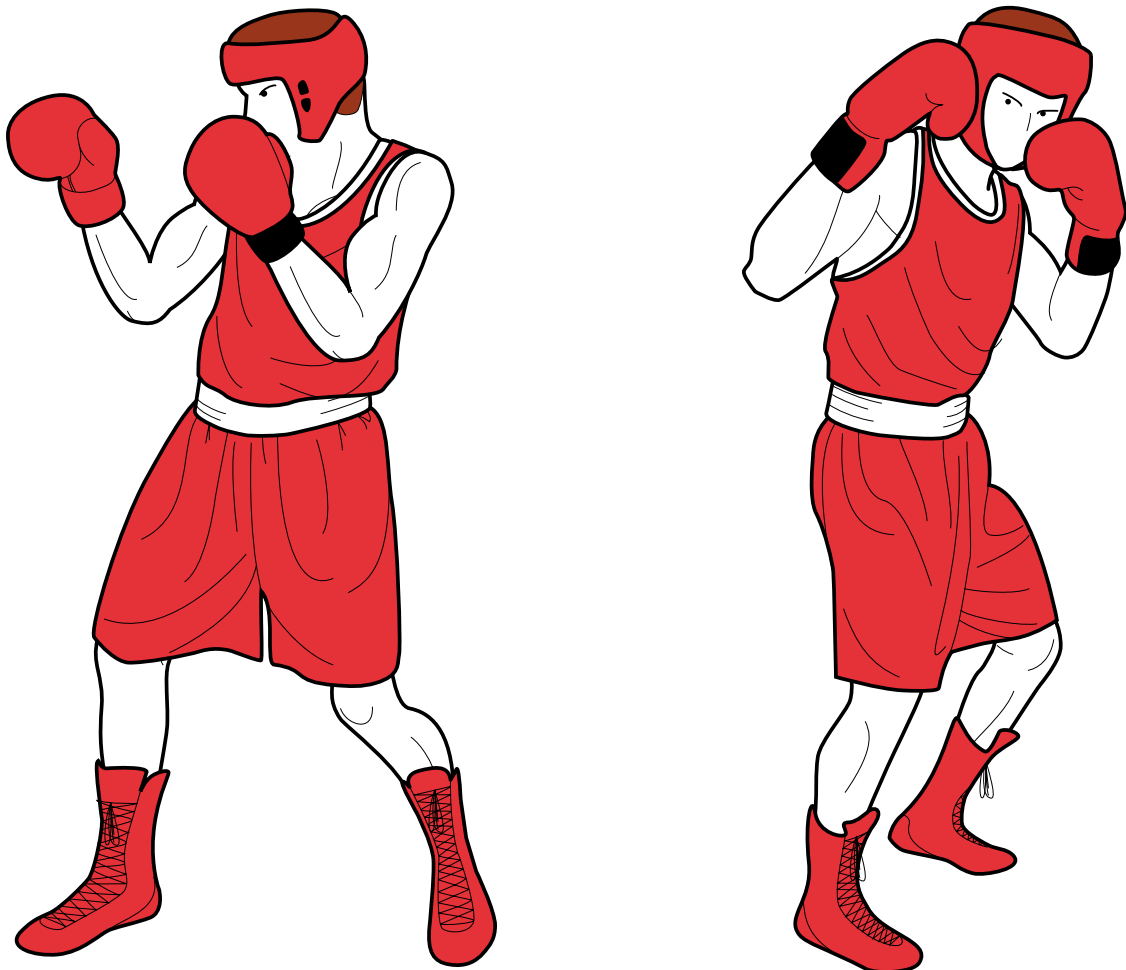
- Used when the opponent is in the attacking range. This stance allows the boxer to attack without preparation movement and can constantly throw combination punches.
- Can be used for draw the opponent.
- With this stance, it is more difficult to make a step or move than the classic stance. Therefore, it is necessary for the boxer to have good defensive skills.
- In some situations, the boxer may have to distribute his/her weights to both legs. Therefore, the boxer should practice shifting his/her bodyweights back and forth.



1. From the Classic Boxing Stance
2. Place feet slightly wider than shoulder width apart
3. Bodyweight is shifted slightly toward the lead leg and flat on the floor
4. Bend knees down slightly
5. Keep face straight toward the opponent

WEIGHT TO REAR LEG

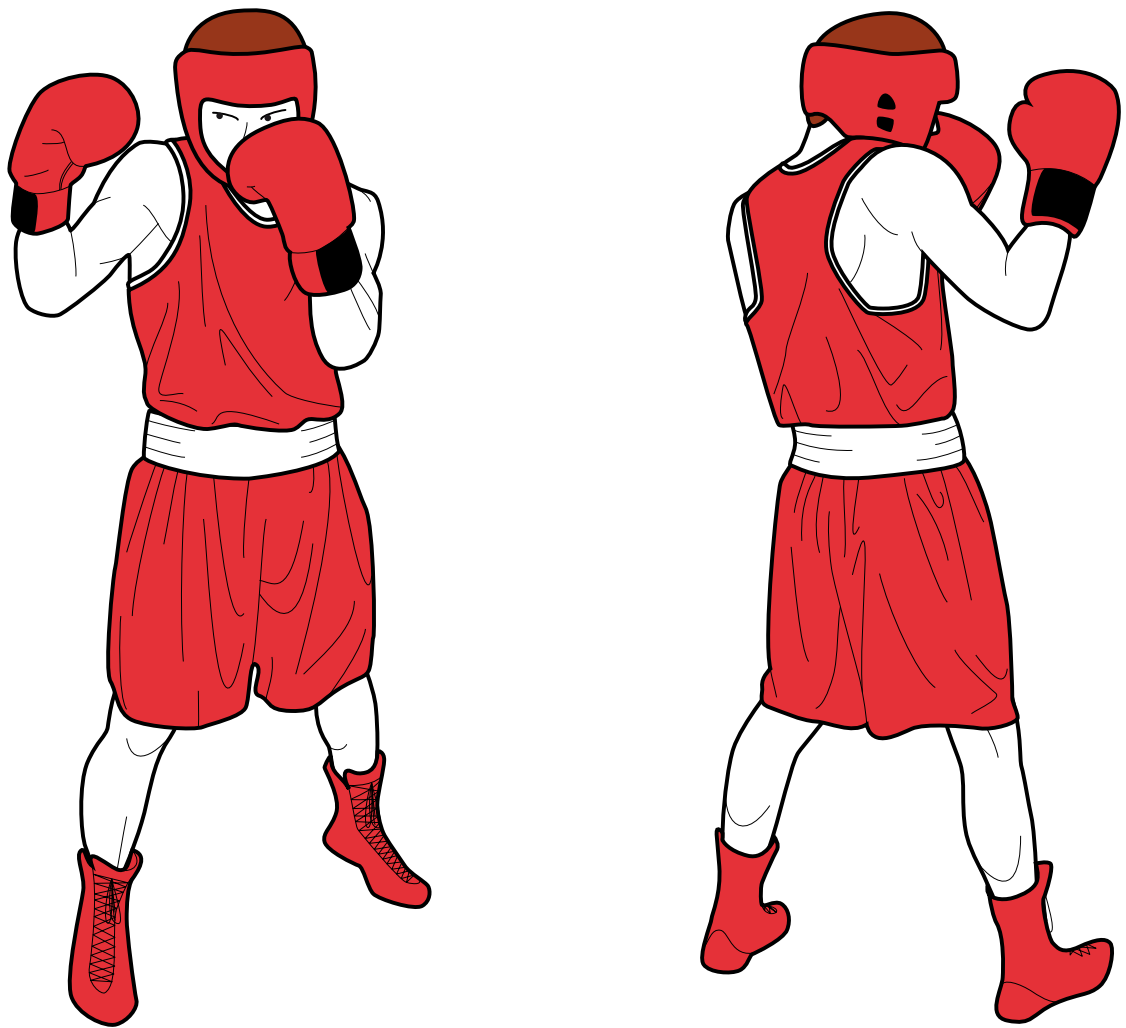
- This boxing stance is used for boxer who prefers boxing in long-distance, defensively and has strong counter punches
- This boxing stance allows boxer to stay away from the opponent's attacking range
- Boxer uses lead foot and lead hand to measure the distance to the opponent
- Boxer can shift body weight quickly to the lead foot to be in the attacking range before the opponent prepares for the defense



1. From the Classic Boxing Stance
2. Shift bodyweight slight towards the rear leg and keep lead foot flat on the floor
3. Rear foot slightly rotated inward
4. Bend rear leg knee down slightly
5. Keep face straight towards the opponent
6. Lead arm is slight upward and forward
7. Keep rear hand close to the chin

HIGH SHOULDER AND HIGH LEAD ARM

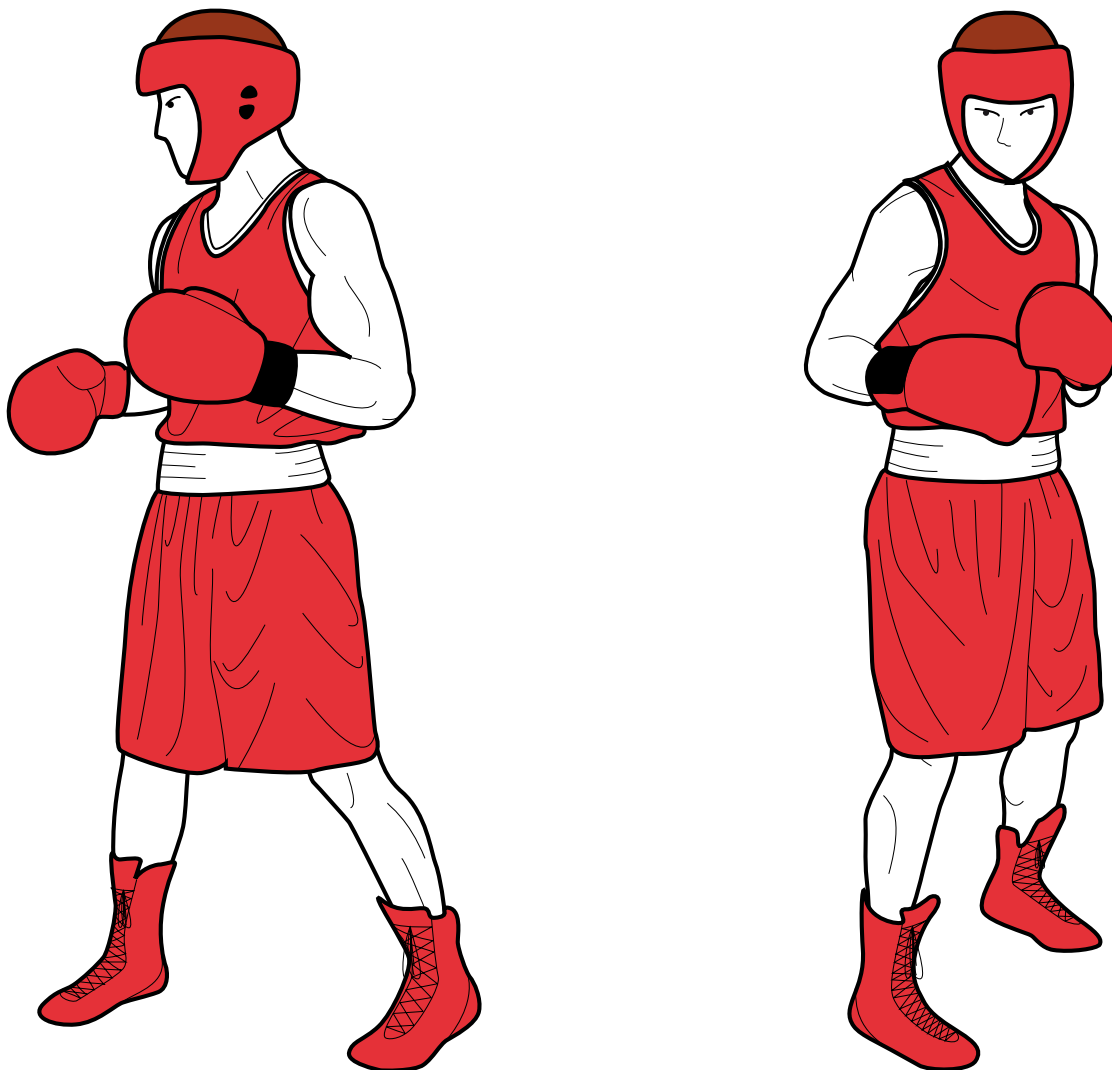
- This position allows the boxer to protect the chin on the lead hand side
- Suitable for a boxer with a slower reaction time
- Suitable for a boxer who prefers to use the lead hand



1. From the Classic Boxing Stance
2. Shrug the shoulder on the lead arm close to the chin
3. Keep the lead arm elbow close to the 90 degrees angle, in line with the upper ribcage area
4. Bring rear hand close to the cheek
5. Knees slightly bent
6. Bodyweight distributed equally to both feet

LOW ARMS

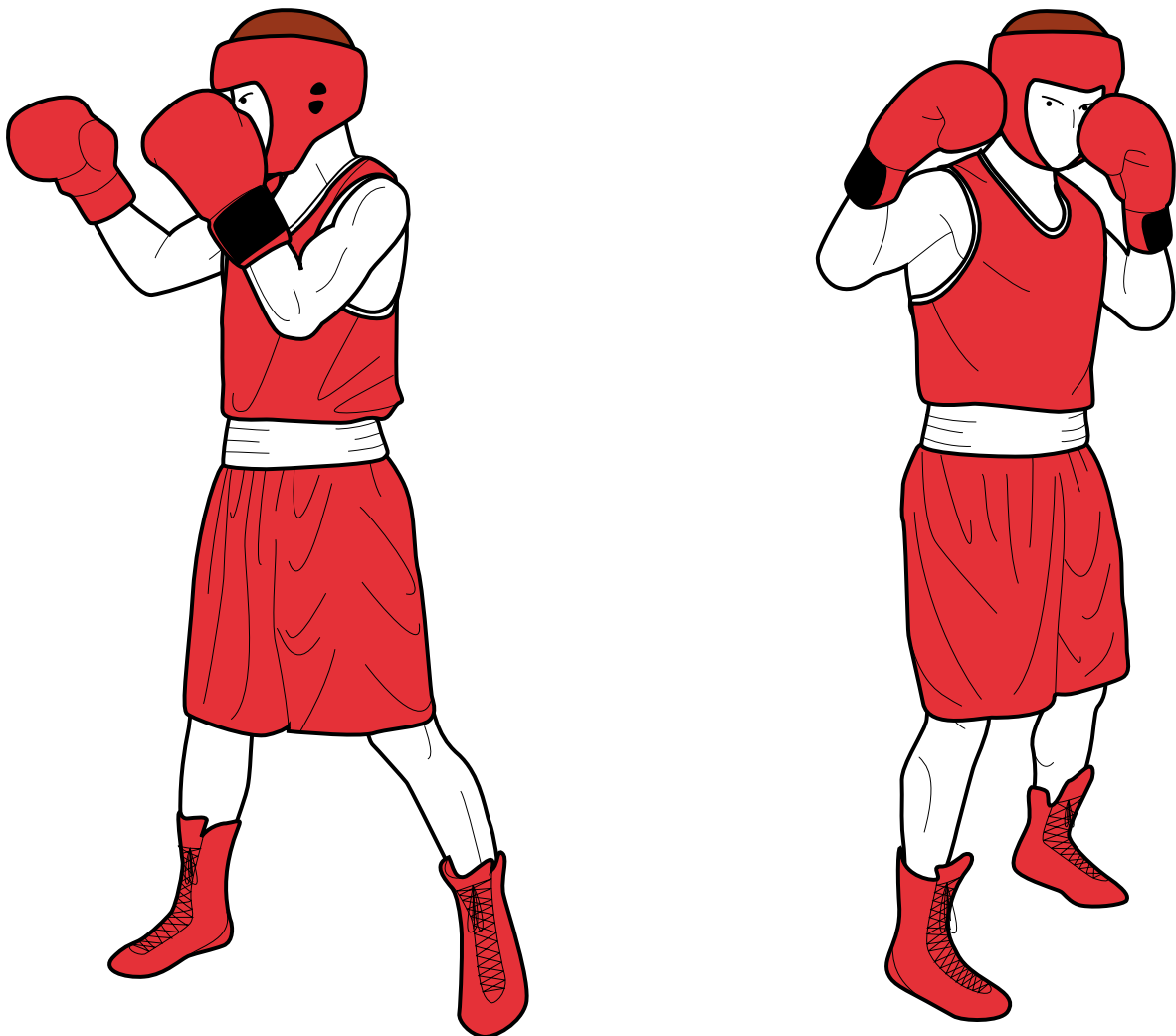
- Easier for the boxer to observe the opponents' movement
- Suitable for a boxer with good speed, reaction time and coordination
- Suitable for a boxer with quick punches
- Suitable for a boxer with strong self-confidence and psychological preparations



1. Rotate the body slightly towards the rear side, 45 degree angle
2. Place feet slightly wider than the shoulder width
3. Bodyweight distributed equally to both feet
4. Bend knees down slightly
5. Slightly raise the heel of the rear foot
6. Rotate both feet heels approximately 45 degrees toward the rear side
7. Place rear hand on the level of chest and tuck elbow close to the body
8. Place lead arm down, bend elbow slight and hand near the waist area
9. Keep face straight towards the opponent

UP-RIGHT STANCE

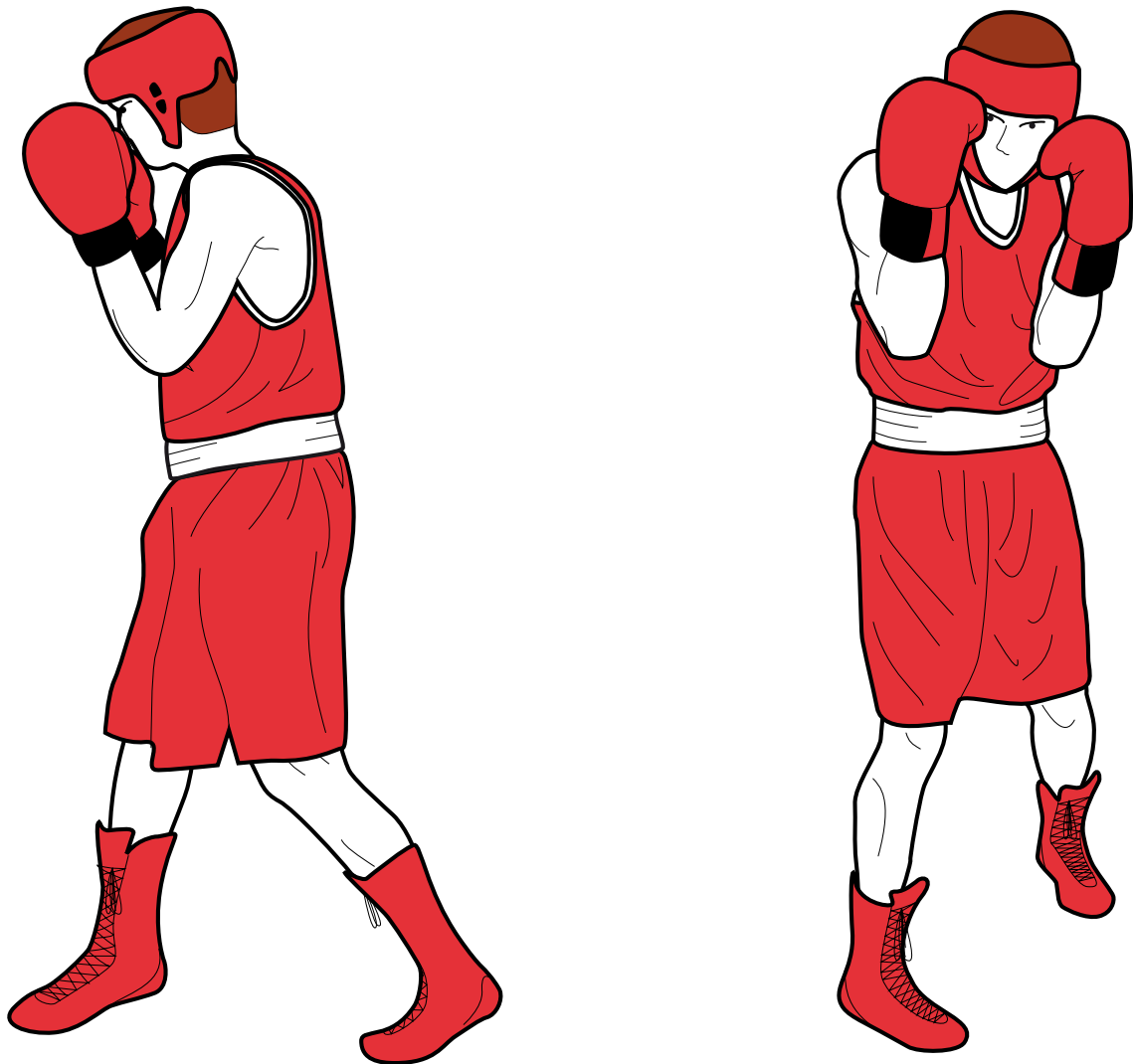
- Suitable for a boxer who prefers long straight punches and fighting in the center of the ring with very good leg movement
- Dangerous when the boxer is against the rope or in the corner



1. From the Classic Boxing Stance
2. Stand straight
3. Keep both hands up high near eye level
4. Keep both heels off the floor

CROUCHING STANCE

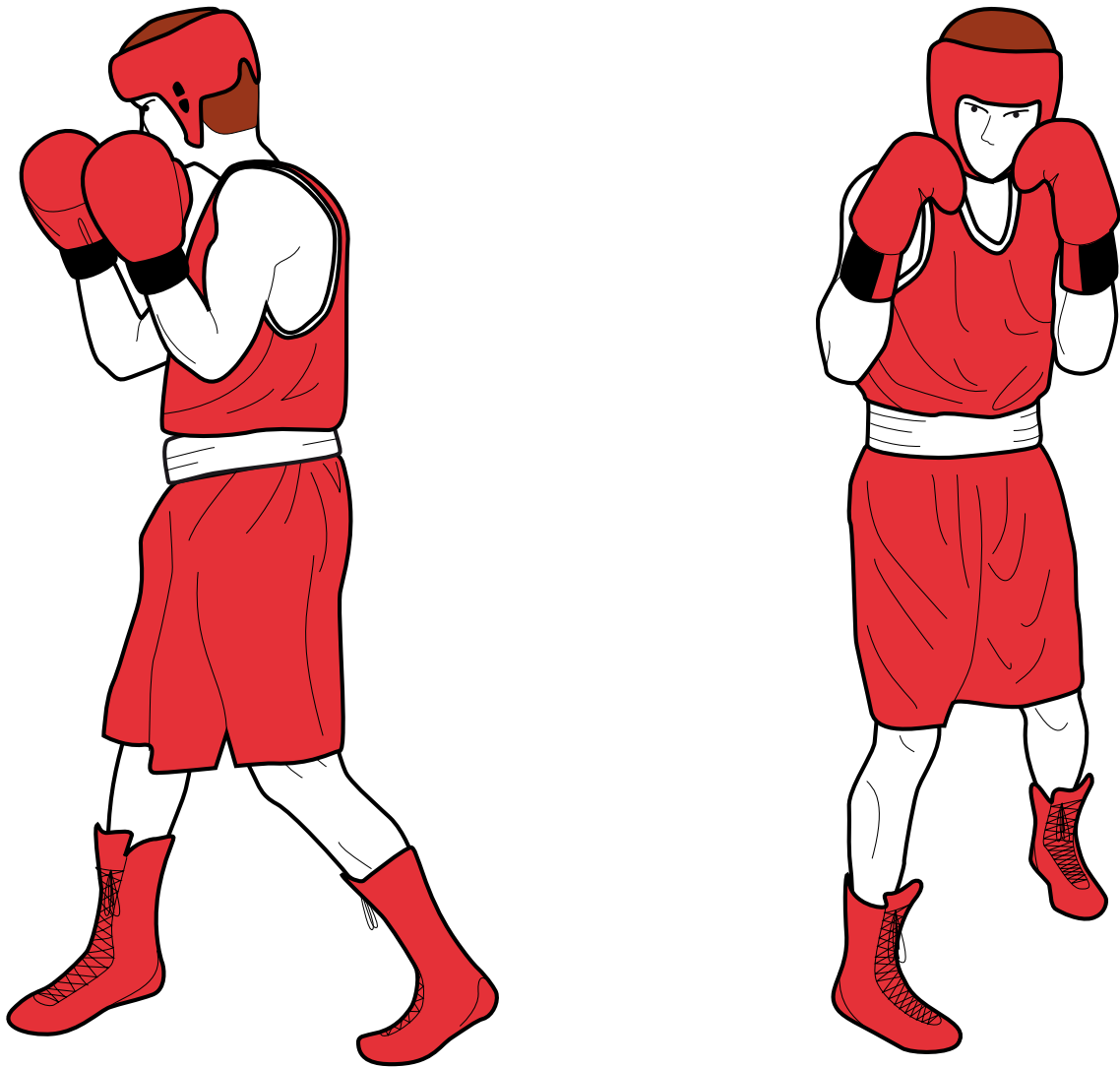
- Suitable for boxer who prefers box in short and medium distance



1. From the Classic Boxing Stance
2. Bodyweight is distributed equally to both legs
3. Bend the knees down slightly
4. Lead foot is flat on the floor
5. Bend both elbows and tuck into the body
6. Place hands near the eyebrows and close both arms toward each other
7. Keep the chin close to the chest
8. Keep the face straight towards the opponent

FRONTAL STANCE

- Suitable for boxers who prefer to box in short distance
- Suitable for boxers with strong punches
- Suitable for boxers who have strong and quick punches with both arms

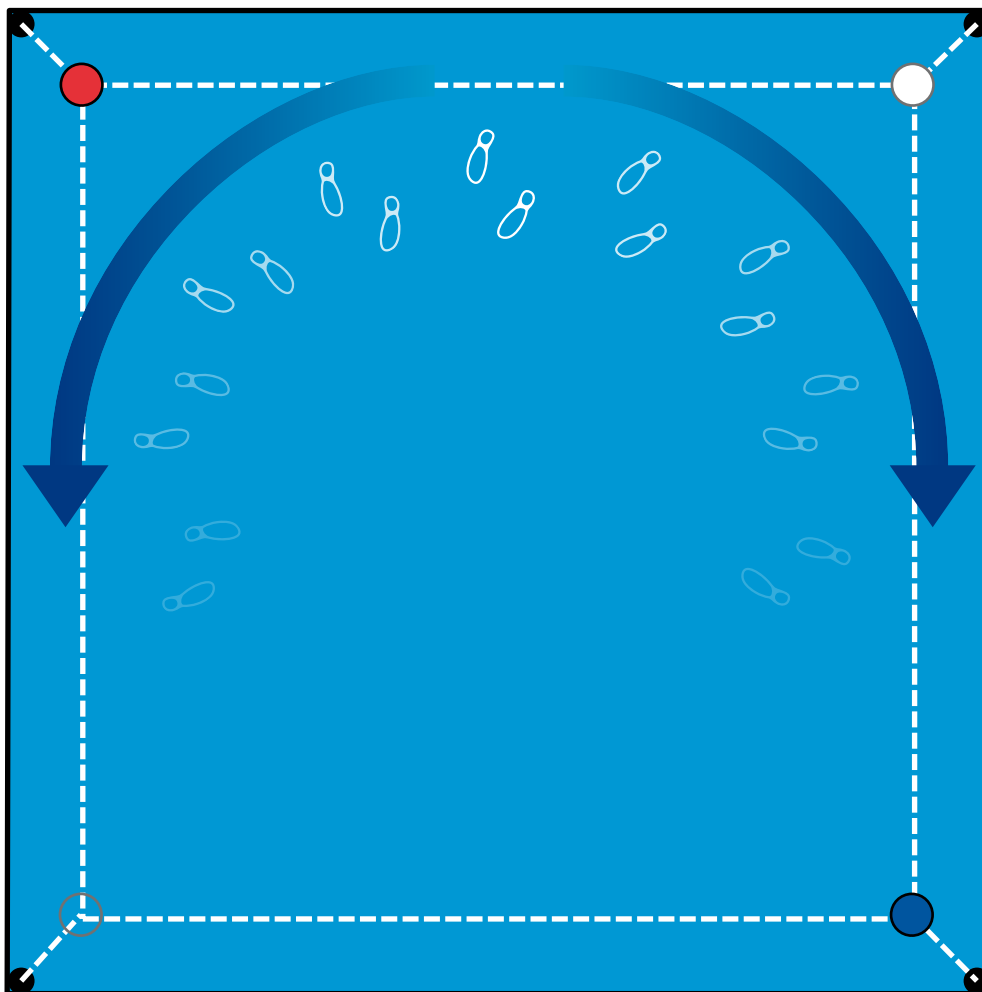


1. From the Classic Boxing Stance
2. Stand straight and rotate upper body slightly to the rear side
3. Bodyweight is distributed equally to both legs
4. Both feet point forward
5. Bend knees down slightly
6. Lead foot is flat on the floor
7. Bend the elbows and tuck close to the body
8. Place hands near the chin
9. Keep the chin close to the chest
10. Keep the face straight towards the opponent

5.1.2. FOOTWORK

In the previous part of the Coaches Manual, we have discussed about basic boxing steps. The boxer must master making forward, backward, left and right steps with good coordination and balance, in order to have advanced level of foot work / foot movement.

Since the boxer fights with a limited space in the ring, the boxer must learn to make a round movement as shown in diagram before learning additional foot movements.

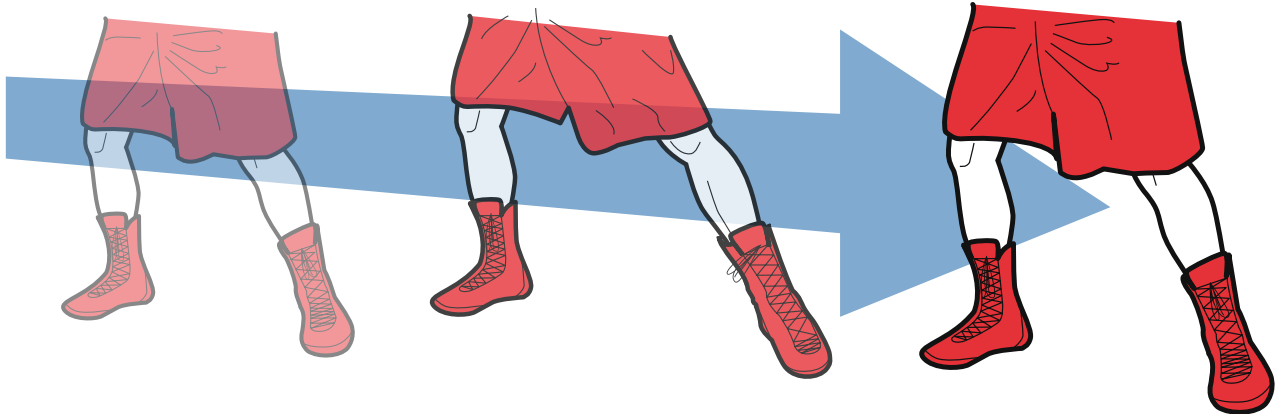


ADDITIONAL FOOTWORK

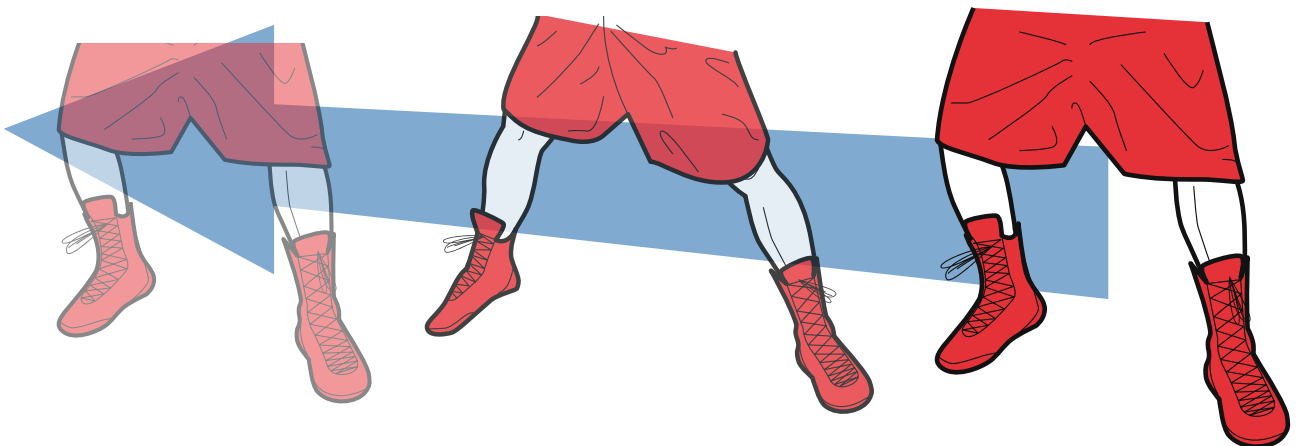
SLIDING

- Basic movement used for both attack and defense

SLIDING FORWARD



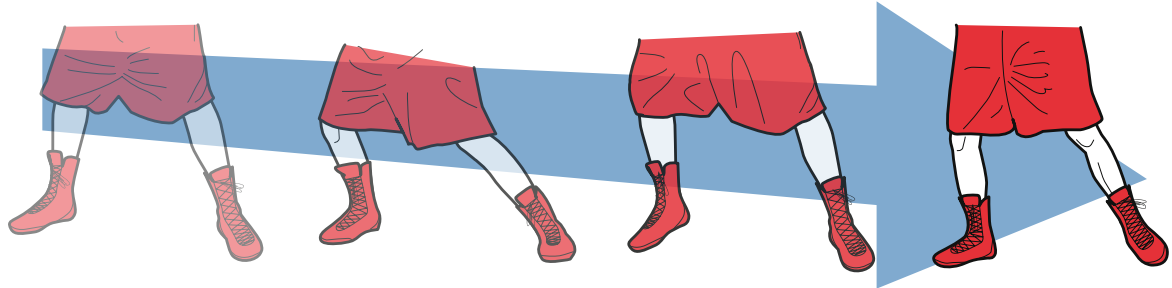
SLIDING BACKWARD



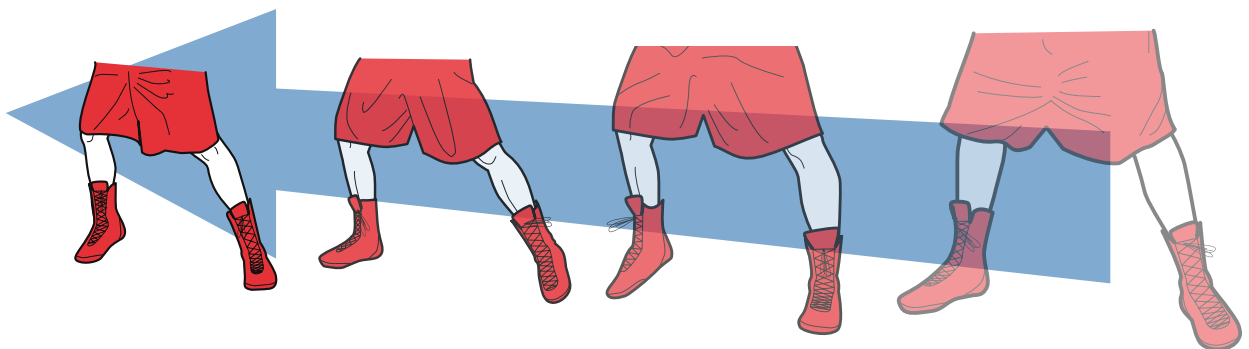
STRIKE-GLIDING

- Shall be made quicker than sliding movement
- Mostly used to cut off opponent's movement and to put pressure onto the opponent

STRIKE-GLIDING FORWARD



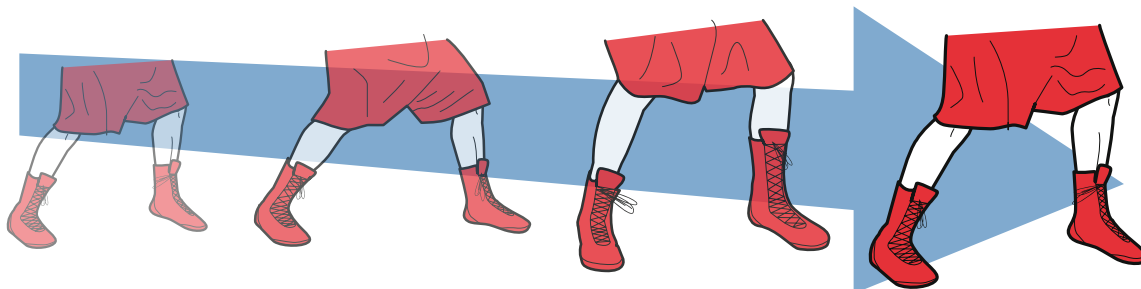
STRIKE-GLIDING BACKWARD



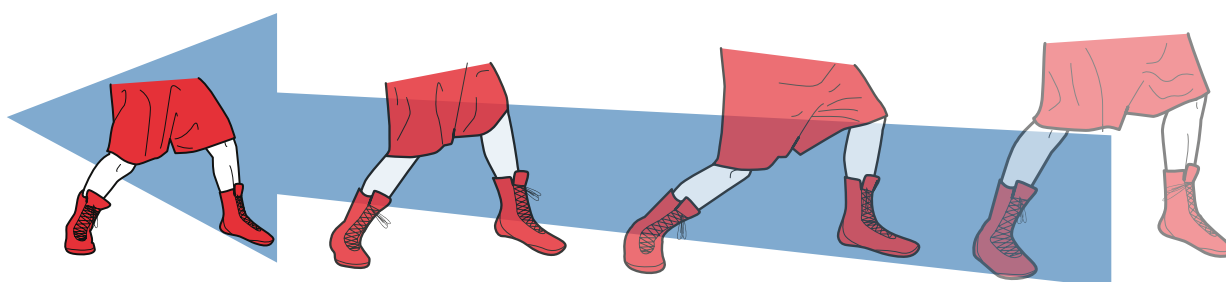
SPRING-GLIDING

- Allows the boxer to quickly move away from the opponent after the attack
- To create breaks and recovery time, as well as to relax after actions and secure a point advantage

SPRING-GLIDING FORWARD



SPRING-GLIDING BACKWARD



5.1.3. ATTACKS

Advanced attack consists of combination of different elements, such as movement, feints and different punches. When the boxer masters the basic element of punches, movements, feints and defenses, the coach shall combine the boxing elements and try different variations according to the tactics, situations and boxer's characteristics (strength and weaknesses).

COMBINATION OF PUNCHES

- Short series of punches – attack with combination of hooks and uppercuts constantly in short distance against the opponent
- Long series of punches – attack with combination of straight punches constantly in medium to long distance against the opponent
- Accentuated punches – not all punches are thrown with maximum strength and speed. Among the series of punches, the boxer choose to throw one or two punches with maximum strength and speed

ATTACK WITH PREPARATION

- Preparation includes any maneuvering action to draw opponent's movement. These include feints, drawing out or maneuvering actions
- When the boxer creates an opening, immediately attacks the opponent

ATTACK WITHOUT PREPARATION

- Boxer observes the opponent's movement to seek for opening
- When the boxer sees an opening, immediately attacks the opponent
- Using proper combination of punches to take advantage of the opening

COUNTER

- Counter to the Head
 - When opponent shows a move to perform lead hand straight punch to the head
 - Quickly perform the lead or rear hand straight punch to the opponent's head to the side where he/she is performing the straight punch
 - Simultaneously, move the head away from opponent's punch
- Counter to the Body
 - When opponent shows a move to perform lead hand straight punch to the head
 - Quickly perform the lead or rear hand straight punch to the body toward the opponent's side where he/she is performing the straight punch

COUNTER ATTACK

- Responsive action after performing defense move against opponent's attack

5.1.4. DEFENSES

PASSIVE DEFENSE

- Boxer takes no immediate actions and remains observing the opponent after the opponent's attack

ACTIVE DEFENSE

- Boxer takes immediate action after the opponent's attack with either counter attack or anticipated action

TYPES OF DEFENSIVE MOVES

Defense Action can be divided into three categories.

1. Hand, Arm, Shoulder defense - Uses hand and shoulder to either block or parry opponent's attack
 - Hand Defense Double Arm Cover
 - Catch / Block
 - Arm Block / Elbow Block / Shoulder Block
 - Parry
2. Body defense - Uses upper body or lower body? to make defensive moves
 - Ducking
 - Rotation
 - Swaying Back
 - Moving upper body to either left or right side
3. Leg defense - uses foot movement to move away from the opponent's attack range
 - Step Back
 - Jump Back
 - Step or jump to either left or right side

5.1.5. FEINTS

- Hiding boxer's intention by deceptive action
- Different types of feints should be applied for certain tactics and situations
- Feints must be quick and provoking
- Feints should be made in appropriate distance
- Feints can be also used for close-in of the distance; boxer uses feints to get closer to opponent by moving forward or drawing opponent to move closer or make opponents to move backward toward the rope or corner
- To make opponent to take any attack action that will create an opening for the counter-attack

TYPES OF FEINTS

- Head Feint
 - Move the head forward and retract
 - Move the head side to side
- Eyes Feint
 - Look to opponent's abdomen area
 - Look to opponent's feet
- Arm Feint
 - Extend lead arm slightly to opponent's head or body and retract, imitates the attack movement
- Body Feint
 - Move the upper body (shoulders) toward the opponent or sideways to imitate the intention of striking a blow, and return to original position
- Leg Feints
 - Flex one or both knees slightly to lower the body then stand back up, pretend that the boxer is making an preparation for the attack movement
 - Anchor one leg on the floor, while the other leg move to the different directions

COMBINATIONS OF FEINTS

Each type of feints can be applied individually or combined with two or more elements.
Ex.) Hand with Eyes or Leg with Hand and etc.

When performing feint movements, boxer must think about own defense, anticipate for any of opponent's counter-attacks. Meanwhile, a boxer must also think about his/her action after the feint. Feints should be used as preparation actions for a main attack.

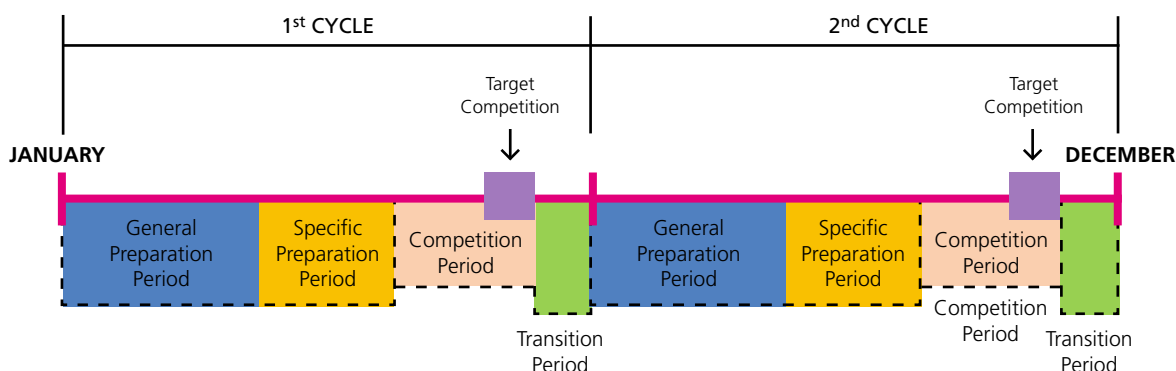
5.1.6. TRAINING PLAN DEVELOPMENT

The training program is an essential element to the development of the boxer. Training program must be well-planned and organized with individualization for the boxer with his/her skills level and preparations level.

When developing the training plan, coaches must consider the followings:

- Goals and objectives of the boxer
- Boxer's skills and preparation level
- Schedules of the Major Competitions

One of the methods of developing 1-year training plan for European Group is to divide the one year into two six months cycle. At the end of each cycle, coach selects one competition to become the target competitions that the boxer will focus his/her training on.



Each cycle consists of four (4) periods, General Preparation, Specific Preparation, Competition and Transition Period. In each periods, the boxer trains with different training goals and objectives to prepare for the "Target Competition" at the end of each cycle.

When developing 1-year training plan:

- Must be aware of when and where the control, major and target competitions are held
- Develop from backward to front, from the end of the calendar (target competition) to the first day
- Participate in small or medium tournament before and between the major competitions to control and monitor (evaluate) boxer's preparation level and progress
- Select tournament according to boxer's preparation level. Harder tournament may have negative effect on boxer's psychological level
- Training program and schedule shall change accordingly by increase or decrease the intensity, mix of different training exercises to keep boxers' interest and motivational level high

GENERAL PREPARATION PERIOD

Training focus of the general preparation period is the development of physical abilities such as endurance, strength, speed, coordination and flexibility which are the foundation to achieve an boxer's goal in the major and target competitions. Important thing to note is that training exercises in this period shall not be limited to boxers' physical abilities even though general preparation period's focus is development of physical abilities. Coach shall incorporate the elements of specific training as well as technical and tactical elements. Coach must remember to schedule the training of boxing-specific endurance, strength, speed, coordination and etc.

General preparation period can last around 10 to 15 weeks, however based on the yearly competition calendar and the progress of the boxer's skills level and performance, it shall be adjusted accordingly. In each training program in this period can be planned with different exercises in approximately two-hour frame and two sessions a day.

When developing the training plan for this period, coach must be aware that the intensity of this period will be low level while the training volume shall be high.

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
Gymnastic Exercises <ul style="list-style-type: none"> • Bend • Turn • Rotation • Jump 	25 min	Moderate	Exercise while walking or jogging simultaneously
2. Main Training			
<ul style="list-style-type: none"> • 10 meters sprints (6 times) • 20 meters sprints (6 times) • Exercise with tennis ball <ul style="list-style-type: none"> ◦ Throwing to partner ◦ Dribbling 	50 min	Moderate and High	Repetition Method of training for Sprint Trainings Running exercises shall be conducted at maximum speed Tennis ball exercise shall be done in single throws, two balls throw and/or catching together with other additional movement or exercises
3. Cool-Down			
<ul style="list-style-type: none"> • Stretching • Relaxing Exercise 	20 min		

SPECIFIC PREPARATION PERIOD (ALSO KNOWN AS PRE-COMPETITION PERIOD)

Specific preparation period, also known as pre-competition period is the period that boxers have direct preparation for the major and target competitions. Therefore, major focus of the training is the development of boxing-specific physical abilities such as endurance, strength, speed, coordination and flexibility with boxing movement, technique and tactics.

Specific preparation period can last around 5 to 7 weeks. This duration can be adjusted accordingly based on the yearly competition calendar and level of boxer's preparation for the competition. In each training program in this period can be planned with different boxing-specific exercises in 1 to 1.5 hours with high or maximum intensity.

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none"> • General exercises • Jump Rope • Shadow Boxing 	5 min 10 min 10 min	Moderate	Warm-up properly to allow boxer's body to adapt to upcoming efforts
2. Training			
<ul style="list-style-type: none"> • Sparring (16oz glove) • Train with a heavy bag (16oz glove) • Shadow Boxing (with dumbbells) • Jump Rope (Change tempo) 	3min / 1min rest (x 4) 3min / 1min rest (x 2) 3min / 1min rest (x 2) 3min / 1min rest (x 2)	Very high High High High	Interval training method
3. Cool-Down			
<ul style="list-style-type: none"> • Abdominal muscle training • Jump Rope 	15 min 10 min	High	Different leg and trunk position for Abdominal Muscle Training

COMPETITION PERIOD

Competition period, the periods that starts approximately 2 to 3 weeks before the major and target competition and last until the final competition day. During this period, each training sessions are programmed to last 1 to 1.5 hours with high intensity but the low volume to reduce the tiredness of the boxer prior to competition.

In competition period, the coach will work with boxer to review and improve boxing-specific physical abilities, techniques and tactics. The boxer will train with some tactical movement and psychological improvement sessions to have final preparation for the target competitions.

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none"> General Warm-Up 	15min	Moderate	General exercise with walking or jogging simultaneously
<ul style="list-style-type: none"> Stretching 			Stretching
<ul style="list-style-type: none"> Shadow Boxing 	10min	Moderate	Practice defensive movements against straight punches
2. Training			
Technique Training with partner (3min x 6 sets / 1min rest between sets) <ul style="list-style-type: none"> Train different defense movements 	25min	Moderate and High	Each boxer receives a different tasks selected by coach
Medicine Ball Exercises with partner (3min x 6 sets / 1min rest between each set) <ul style="list-style-type: none"> Throw with left hand Throw with right hand Throw with different stances or positions 	25min	Moderate and High	
3. Cool-Down			
<ul style="list-style-type: none"> Abdominal muscle training 	15 min Total	Moderate	Use various bends and with different movement
<ul style="list-style-type: none"> Relaxing Exercises 			

TRANSITION PERIOD

After the boxer competed at the major or target competitions, coach shall allow the boxer to have transition period also known as the rest period. Transition period shall be adjusted accordingly to the yearly competition calendar or training program and schedule. However, it can be two to four weeks.

This period can be divided into two phases, active-rest phase and preparatory phase. During the active-rest phase, boxer will focus on recovering physiological and psychological tiredness by relaxing and participating in different sports or games other than boxing. The boxer should utilize this period to care or treat for any injuries.

In the preparatory phase, the boxer will start to prepare physiologically and psychologically for the next training cycle by conducting low intensity general endurance and strength training.

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none">Stretching	15 min	Moderate	Warm-up properly to avoid any possible injuries
2. Training			
<ul style="list-style-type: none">Basketball (2 x 25min)	50 min	Moderate	3 on 3 / 5 on 5 team game
3. Cool-Down			
<ul style="list-style-type: none">Stretching	10 min	Moderate	

1-YEAR TRAINING PLAN

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	NOTES			
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5.1.7. PSYCHOLOGICAL PREPARATION

Psychological preparation in boxing is very important. Boxing is a combat sport which requires good physical and technical-tactical skills but also good psychological preparations, such as bravery, overcoming fears, pain and other circumstances.

It has been witnessed many times that the boxer with weak psychological preparations does not perform with full capacity of their skills in the competitions. Therefore, psychological aspect of boxer is also very important element for the succession.

PSYCHOLOGICAL PREPARATION IN GENERAL

- Coach must know the personality of a boxer and work with family, teachers, employer, friends and close ones
- Develop strong bond and relationship between coach and a boxer. Building a trust will allow a boxer to be more confident in coach's words
- Guide a boxer to be able to develop his/her own confidence and decision-making skill
- Do not allow boxer to leave before he/she completes all training routines
- Do not allow boxer to cheat on training exercises
 - If the boxer is required to run 4km, ensure that the boxer runs 4 km, not 3 – 3.5km
 - If the boxer is required to do 100 push-ups, ensure the boxer does properly and do all the workload given
- Gradually increase the work load and intensity after certain training sessions
- Complement the success during the training sessions, this will allow boxer to gain confidence and aim for higher goals
- Constructive criticism must be made for any wrong-doing (cheating, skip the training session without reason, giving up without trying and etc.)
- If possible, get psychologist's help on developing psychological aspect of boxer is recommended. However, coach is the one who must work with an boxer to train and develop his/her psychological aspect
- Conducting psychological training is recommended for approximately 30 minutes/sessions, 1 to 2 times a week day. Some examples of psychological training are:
 - Relaxation
 - Positive-thinking
 - Image Training (Visualization)

PSYCHOLOGICAL PREPARATION FOR COMPETITION

- Select tournaments and competitions that fits with a boxer's performance level
- Encourage boxer to have confidence in his/her skills and performance
- Set-up sparring session similar to competition (create similar atmosphere and environment like competition)
- Before and after the bout, make sure a boxer doesn't feel lonely
- Respect boxer's preference, habit and rituals

5.1.8. TACTICS

As much as the physical, technical and psychological aspect of the boxer, tactics plays important role in every bout in tournaments and competitions. Good tactics allow boxers to win bouts with less physical effort and stay in good condition for next bouts. Overall tactic application depends on the individual skills-level of the boxer and tactics for bouts depend on the opponents' skills-level. In Europe, due to the large number of competition available, boxers have more opportunity to implement the tactics learned and gain experience to adopt quicker to change in tactics against the opponent.

In European style of boxing, many tactics were no longer applied or modified in the tournaments and competitions due to the changes of rules and utilization of new technologies such as, gloves and head guards and scoring machine. For example, previously, some coaches ordered boxers to be more aggressive at the beginning of the bout and fight passively in final two rounds. Now this tactic became ineffective due to the changes of rules.

GENERAL TACTIC:

- Gain knowledge about opponent
 - By watching opponent at the competition and/or video
 - Draft scenarios of opponent's tactics
- High Tempo – boxing in high tempo through all rounds
- Knock-out – seek to land strong blow on opponent to win a bout by knock-out
- Defense – Mainly concentrate on the defense and wait for opponent's mistakes
- Universal – adapt and execute tactics based on the situation
- Irregular tempo – boxer controls tempo of the bout, either faster or slower
- 3rd round – boxing aggressively on 3rd round or boxing defensively (if winning)
- Combination – combination of two or more tactics

Some of the recent tactics that have been shown by European coaches and boxers during the competition are

- Aim punches toward the head than body
- Do not throw punches with same strength and speed
- Constantly change the speed of the movement to change the speed of the bout
- Teach and train boxers to take advantages of opponent's mistakes in the ring

5.1.9. IN-COMPETITION ACTIVITIES

BEFORE THE BOUT

- Plan the preparation based on the boxer's physical, technical, tactical and psychological status
- Duration of individual warm up should be about 30 – 40 minutes
 - Running with low intensity
 - Gymnastic Exercises
 - Stretching
 - Trainer Pads
 - Jump Rope
 - Shadow Boxing
- If available, work with physiotherapist for massage or massage the boxer's muscles to loosen up for upcoming bouts
- Search for less crowded places for warm-up activity to have least possible distractions, especially for the psychological preparation
- Focus on boxer's strength and opponents' weaknesses during psychological preparation
- Discusses the prepared tactics for an upcoming bout
- For boxing-specific warm-up, a boxer shall work based on the strategy that he/she will perform in the ring
- Before leave the locker room, make sure a boxer wears all equipment and gear and ready to box
- Make sure boxer is concentrated and focused for the bout from the locker room to the ring (no chat or fool around with other boxers on his/her way to the ring)

DURING THE BOUT

- In the Corner
 - During the rounds, coaches must sit calm and cool in the corner and observe both boxers' performance
- In the Ring
 - Boxer needs to be briefly informed on his strength and missed opportunities in previous rounds
 - Advice the boxer with positive aspects and tactics for next round
 - > Must be brief
 - > Make sure boxer understand the advice
 - > Give motivational talks
 - After each round, adjust the tactics according to the scores and my boxer and opponent's condition
 - Consider each round and each bout is an extension of the training sessions

AFTER THE BOUT

- Allow boxer to conduct some cool-down activities for 15 to 20 minutes to improve recovery before the next bout.
 - Stretching
 - Shadow Boxing
 - Jogging
 - Gymnastic Exercise
- Stay with a boxer
- Control weights for next bout
- Observe the bout of upcoming opponent
- Before analyze the bout video, coach should see the video himself before watching with a boxer. Coach should note following about the opponent:
 - Attack and defense used
 - Movement
 - Applied Tactics
 - Endurance level& physical skills
 - Strength and weaknesses
 - What attack was awarded with a point
 - How the opponent finished each round

5.2. ADVANCED TECHNIQUE – RUSSIA

Russian boxing style, originated from Soviet Union style of boxing, has been kept many core characteristics from its origin, famous for its skillful boxing style with accurate punches to the opponent's target areas. Style has gradually changed its style and orientation from the power boxing to the boxing with active movement, aggressive boxing to now the universal style of boxing which carries combinations of all previous boxing styles. From the past to today, Russian boxing style is still the one of the dominant boxing style, with the advanced techniques and skills influence many neighboring countries.

Technical preparation of boxers are very important skills than others in Russia, however these techniques are individualized by the physical skills and physiological aspect of the boxer, therefore physical preparation and physiological aspect of the boxer also play important role in Russian boxing style.

In advanced level of Russian boxing, boxers alternate their boxing stances and apply different punching, movement and defense technique by shifting the distribution of bodyweights, the boxer uses balanced or bodyweight shift to lead leg or rear leg depending on the tactics and situations in bouts. Additionally, boxers use lead hand for feints and other preparation and main attack follow with one accented strong blow with rear hand or series of blows.

5.2.1. BOXING STANCE

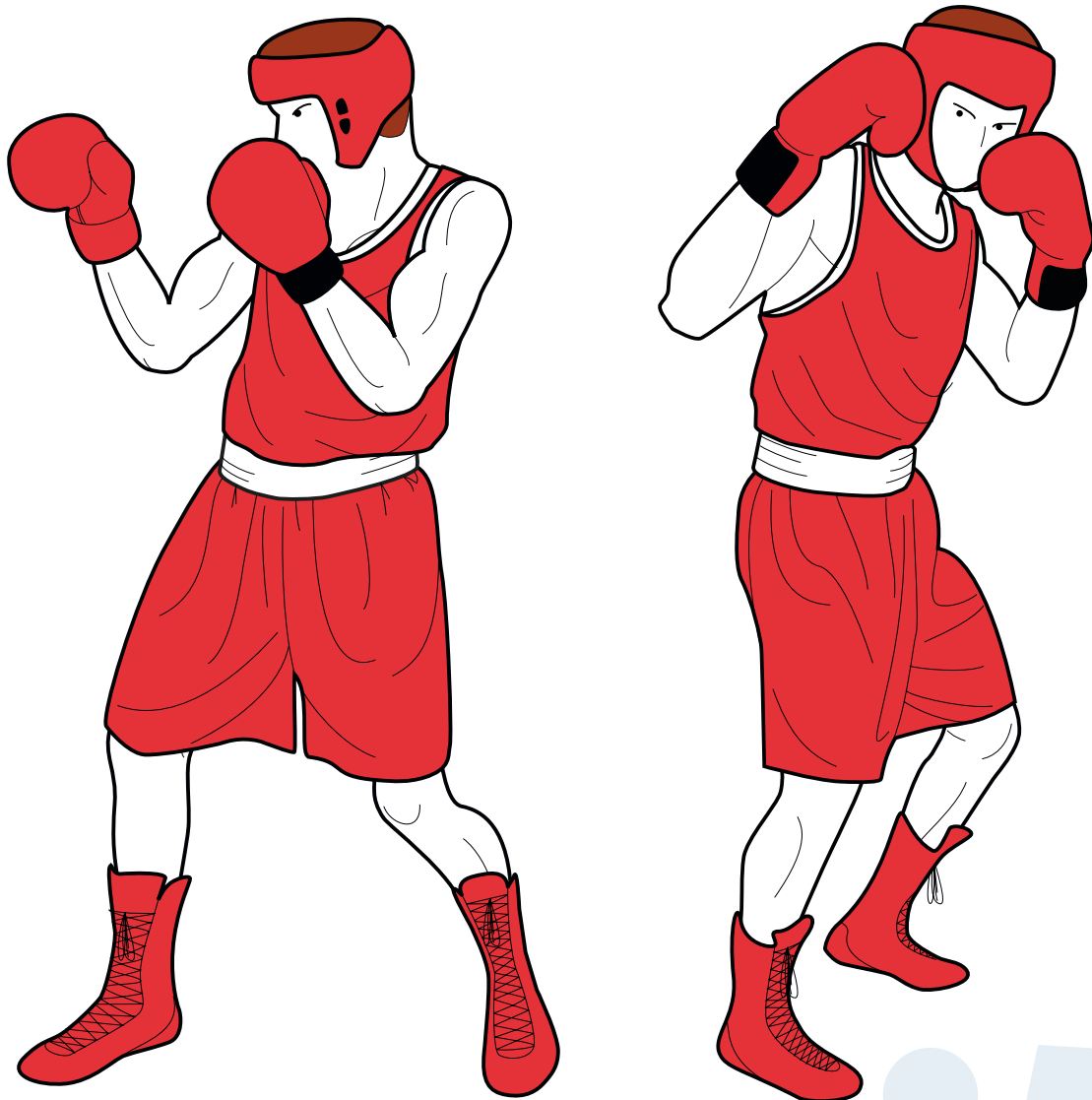
With the gradual changes in boxing style and its form, many boxers today have balanced bodyweight distribution to both legs to perform their universal style of boxing. Depending on the opponent and tactics, boxers alternate their boxing stance by shifting bodyweights and by the alternate arms and hands position.

In the initial stage of learning advanced level boxing stances, the boxer may learn the frontal boxing stance before the other boxing stances. Because it will allow boxers to learn and develop:

- To shift bodyweight from one feet to another
- To correctly place shoulders and hips
- To increase the punching distance for both arm by rotating upper body movement

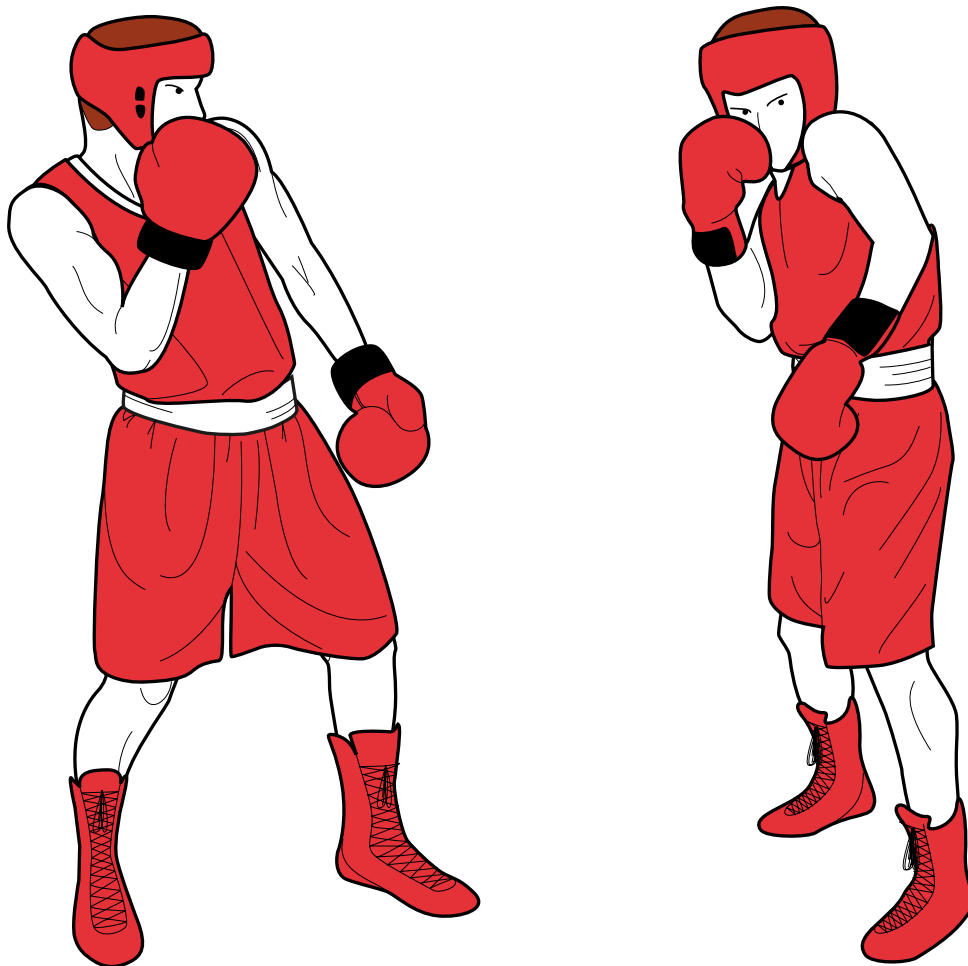
LEAD HAND HIGH

- Rotate body slightly toward rear side, 45 degree angle
- Place feet slightly wider than shoulders
- Bodyweight is shifted more to rear leg
- Bend knees down slightly
- Both feet are flat on the floor
- Rotate both feet approximately 45 degrees toward rear side
- Place rear hand near the chin and elbow close to the body
- Place lead arm slightly forward with elbow bent and hand near eyebrow level
- Keep face straight toward the opponent
- Keep lead arm shoulder close to the chin to protect



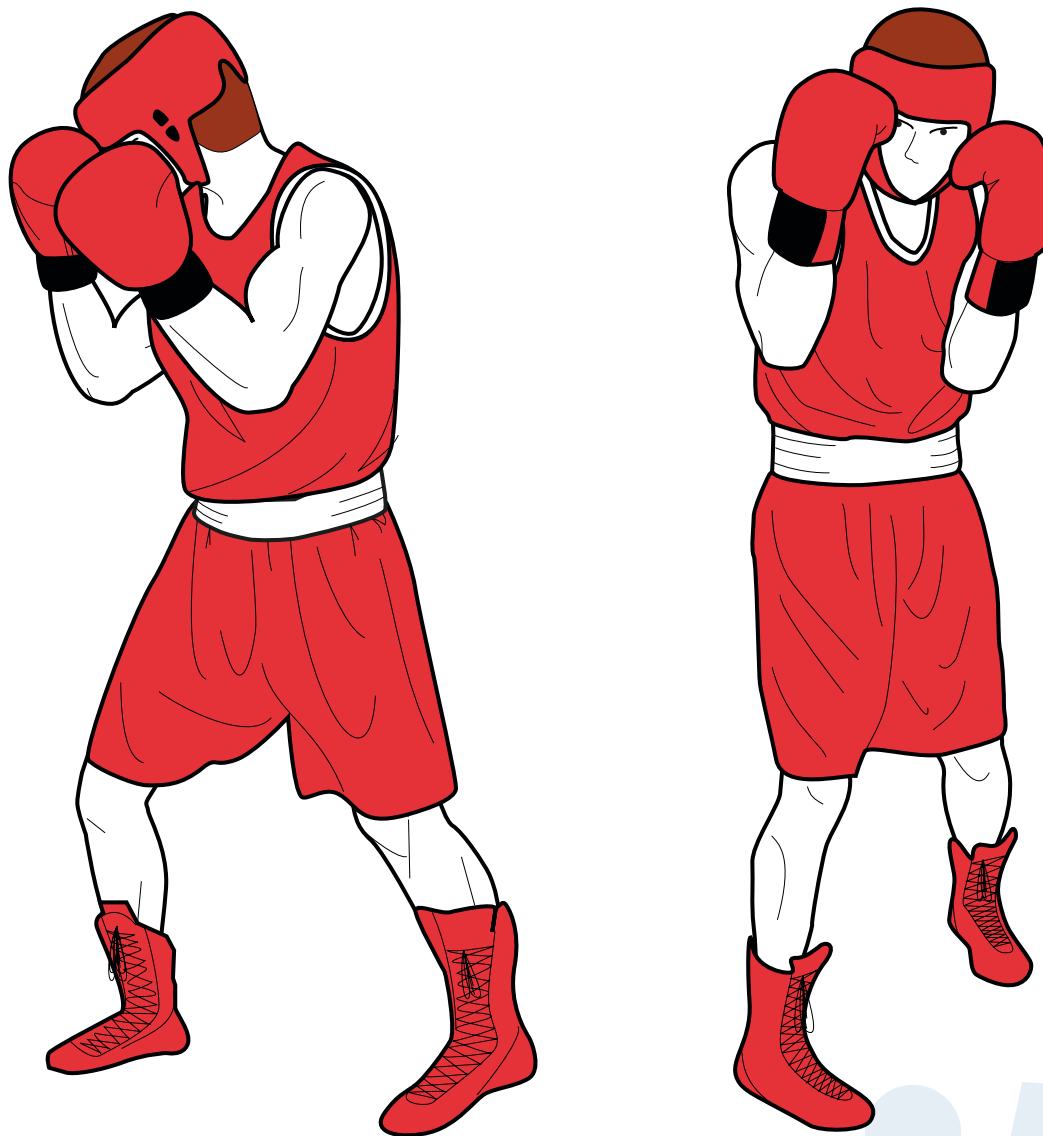
LEAD HAND LOW

- Rotate body slightly toward rear side, 45 degree angle
- Place feet slightly wider than shoulders
- Bodyweight is shifted more to rear leg
- Bend knees down slightly
- Both feet is flat on the floor
- Rotate both feet approximately 45 degrees toward rear side
- Place rear hand near the chin and elbow close to the body
- Place lead arm down, bend elbow slight and hand near waist area
- Keep face straight toward the opponent
- Keep lead arm shoulder close to the chin



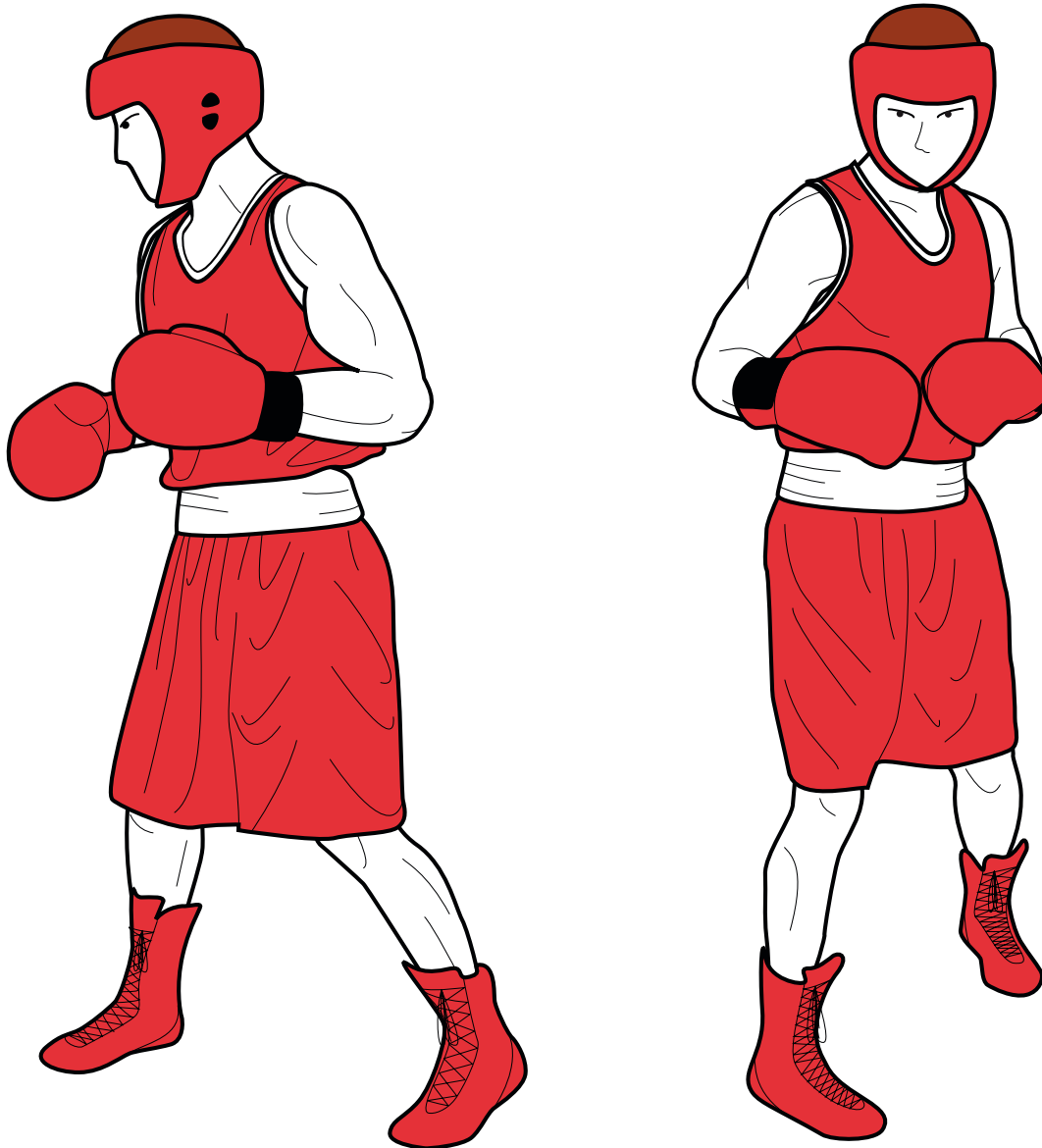
CLOSED ARMS (WITH BODYWEIGHT TO FRONT)

- Rotate upper body toward the opponent
- Place feet shoulder width apart
- Bodyweight is shifted slightly toward the lead leg
- Bend knees down slightly
- Both feet are flat on the floor
- Rotate both feet approximately 45 degree angle
- Bend the elbow and tucked into the body
- place hands near the eyebrow level and close both arm toward each other
- Keep the chin close to the chest
- Keep face straight toward the opponent



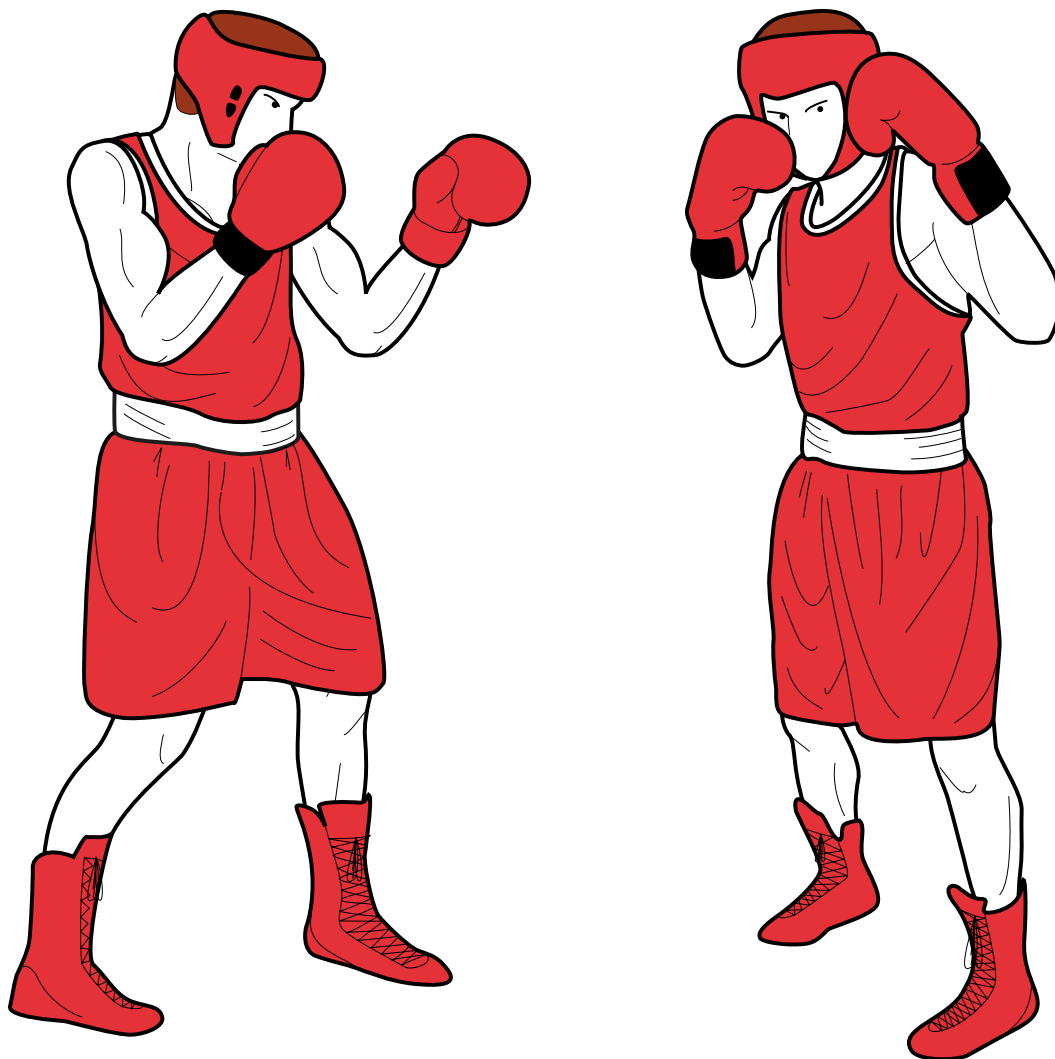
LOWER ARMS (WITH BODYWEIGHT TO FRONT)

- Rotate upper body toward the opponent
- Place feet shoulder width apart
- Bodyweight is shifted slightly toward the lead leg
- Bend knees down slightly
- Both feet are flat on the floor
- Rotate both feet approximately 45 degree angle
- Arms down, bend the elbow and place hands near waist area
- Keep face straight toward the opponent



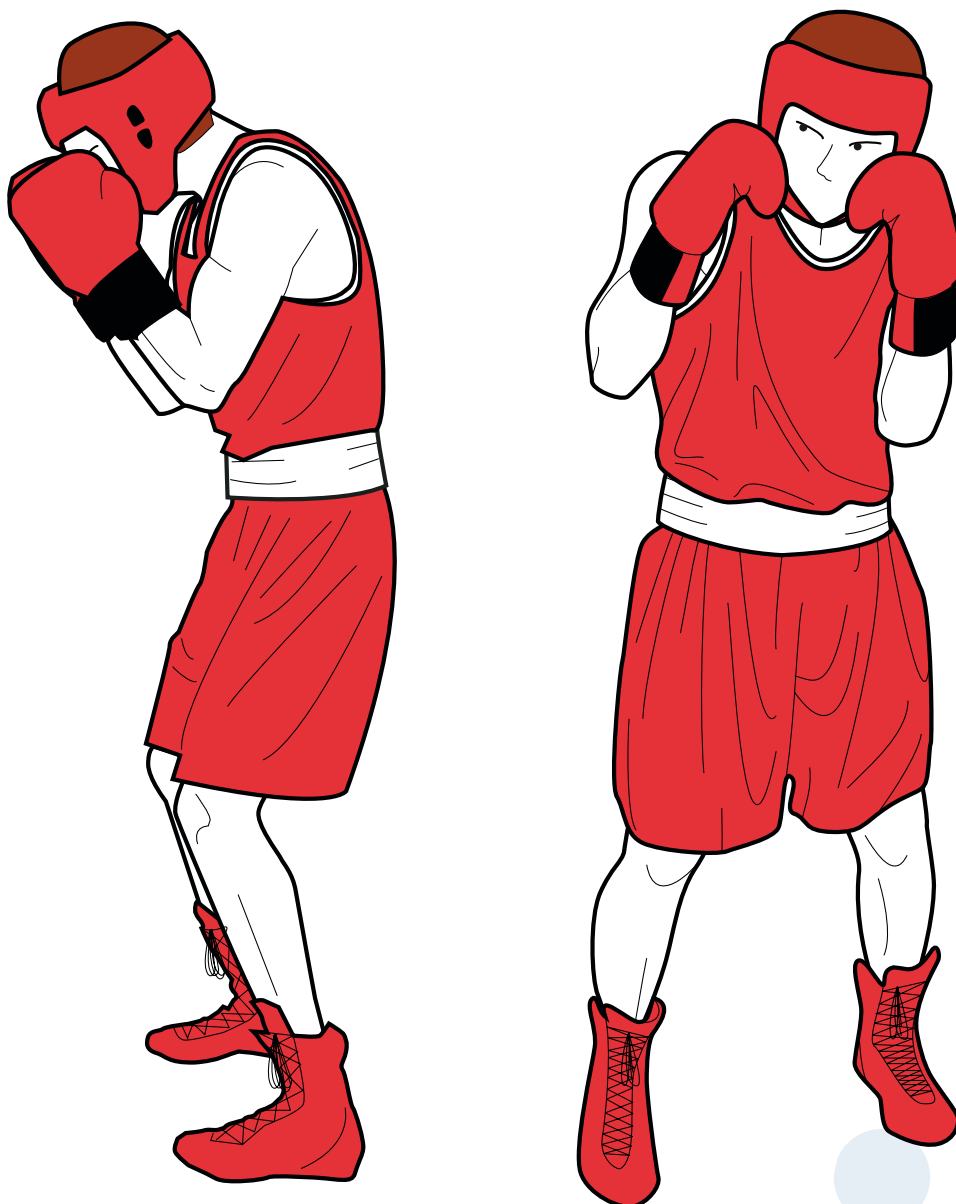
LEAD HAND HIGH (WITH BALANCED BODYWEIGHT DISTRIBUTION)

- Rotate body slightly toward rear side, 45 degree angle
- Place feet shoulder width apart
- Bodyweight is distributed equally to both legs
- Bend knees down slightly
- Both feet are flat on the floor
- Rotate both feet approximately 45 degree angle
- Place rear hand near the chin and elbow close to the body
- Place lead arm slightly forward with elbow bent and hand near eyebrow level
- Keep face straight toward the opponent
- Keep lead arm shoulder close to the chin



FRONTAL STANCE WITH CLOSED ARMS

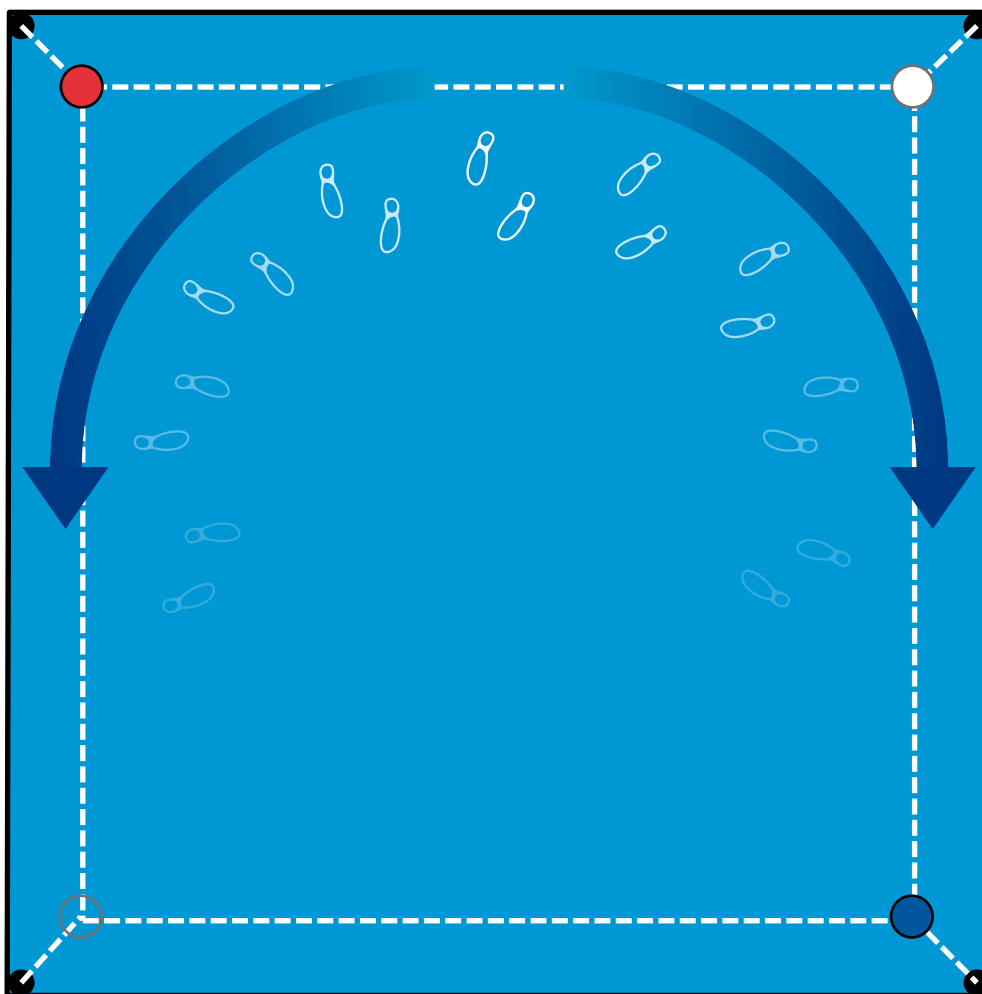
- Stand straight without rotating the body
- Place feet shoulder width apart
- Toes of both feet should be in-line
- Bodyweight is distributed equally to both legs
- Bend knees down slightly
- Both feet are flat on the floor
- Bend the elbow and tucked into the body
- place hands near the eyebrow level and close both arm toward each other
- Keep the chin close to the chest
- Keep face straight toward the opponent



5.2.2. FOOTWORK

In the previous part of the Coaches Manual, we have discussed about basic boxing steps. The boxer must master of making forward, backward, left and right steps with good coordination and balance, in order to have advanced level of foot work / foot movement.

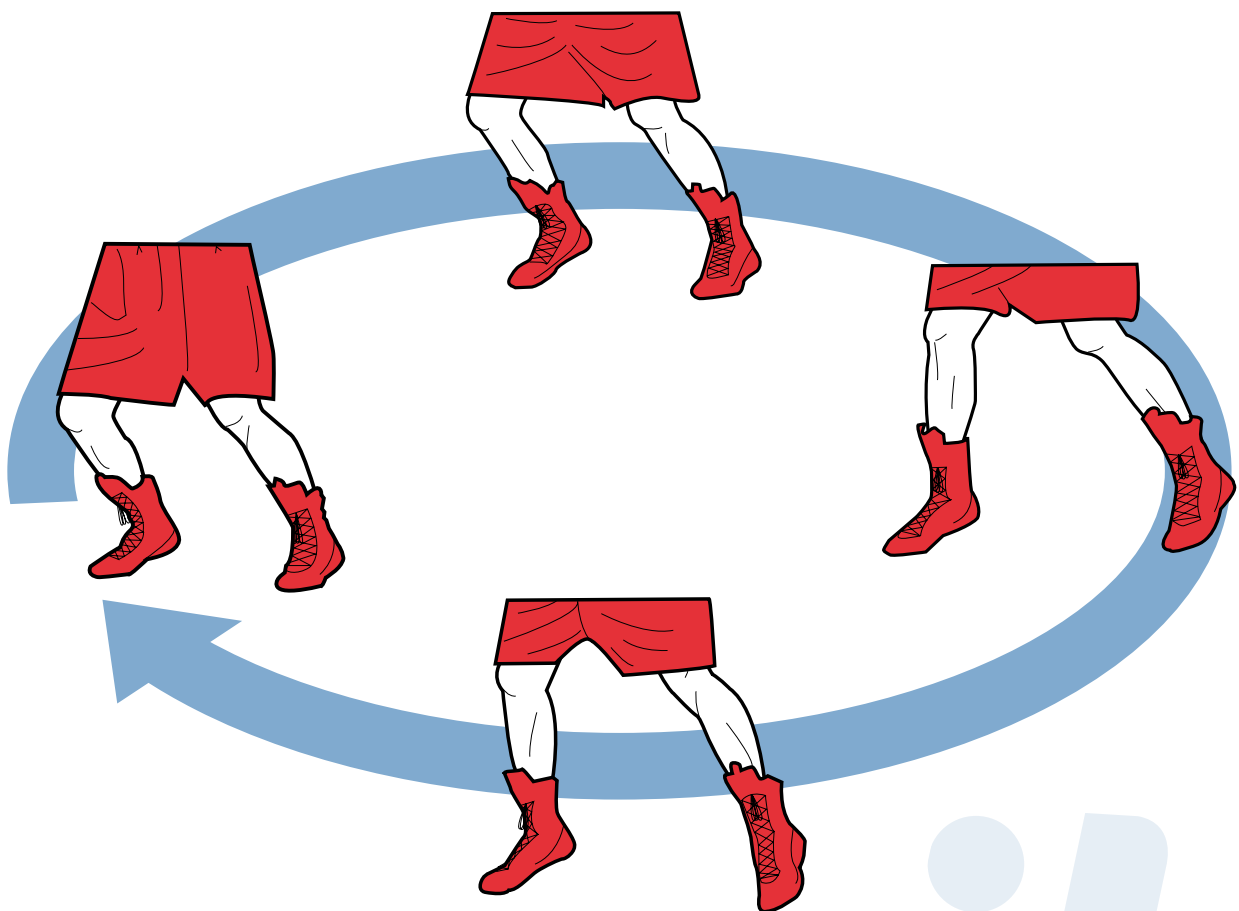
Since the boxer fights in the limited space in the ring, boxer must learn to make a round movement as shown in diagram before learning additional feet movement.



ADDITIONAL FOOTWORK

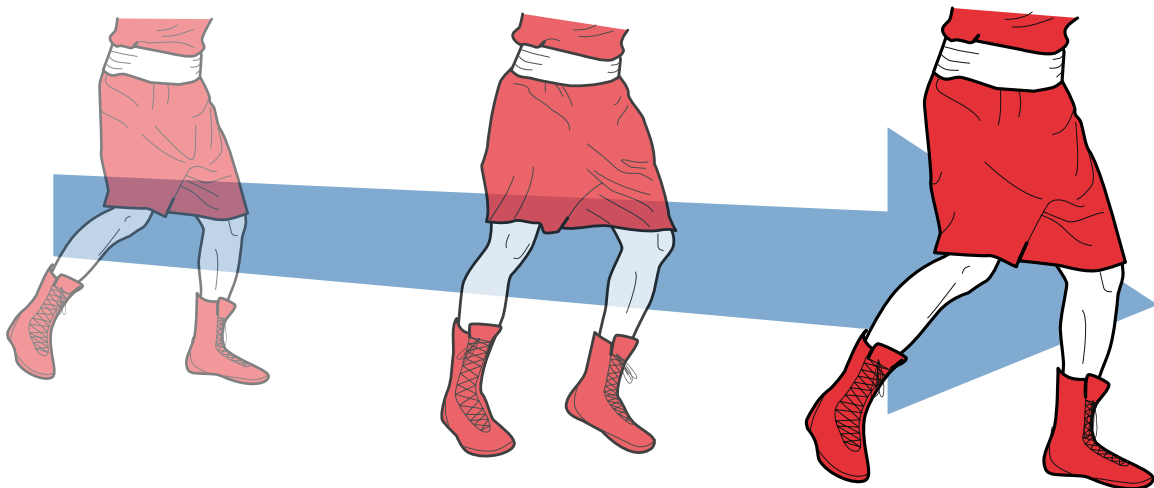
SHUTTLE

- From the boxing stance
- Boxer makes small jumps toward the front and back while keeping both feet shoulder width apart
- Boxer makes similar move as “forward step” except, making a small jump
- Land only with lead foot
- While rear foot is still off the ground, push off the body with lead foot to the back and make a small jump
- Land only with rear foot
- While lead foot is still off the ground, push off the body with rear foot to the forward and make small jump
- Constantly repeats the step 3 to 7
- Distance between two legs must remain same
- Shuttle movement is used to move closer or away from the opponent
- Shuttle movement is used to deceive the opponent



CHASSE

- From the boxing stance, boxer makes quick small steps to forward
- When moving backward, make quick small steps to backward



PIVOTS

- From the boxing stance
- Boxer plants either lead or rear leg while moving the other leg to forward, backward or side
- Planted leg must remain at the same place without moving



5.2.3. ATTACKS

Advanced attack consists of combinations of different elements such as movement, feints and different punches. When the boxer masters the basic element of punches, movements, feints and defenses, coach shall combine the boxing elements and try different variations according to the tactics, situations and boxer's characteristics (strengths and weaknesses).

COMBINATION OF PUNCHES

- Short series of punches – attack with combination of hooks and uppercuts constantly in short distance against the opponent
- Long series of punches – attack with combination of straight punches constantly in medium to long distance against the opponent
- Accentuated punches – not all punches are thrown with maximum strength and speed, among the series of punches, boxer choose to throw one or two punches with maximum strength and speed

ATTACK WITH PREPARATION

- Preparation includes any maneuvering action to draw opponent's movement. These includes feints, drawing out or maneuvering actions
- When boxer create an opening, immediately attacks the opponent

ATTACK WITHOUT PREPARATION

- Boxer observes an opponent's movement to seek for opening
- When boxer sees the opening, immediately attacks the opponent
- Using proper combination of punches to take advantage of the opening

COUNTER

- Counter to the Head
 - When opponent shows a move to perform lead hand straight punch to the head
 - Quickly perform the lead or rear hand straight punch to the opponent's head to the side where he/she is performing the straight punch
 - Simultaneously, move the head away from opponent's punch
- Counter to the Body
 - When opponent shows a move to perform lead hand straight punch to the head
 - Quickly perform the lead or rear hand straight punch to the body toward the opponent's side where he/she is performing the straight punch

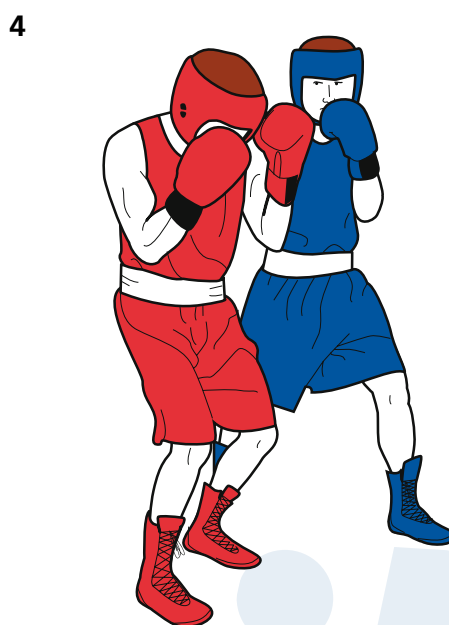
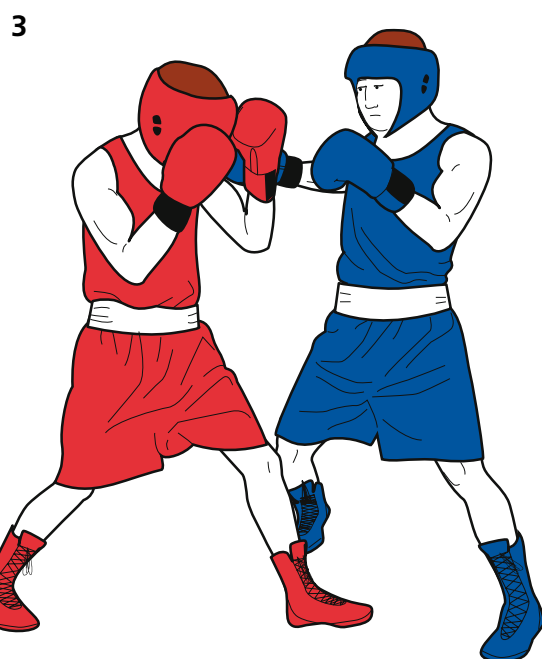
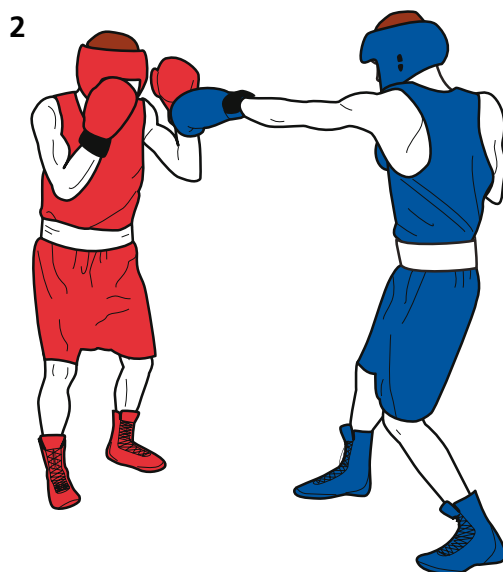
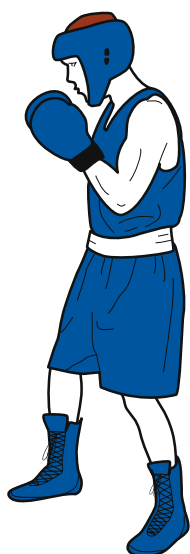
COUNTER ATTACK

- Responsive action after performing defense move against opponent's attack

ADDITIONAL ATTACKS

ATTACK WITH MOVING BACKWARD AND SIDE STEP

- When opponent makes approach by coming straight forward or weaving
- Perform backward steps while making series of punches (3 to 4 times)
- When opponent is in very close range, quickly pivot the whole body to opponent's lead hand side and step or jump backward very slightly
- Simultaneously make straight punch to opponent's head



5.2.4. DEFENSES

PASSIVE DEFENSE

- Boxer takes no immediate actions and remains observing the opponent after the opponent's attack

ACTIVE DEFENSE

- Boxer takes immediate action after opponent's attack with either counter attack or anticipated action

TYPES OF DEFENSIVE MOVE

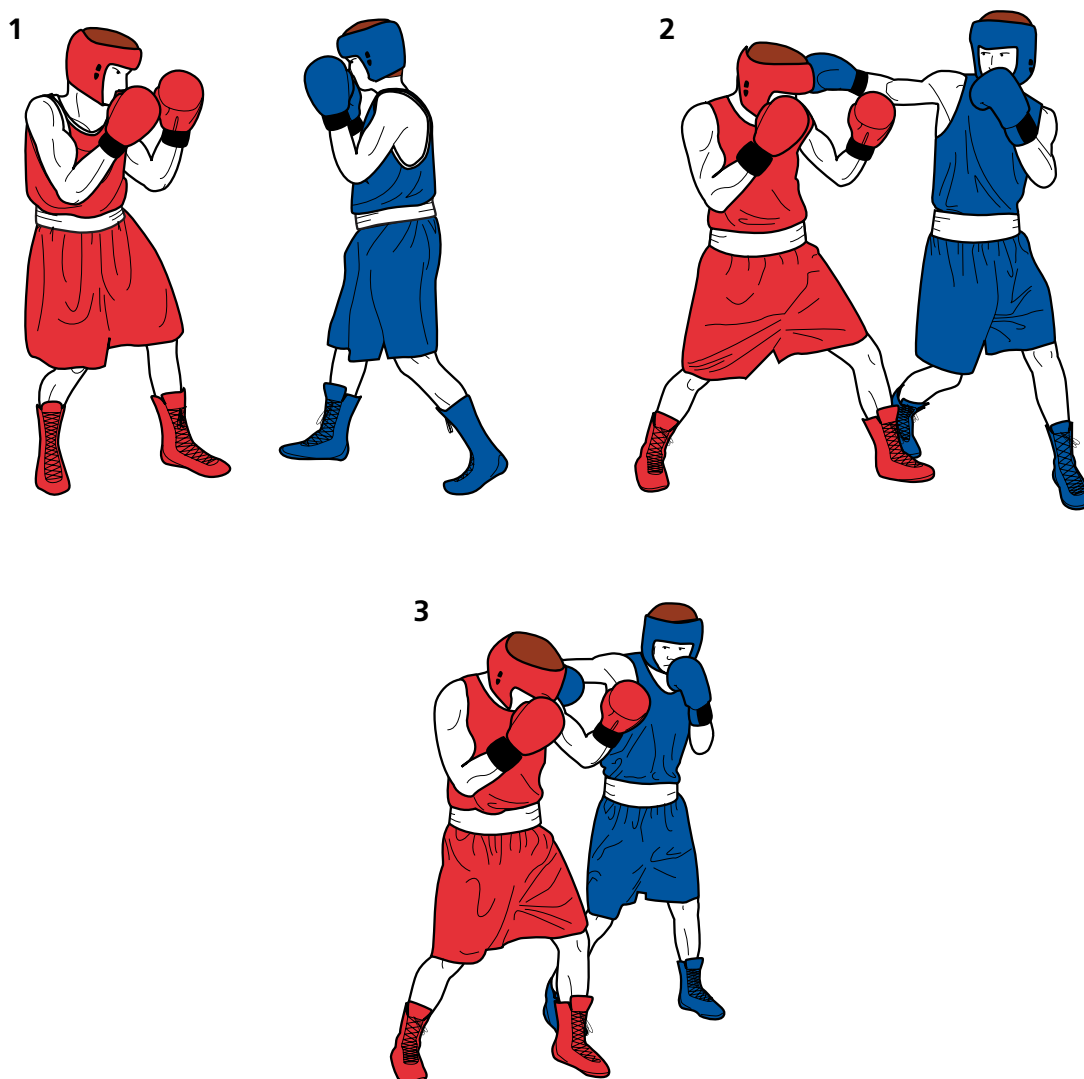
Defense Action can be divided into three categories.

1. Hand defense - Uses hands, arms and shoulder to either block or parry opponent's attack
 - Hand Defense Double Arm Cover
 - Catch / Block
 - Arm Block / Elbow Block / Shoulder Block
 - Parry
2. Body defense - Uses the upper body without moving the lower body to make defensive moves
 - Ducking
 - Rotation
 - Swaying Back
3. Leg defense - uses foot movement to move away from the opponent's attack range
 - Step Back
 - Jump Back

ADDITIONAL DEFENSE MOVES

SIDE MOVEMENT TO LEAD SIDE

- Plant rear foot
- move lead foot to the side while rear foot is still remain on the floor (Pivot movement)
- Simultaneously, rotate the whole body toward the lead side quickly
- Shift the bodyweight toward the lead foot
- Rear leg is extended almost as a straight line
- Upper body looks more like swaying back defense action



By changing the “planting” foot to lead foot, the boxer will be able to perform the “SIDE MOVEMENT TO REAR SIDE”

5.2.5. FEINTS

- Hiding boxer's intention by deceptive action
- Different types of feints should be applied for certain tactics and situations
- Feints must be quick and provoking
- Feints should be made in appropriate distance
- Feints can be also used for close-in of the distance, boxer uses feints to get closer to opponent by moving forward or drawing opponent to move closer or make opponents to move backward toward the rope or corner
- To make opponent to take any attack action that will create an opening for the counter-attack

TYPES OF FEINTS

- Head Feint
 - Move the head forward and retract
 - Move the head side to side
- Eyes Feint
 - Look to opponent's abdomen area
 - Look to opponent's feet
- Arm Feint
 - Extend lead arm slightly to opponent's head or body and retract, imitates the attack movement
- Body Feint
 - Move the upper body (shoulders) toward the opponent or sideways to imitate the intention of striking a blow, and return to original position
- Leg Feints
 - Flex one or both knees slightly to lower the body then stand back up, pretend that the boxer is making an preparation for the attack movement
 - Anchor one leg on the floor, while the other leg move to the different directions

COMBINATIONS OF FEINTS

Each type of feints can be applied individually or combined with two or more elements.
Ex.) Hand with Eyes or Leg with Hand and etc.

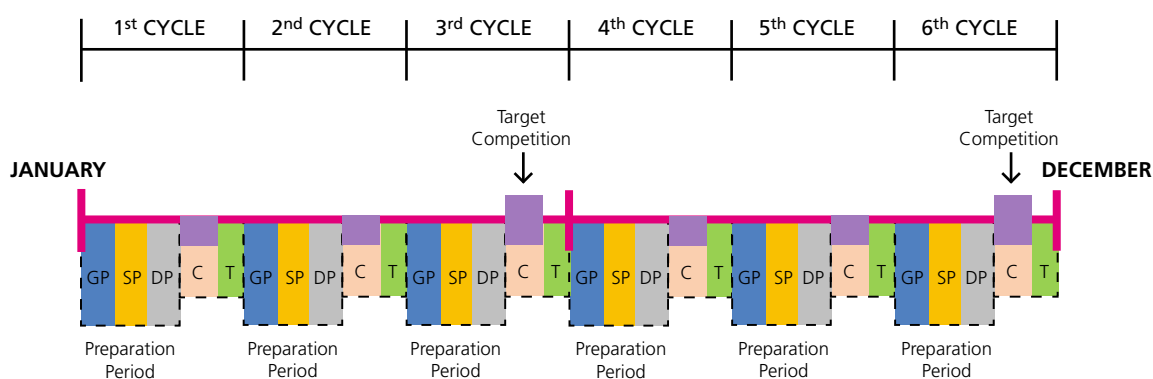
When performing feint movements, boxer must think about own defense, anticipate for any of opponent's counter-attacks. Meanwhile, a boxer must also think about his/her action after the feint. Feints should be used as preparation actions for a main attack

5.2.6. TRAINING PLAN DEVELOPMENT

The training plan is one of the most important aspects in the development of boxer. The purpose of training plan is to:

- Establish an efficient training process
- Control and management of training process
- Allow boxers to be ready for the competition
- Improve boxer's physical, physiological, technical, tactical and psychological skills

In reality, the 1-year training plan is developed based on the competition calendar, boxer's skills level and his/her goal and objectives of the year. The boxer's goal and objectives will determine the training loads, tournament and competition participation and when developing the 1-year training plan, coach must consider the location and distance of the tournament and competition take place. Other than the major and target competitions, coach selects different tournament and competitions to attend for control, monitoring and evaluation purpose. Whether these tournaments are small or big, important or not, the boxer will prepare for these tournaments with each training cycle which theoretically could allows 1-year training to have up to six training cycles.



- GP: General Physical Phase
 SP: Special Physical Phase
 DP: Direct Preparation Phase
 C: Competition Period
 T: Transition Period

Each cycle consists of preparation period, competition period and transition period. In a 1-year training plan, number of cycles will depend on the number of tournaments and/or competition that boxer participates. To prepare boxer with an optimal form for the major competitions, it is recommended to have 2 to 3 tournaments or competitions before. Therefore, before a major competition, boxer could have 3 to 4 training cycles.

When developing 1-year training plan:

- Must be aware of when and where the major and target competition are held
- Start to schedule from Target competition day to the first day (work backward)
- Training program and schedule shall change accordingly by increase or decrease the intensity, mix of different training exercises to keep boxers' interest and motivational level high
- It is important to have many active-rest or transition periods. After a hard-work, the tiredness remains in human body even after a good night rest. Short-rest period or small amount of rest time will wear-out the boxer physically, psychologically and have higher possibility of getting injured
- Depending on the boxer's preparation level, skip or shorten certain phase or period of training, and train with more focus on boxer's improvement on weak area
- Coach must be aware that, boxer can gain best form of performance and experience after participating at least two to three small tournaments before the major competitions
- Select tournament according to boxer's preparation level. Harder tournament may have negative effect on boxer's psychological level.
- Depending on opportunities, participate in international tournaments than national or domestic tournaments. At the international tournament, boxer has opportunity to experience and observe the international level of boxing and future opponents
- Coach must utilize the small tournaments and competitions to monitor and evaluate boxer's training progress and preparedness for the major and target competitions
- Include different training camps (training camps' duration shall be around 14 – 21 days)
- After a long period of transition period or active-rest period, it is beneficial to have a training camp or arrange training at high-altitude areas like mountains
- Training cycle prior to major competition shall be conducted with submaximum and maximum intensity. The training volume should be low. It is crucial to remember to avoid boxer's overtraining.
- During the 1-year training plan, coach must have a boxer go through medical checks at least two times
- If there are more than two major competitions in one year period (similar to the schedule shown in 1-year training period example), coach shall decide two of the three competitions to focus on. It is not recommended to train more than three training cycles with maximum effort

PREPARATION PERIOD

The preparation period is divided into three phases. General physical phase, special physical phase and direct preparation phase. In each phase can be 6 to 9 weeks or less than 6 weeks depending on the competition calendar. The training focus is different and its goal and objectives. Between each phase, a week of active-rest period will be given to allow boxer to have good physical and psychological recovery, not only for each phase and period, but also throughout a year.

GENERAL PHYSICAL PHASE

Training focus of the general physical phase is the development of physical abilities such as endurance, strength, speed, coordination including agility and flexibility. These physical abilities are the basic foundation for boxers' development and his goal and objectives; therefore this phase is very important to boxer. In this phase, the coach shall include also the training of techniques, tactics and psychological aspects.

The boxer shall train two to three weeks with two sessions per day. The duration of the phase can be adjusted accordingly with the competition calendar and the condition of the boxer. 2 to 3 hours of low intensity but, high volume training per training session is recommended.

SPECIFIC PHYSICAL PHASE

Training focus of the specific physical phase is the development of physical ability associated with boxing. This phase is not technique development phase. During the specific physical phase, boxers will train to increase the endurance, strength, speed and coordination of punches and movements. As same as previous general physical phase, coach shall include small amount of training time for development and training of techniques, tactics and psychological aspect of the boxer.

It is recommended to train in specific physical phase for 2 to 3 weeks with 2 sessions per day. However, the coach shall adjust accordingly with the competition calendar and the condition of the boxer. 1.5 to 2 hours of increased intensity than general physical phase with decreased volume of work is recommended.

SPECIFIC PHYSICAL PHASE SPEED TRAINING SESSION EXAMPLE

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none"> • Briefing • General Exercises • Stretching 	5 min 10 min 7 min	Moderate Moderate	general exercises such as jumping, swing and etc.
2. Main Training			
Technique Improvement <ul style="list-style-type: none"> • Lead hand straight punch with feints (2 rds x 3.5 min) • Rear hand straight punch to the head or body with feints (2 rds x 3.5 min) • Rear hand uppercut to the head with feints (2 rds x 3.5 min) • Combination (uppercut to the head with rear hand and hook with the lead hand) with feints (2 rds x 3.5 min) • Hook with either arm and defense movements (2 rds x 3.5 min) • Technique recommended by the coach (2 rds x 3.5 min) Skipping (Jump Rope) Power Training <ul style="list-style-type: none"> • Strength exercise with weights 	10 min (2 x 5 min) 20 min	Moderate and High	Coach advise what techniques or tactics to improve
3. Cool-Down			
<ul style="list-style-type: none"> • Light Jogging • Stretching • Relaxation 	10 min 5 min 8 min		

DIRECT PREPARATION PHASE

During the direct preparation phase, the boxer will be focused on to train to improve individual boxers' technical and tactical abilities. Additionally the boxer will train to improve boxing-specific strength and speed further. Coach shall increase amount of time to train for psychological development of boxer during this phase.

It is recommended to go through direct preparation phase for 2 to 3 weeks with total 3 hours of training time in two sessions per day. However, the duration of the phase and number of session can adjust accordingly based on the competition calendar and the condition of the boxer. Volume of the work is recommended to be low, but intensity of the training must be high.

DIRECT PREPARATION PHASE TRAINING SESSION EXAMPLE

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none"> • Briefing • General physical exercise • Stretching 	5 min 10 min 5 min	Moderate	General physical exercise and speed exercises
2. Main Training			
Technique and Tactics <ul style="list-style-type: none"> • Straight punch exercises with both arm (2 rds x 3.5 min) • Defense exercises and follows with counter attack (2 rds x 3.5 min) • Straight punch and uppercut to the head (2 rds x 3.5 min) • Use all techniques (2 rds x 3.5 min) Skipping (Jump Rope)	2 rds x 3.5 min 2 rds x 3.5 min 2 rds x 3.5 min 2 rds x 3.5 min 7 min (2 x 3.5 min)	High	Work with partner and try to create competition atmosphere
3. Cool-Down			
<ul style="list-style-type: none"> • Light Jogging • Tennis ball bounce • Stretching 	12min 3min x 2 reps 10 min	Moderate	

COMPETITION PERIOD

Competition period starts on the day of the arrival at the competition location. During this period, the boxer will continue their training to stay in good condition for the competition.

Training shall be conducted in short period of time with low volume. Intensity shall be adjusted accordingly with boxer's condition. If boxer's excitement level is high, then coach could plan the training with a higher intensity to decrease the tension. If a boxer is calm and excitement level is low, coach shall plan low intensity training.

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none">General exercises	5 min 5 min	Moderate	General physical exercise for whole body (swings, stretching, jumping and etc.)
2. Main Training			
<ul style="list-style-type: none">Shadow BoxingTrainer Pads	3min x 3rounds / 1min rest 3min x 3rounds / 1min rest	High or Low depends on Boxer's Condition	All exercise shall be conducted with maximum effort
3. Cool-Down			
<ul style="list-style-type: none">StretchingRelaxationMassage	5 min 5 min 5 min	Moderate	

TRANSITION PERIOD

After the boxer competed at the tournaments or competitions, the boxer will have transition period to relieve tension from the competition, psychological recovery and treatment for any injury treatment. Also depending on the number and toughness of the bouts that boxer competed, the coach can allow the boxer to spend time at home during the transition period.

Transition period shall be around one to two weeks after the competition and during this period, the boxer can train or participate in different sports or games other than boxing.

5.2.7. PSYCHOLOGICAL PREPARATION

Psychological preparation is an important element in the sport of boxing. It is fundamental factor to achieve a good result for boxers' career in the ring. Boxing is one of the most physical-oriented Olympic Sports and requirement of the psychological preparation arises as a boxer not only uses high amount of physical energies but also, physical offensive action by opponent can withdraw the focus of a boxer.

PSYCHOLOGICAL PREPARATION IN GENERAL

- Learn the psychological recovery methods (ex. relaxation)
- Coach's behavior becomes the model for his/her boxers, therefore it is very important for coaches to behave in gentle-like manner in any places and occasions
- Create comfortable and friendly training environment, with assistance from psychologist, if available.
- Gradually challenge a boxer by increasing the level of difficulties of exercises in training and increase level of competitions
- Training workload and goal must correspond to boxers' preparation and ability to adopt the workload
- Discuss with the boxer about the training session and workload
- Start compete from small tournaments to prepare for major and target competitions
- When discuss with the boxer about the result of the performance, praise the boxer with his achievements but, provide strong support to boxer for any outcome of the training and competition
- Instead of criticizing, help boxer to learn to overcome his weaknesses
- Emphasize that small tournaments and competitions are not only for winning to gain confidence and positive psychological effects, but also to gain experience and practice the tactics learned
- When boxer is in slump,
 - Change of training activity
 - Change of training environment

PSYCHOLOGICAL PREPARATION FOR COMPETITION

- Make a boxer aware and become familiarize with the competition atmosphere, for example lighting, crowds, opponents and etc.
- Make a boxer familiarize and learn to cope with any unexpected situation in competition environment – prepare a boxer with "what if" scenarios
 - "What if" the boxer gets boo'ed by crowds
 - "What if" the boxer has strong opponent in upcoming bout
- After competition, organize a psychological recovery session
 - Active-rest
 - Spa, Sauna, Massage
 - Short period of off-training days

5.2.8. TACTICS

Tactic is an art of winning a competition with the help of the most efficient methods. There are many tactics available today, however not all tactics are used and taught to each boxer. Teaching and learning of tactics are highly depends on boxer's and his/her opponents' individual ability such as anatomical, physical, psychological and technical skills.

GENERAL TACTICS

- High Tempo – boxing in high tempo through all rounds
- Gain knowledge about opponent
 - By watching opponent at the competition and/or video
 - Draft scenarios of opponent's tactics
- High Tempo – boxing in high tempo through all rounds
- Knock-out – seek to land strong blow on opponent to win a bout by knock-out
- Defense – Mainly concentrate on the defense and wait for opponent's mistakes
- Universal – adapt and execute tactics based on the situation
- Irregular tempo – boxer controls tempo of the bout, either faster or slower
- 3rd round – boxing aggressively on 3rd round or boxing defensively (if winning)
- Combination – combination of two or more tactics

Some of the recent tactics that have been shown by Russian coaches and boxers during the competition are:

- Quick-starts – as soon as referee order "box", immediately start attacking the opponent
 - Allow psychologically suppress the opponent
 - Allow to initiate and lead the bout
 - Allow to gain points quickly
- Constantly give accentuated punching on one-side of the opponents, then when opponent lose the concentration on the defense of the other side, immediately give accentuated punch to the other side that opens up
- Preparation of counter punch from the opponent with opposite boxing stance

5.2.9. IN-COMPETITION

BEFORE THE BOUT

- Before the bout, the coach analyzes the opponent's most-used techniques, tactics and boxing-style by looking at the opponent's nationality and also analyzing of his/her anatomical and physical skills. With the analysis, the coach will draft a preliminary plan and tactics for the upcoming bout
- Communicate and discuss with a boxer about the plan and tactics and encourage the boxer to use his/her strong skills
- Conduct individual warm-up activities for 20 to 50 minutes
 - Running or jogging with low intensity
 - Stretching
 - Skipping (Jump Rope)
 - Shadow boxing / Trainer Pads
 - Shadow boxing with simulation of upcoming bouts
- Have boxer calm and motivate him/her for the victory
- Allow the boxer to make individual approach toward the ring
 - Some boxer may prefers to run to the ring from the locker room

DURING THE BOUT

- In the Corner
 - Analyze of the round with opponent's strength and weaknesses
 - Think about tactics and recommendations that the coach wants to inform the boxer in the next round
- In the ring
 - First 30 – 40 sec, allow boxer to recover with any recovery actions
 - Spend about 15 – 20 sec to instruct the boxer with tactics or what coach wants to inform the boxer
 - When the coach instruct boxer with tactics, repeat several times to allow boxer to remember
 - Show firm confidence to the boxer that he/she is going to win, even if boxer is losing

AFTER THE BOUT

- Make an individual approach to a boxer depending on the result of the bout
 - If the boxer win the bout
 - > Depending on the boxer's excitement level, conduct training right after the bout to relieve tension and calm the boxer down. However, if boxer's excitement level is not high or he/she is calm, then he/she can skip the training right after the bout
 - > If boxer wins by knock-out which occurs before end of three rounds, conducts training after the bout to have the boxer spend similar amount energy he would use for boxing in full three rounds
 - > Watch and analyze a bout of upcoming opponents
 - If the boxer lose the bout
 - > Calm the boxer down and help him/her to relieve tension and stress from the bout with psychological recovery methods
 - > Discuss and instruct the boxer about the next competition

5.3. ADVANCED TECHNIQUE – USA

USA Olympic boxing style is diverse because of the cultures, ethnic backgrounds, teaching methods, philosophies and styles taught by a wide range of American coaches. A major element observed in the USA style is the athleticism of the boxer. Athleticism allows the boxer to utilize his/her speed, power, strength, quickness and agility. These attributes are nurtured by the coaches within the USA Boxing Program.

A unique factor of USA boxing is the unlimited domestic competitions provided by Silver Gloves, Golden Gloves, National Police Athletic League, Armed Forces and the Junior Olympic Programs. These programs contribute to the American boxer as they develop required experience such as techniques and tactics to be successful in competition at an early age.

5.3.1. BOXING STANCE

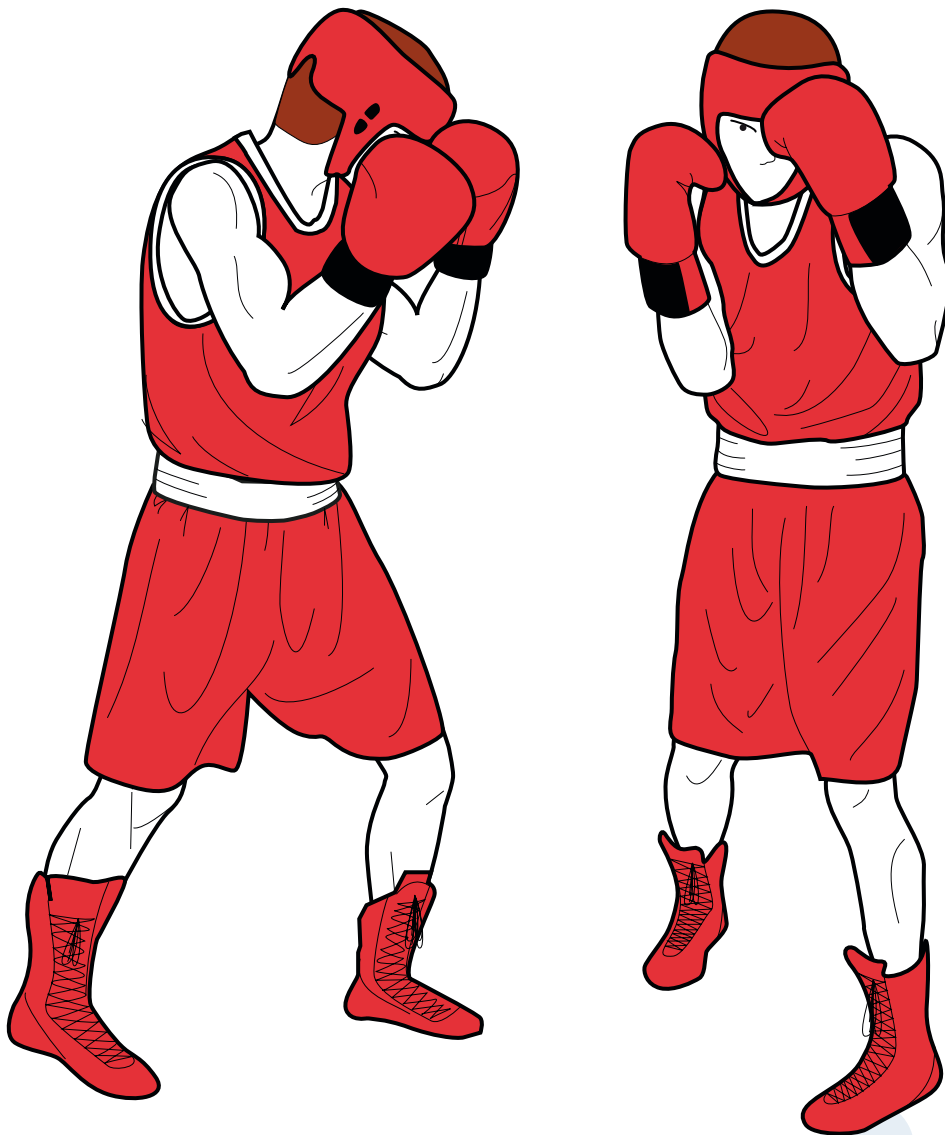
Majority of US boxers box with a balanced boxing stance then the boxer prepare his/her attack by using lead hand straight punches then follows with different combination of punches and work to attack from variety of angles with movements.

Balanced boxing stance, boxer has feet at shoulder width, weight distribution evenly between feet. This allow boxer to move in the ring with greater ease in every direction without coming off balance.

In the initial stage, boxing stance of the boxer is determined by his/her physiological characteristics and coaching philosophy. Over the course of development, boxers adjust based on the factors and the situations in the competitions.

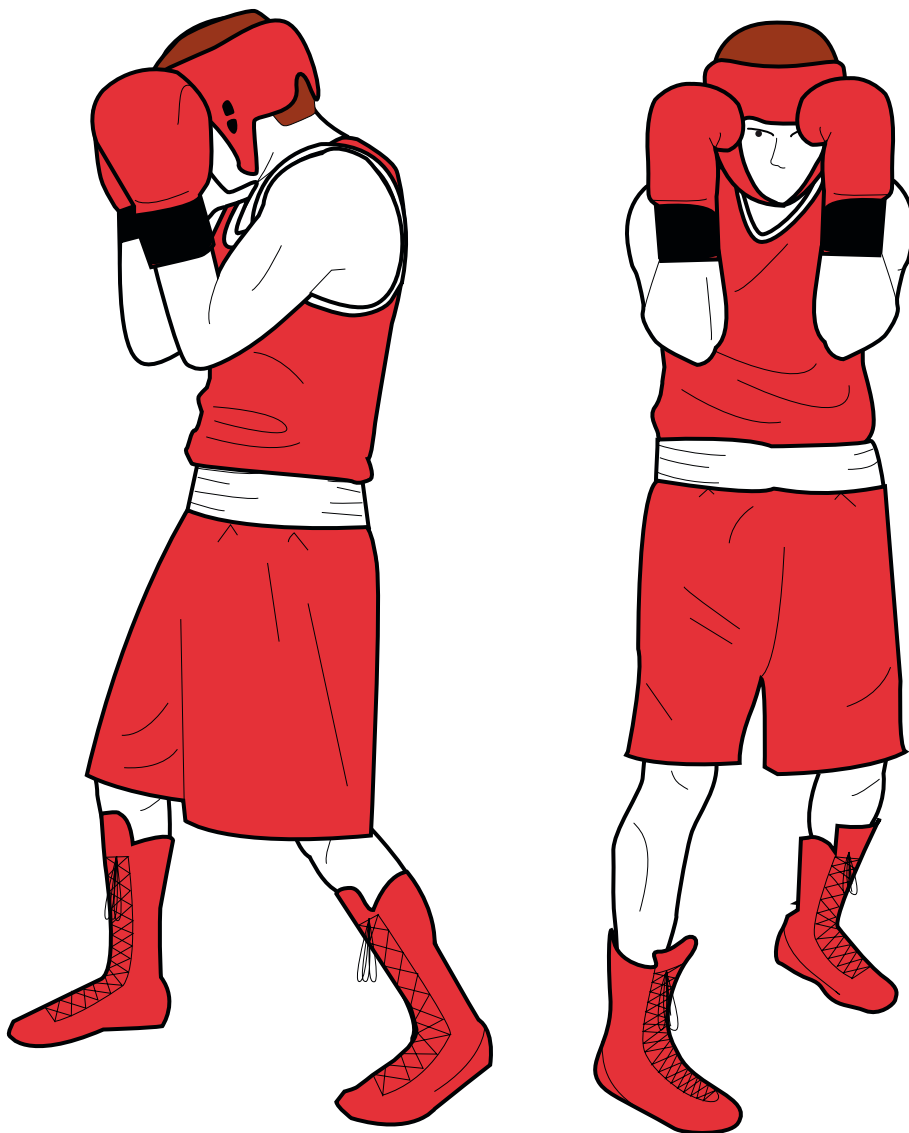
CLASSIC

- Stand 45 degrees side way with your non-dominant hand's shoulder forward
- Keep both feet shoulder width apart with lead foot forward
- Slight bent both knees
- Slightly raise the heel of rear foot
- Keep the lead foot flat on the floor
- Tilt the chin slightly forward
- Lead hand up at eye level with elbow covering the rib cage on lead side of body
- Rear hand up at eye level with elbow covering the rib cage on rear side of body
- The bodyweight is distributed slightly more to the rear foot
- While shifting bodyweights more to the rear leg, slightly lean the upper body forward to create the balance



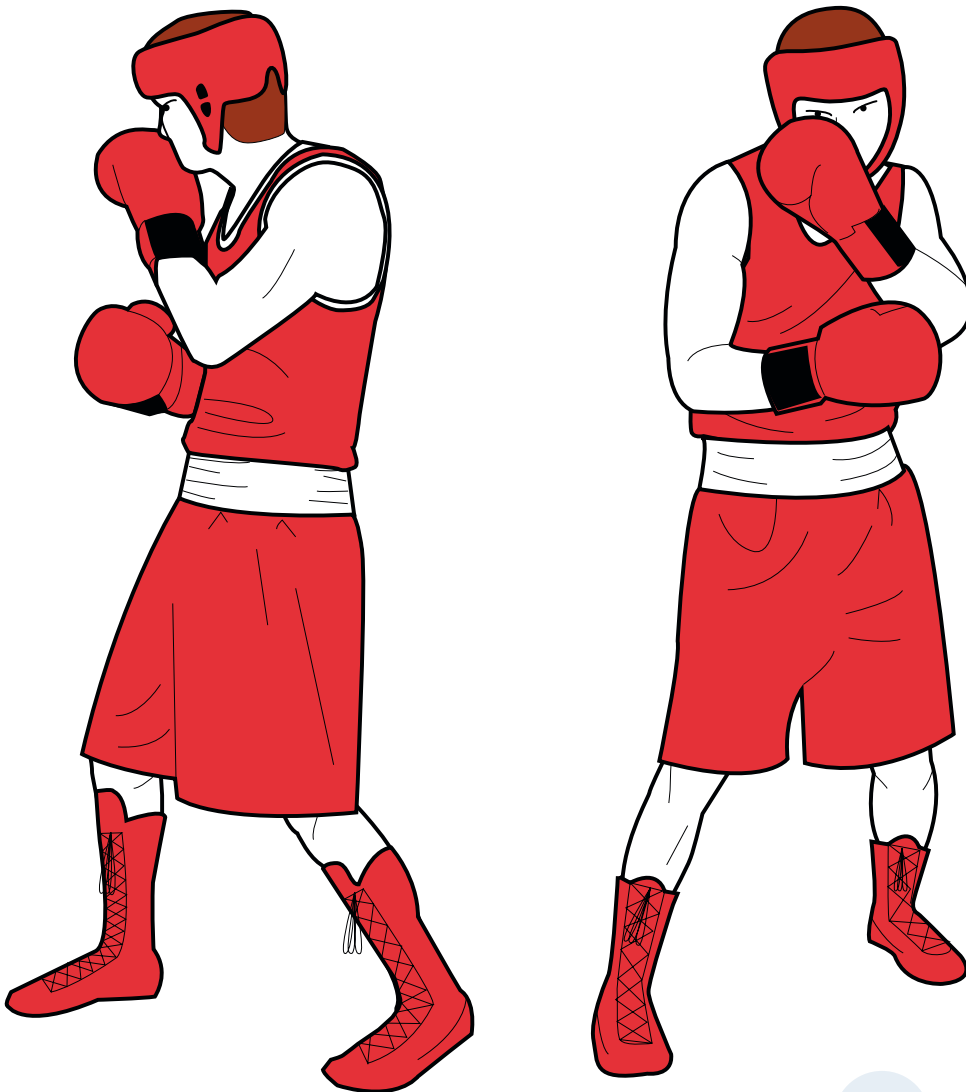
HIGH GUARD

- From the basic stance
- The bodyweight is distributed more on rear leg
- Knees are slightly bent
- Slightly raise the heel of rear foot
- Pull in elbows tight to the body, covering the ribs and body
- Both hands and arms cover face and upper body



DOUBLE GUARD

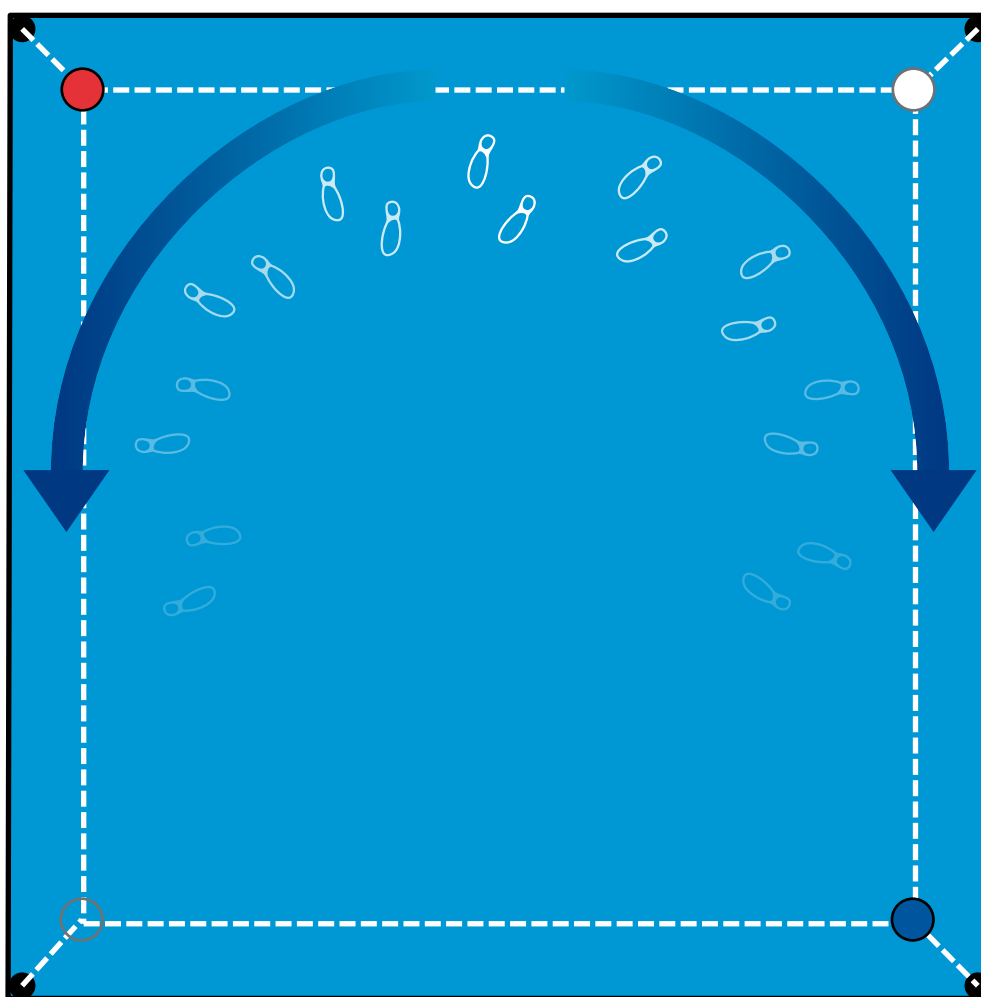
- Stand slightly on 45 degree angle with lead side shoulder forward, this will presents a smaller target
- Place feet same as basic stance, distribute weights equally to both feet
- Slightly elevate heel of rear foot
- Slightly elevate the lead shoulder
- Rear hand is held against the lead side of the face as a defensive shield with rear arm elbow on the rib cage
- Lead hand is held across the stomach above the belt line, just below the rear arm elbow, but can be elevated slightly on boxer's choice
- Rear hand catch or block any punches coming toward the lead side of the face
- Lead hand catch or block any punches coming from the rear side



5.3.2. FOOTWORK

In the previous part of the Coaches Manual, we have discussed about basic boxing steps. The boxer must master of making forward, backward, left and right steps with good coordination and balance, in order to have advanced level of foot work / foot movement.

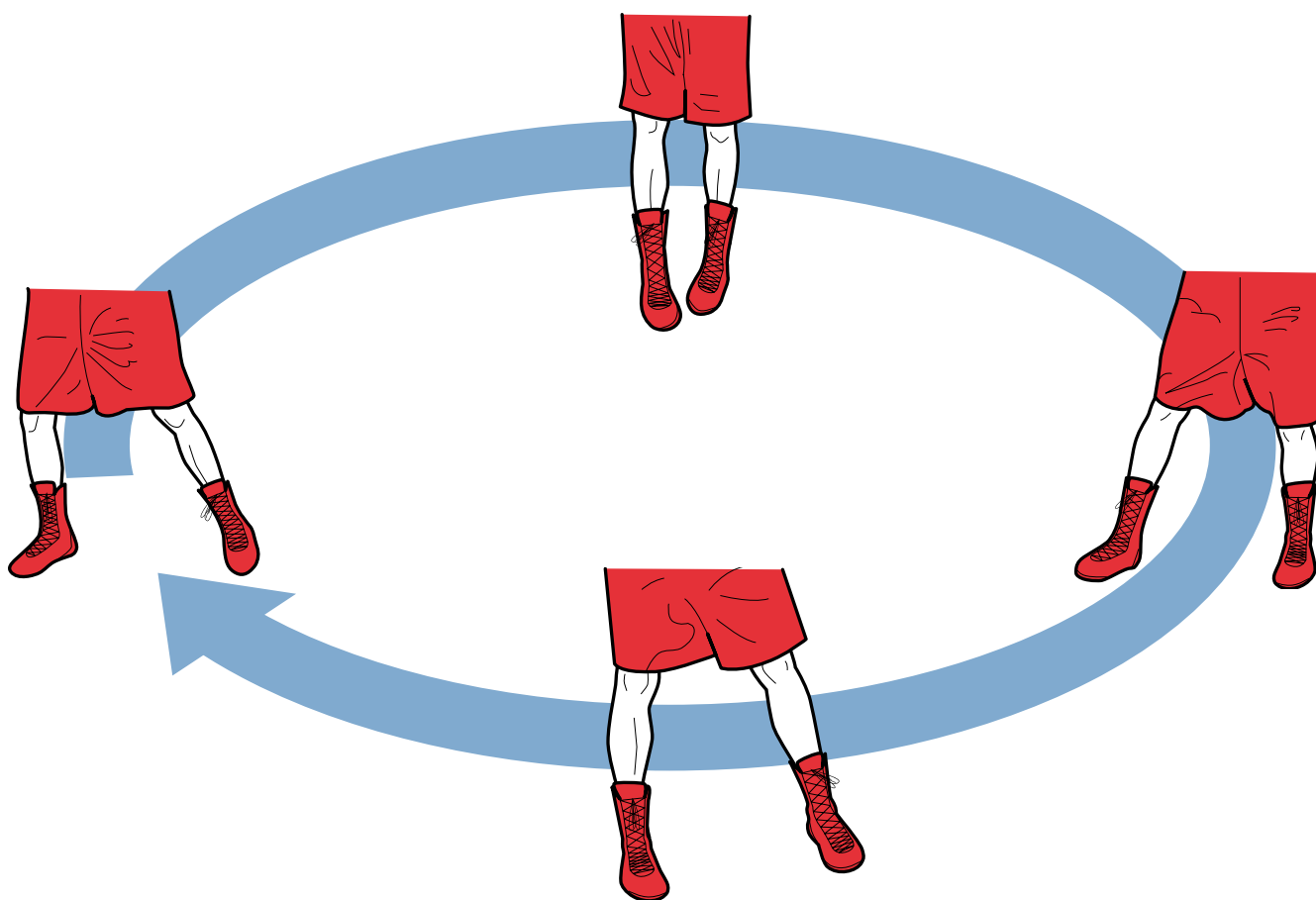
Since the boxer fights in the limited space in the ring, boxer must learn to make a round movement as shown in diagram before learning additional feet movement.



ADDITIONAL FOOTWORK

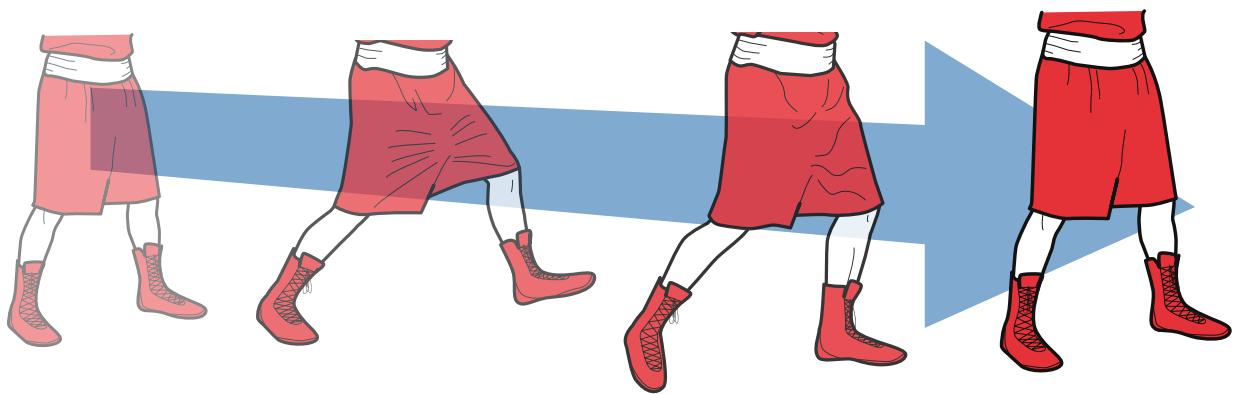
BOUNCING

- Up and down on balls of the feet, alternating bouncing on left then on right (the same motion as jumping rope)
- Feet can go side to side or in and out
- Move in all directions on balance
 - It is very important to maintain the balance



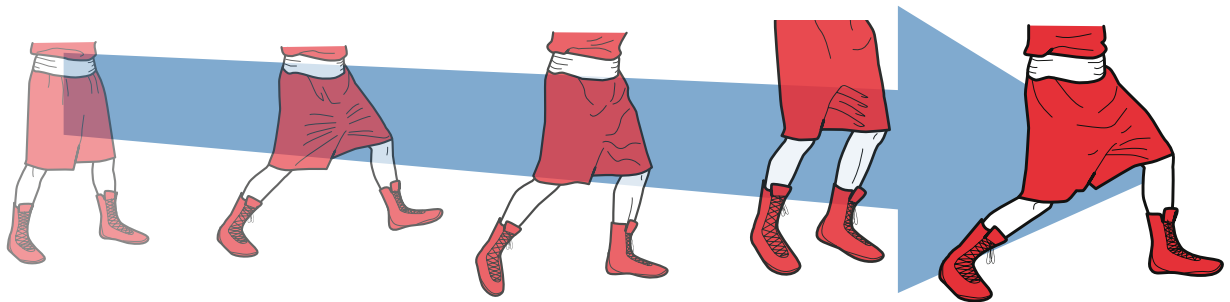
STEP AND SLIDE

- From the boxing stance
- Step with lead foot and slide rear foot to the direction of lead foot
- Maintain balanced stance throughout the movement
- Return to the boxing stance



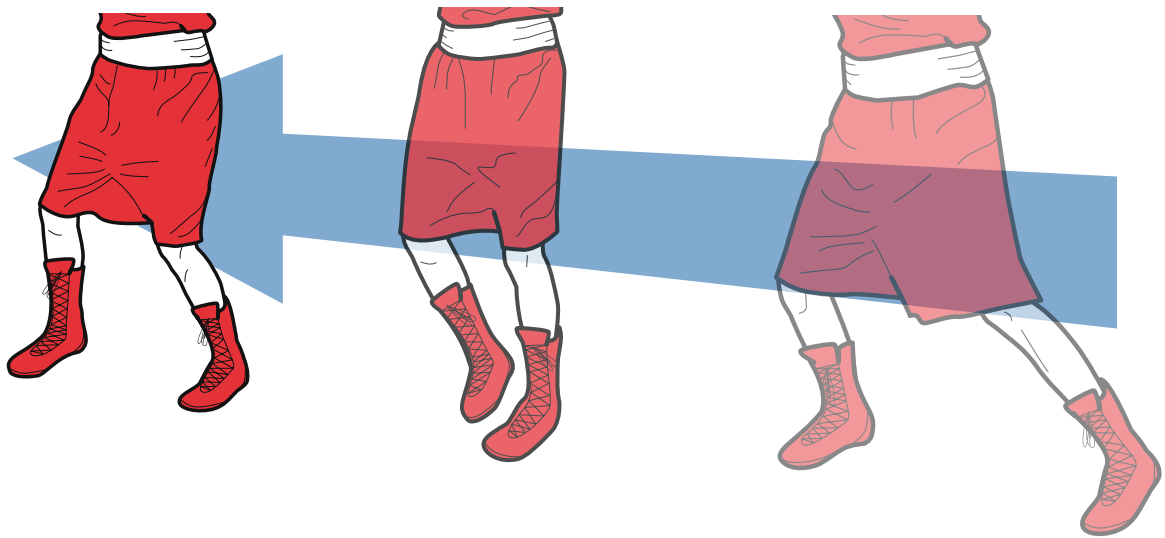
STEP AND HOP

- From the boxing stance
- Step with lead foot and as boxer slides the rear foot in the direction of lead foot
- Make a small hop with lead foot
- Return to the boxing stance
- Maintain balance stance throughout the movement



SHUFFLING

- From the boxing stance
- Shuffle both feet by slightly bouncing and sliding in the desired direction
- It is important to maintain the balance



5.3.3. ATTACKS

Advanced attack consists of combinations of different elements such as movement, feints and different punches. When the boxer masters the basic element of punches, movements, feints and defenses, coach shall combine the boxing elements and try different variations according to the tactics, situations and boxer's characteristics (strengths and weaknesses).

COMBINATION OF PUNCHES

- Short series of punches – attack with combination of hooks and uppercuts constantly in short distance against the opponent
- Long series of punches – attack with combination of straight punches constantly in medium to long distance against the opponent
- Accentuated punches – not all punches are thrown with maximum strength and speed, among the series of punches, boxer choose to throw one or two punches with maximum strength and speed

ATTACK WITH PREPARATION

- Preparation includes any maneuvering action to draw opponent's movement. These includes feints, drawing out or maneuvering actions
- When boxer create an opening, immediately attacks the opponent

ATTACK WITHOUT PREPARATION

- Boxer observes an opponent's movement to seek for opening
- When boxer sees the opening, immediately attacks the opponent
- Using proper combination of punches to take advantage of the opening

COUNTER

- Counter to the Head
 - When opponent shows a move to perform lead hand straight punch to the head
 - Quickly perform the lead or rear hand straight punch to the opponent's head to the side where he/she is performing the straight punch
 - Simultaneously, move the head away from opponent's punch
- Counter to the Body
 - When opponent shows a move to perform lead hand straight punch to the head
 - Quickly perform the lead or rear hand straight punch to the body toward the opponent's side where he/she is performing the straight punch

COUNTER ATTACK

- Responsive action after performing defense move against opponent's attack

5.3.4. DEFENSES

PASSIVE DEFENSE

- Boxer takes no immediate actions and remains observing the opponent after the opponent's attack

ACTIVE DEFENSE

- Boxer takes immediate action after opponent's attack with either counter attack or anticipated action

TYPES OF DEFENSIVE MOVE

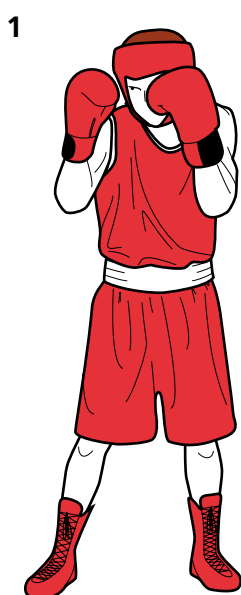
Defense Action can be divided into three categories.

1. Hand defense - Uses hands, arms and shoulder to either block or parry opponent's attack
 - Hand Defense Double Arm Cover
 - Catch / Block
 - Arm Block / Elbow Block / Shoulder Block
 - Parry
2. Body defense - Uses the upper body without moving the lower body to make defensive moves
 - Ducking
 - Rotation
 - Swaying Back
3. Leg defense - uses foot movement to move away from the opponent's attack range
 - Step Back
 - Jump Back

ADDITIONAL DEFENSE MOVES

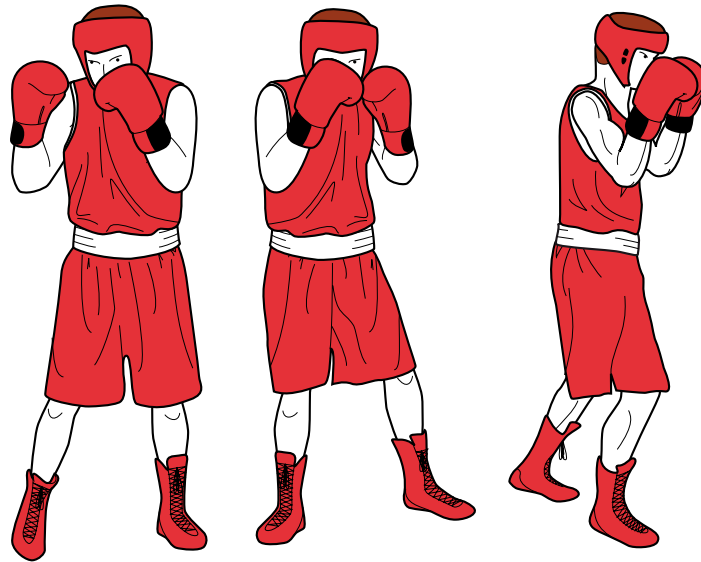
BOBBING AND WEAVING

- From the boxing stance
- Bend both knees while simultaneously step to the direction of on-coming punch
- Move below the opponent's punch (head must be lower than opponent's punch, must keep the eye contact with opponent)
- Turn the waist to either left or right, in order to set up the counter
- Perform the counter punch
- Return to the boxing stance



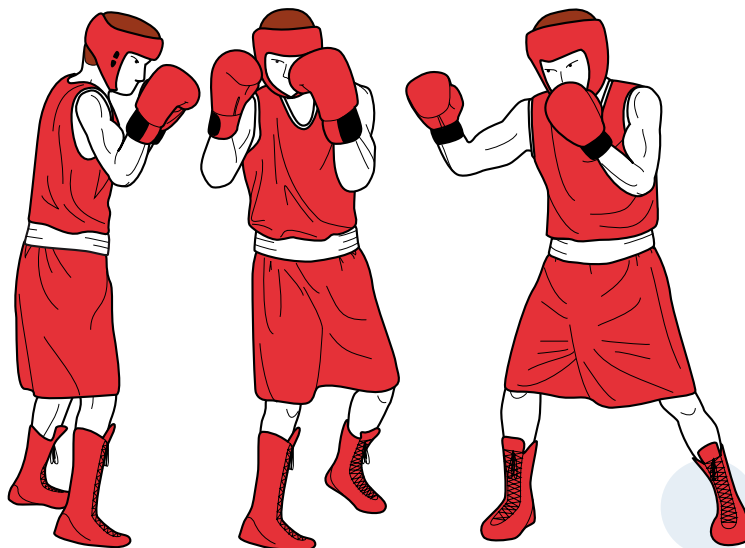
PIVOT INSIDE

- From the boxing stance
- Anchor the lead foot in position, take rear foot to the 90 degrees behind while rotating the whole body
- Maintain the balance and return to the boxing stance



PIVOT OUTSIDE

- From the boxing stance
- Anchor the lead foot in position, take rear foot to the 90 degrees front while rotating the whole body
- Maintain the balance and boxing stance



5.3.5. FEINTS

- Hiding boxer's intention by deceptive action
- Different types of feints should be applied for certain tactics and situations
- Feints must be quick and provoking
- Feints should be made in appropriate distance
- Feints can be also used for close-in of the distance, boxer uses feints to get closer to opponent by moving forward or drawing opponent to move closer or make opponents to move backward toward the rope or corner
- To make opponent to take any attack action that will create an opening for the counter-attack

TYPES OF FEINTS

- Head Feint
 - Move the head forward and retract
 - Move the head side to side
- Eyes Feint
 - Look to opponent's abdomen area
 - Look to opponent's feet
- Arm Feint
 - Extend lead arm slightly to opponent's head or body and retract, imitates the attack movement
- Body Feint
 - Move the upper body (shoulders) toward the opponent or sideways to imitate the intention of striking a blow, and return to original position
- Leg Feints
 - Flex one or both knees slightly to lower the body then stand back up, pretend that the boxer is making an preparation for the attack movement
 - Anchor one leg on the floor, while the other leg move to the different directions

COMBINATIONS OF FEINTS

Each type of feints can be applied individually or combined with two or more elements. Ex.) Hand with Eyes or Leg with Hand and etc.

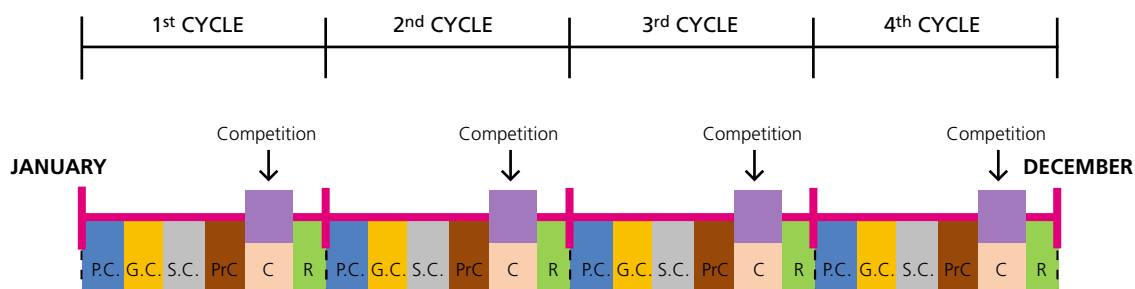
When performing feint movements, boxer must think about own defense, anticipate for any of opponent's counter-attacks. Meanwhile, a boxer must also think about his/her action after the feint. Feints should be used as preparation actions for a main attack.

5.3.6. TRAINING PLAN DEVELOPMENT

1-year training plan is developed to forecast and prepare the training schedule based on the boxer's target competition. Purpose of training plan is to enable coaches to plan ahead for the upcoming training and competitions. However, the most importantly, training plan is developed to organize and manage better training process for the boxer and prepare boxer for the major and/or target competition according to his/her goal.

When developing a 1-year training plan, one of the factors to consider is timing between one competition to next, coach must calculate the timing and provide adequate amount of rest and preparation for the boxer. Also coach must analyze the competition calendar carefully to take in consideration the level of competitions scheduled throughout the year and design the training program and prepare boxing for each training period and cycles.

One of the methods that U.S. coaches use to develop 1-year training plan is dividing one year into two to four training cycles based on the level of boxer and competition schedule. End of each cycle, boxer will participate at the tournaments or competitions that can help achieve boxer's goals.



- PC: Pre-Conditioning Period
- GC: General Conditioning Period
- SC: Specific Conditioning Period
- PrC: Pre-Competition Period
- C: Competition Period
- R: Rest Period

Each cycle consists of six (6) periods, Pre-Conditioning, General Conditioning, Specific Conditioning, Pre-Competition, Competition and Rest. In each periods, the boxer trains with different training goals and objectives to prepare for each competition at the end of cycle and Target competition toward the end of the 1-year plan.

WHEN DEVELOPING 1-YEAR TRAINING PLAN:

- Must be aware of when and where the major and target competition are held
- Start to schedule from Target competition day to the first day (work backward)
- Participate in small or medium tournament before and between the major competitions to control and monitor (evaluate) boxer's preparation level and progress
- Select tournament according to boxer's preparation level. Harder tournament may have negative effect on boxer's psychological level
- Training program and schedule shall change accordingly by increase or decrease the intensity, mix of different training exercises to keep boxers' interest and motivational level as well as fitness at high level

PRE-CONDITIONING PERIOD

Training goal of the pre-conditioning period is the preparation of boxer physically to move on to the next level of training which is general conditioning period. Therefore, in this period, many training activities includes exercises that enhance and develop boxer's cardiovascular fitness, body strength, basic boxing techniques, tactics and psychological training to help boxer to be able to focus and concentrated on the training schedules.

Duration of pre-conditioning period in a training cycle can be one week to three weeks depending on the competition calendar and the boxer's preparation level. Number of training sessions and training hours can be adjusted accordingly by the coach, however it is not recommended to train more than three hours in one training sessions and three sessions per day.

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none">Shadowbox 3 min work 30 sec rest	15 min	Low intensity	Focus should be placed on movement, technique, and relaxation
<ul style="list-style-type: none">Light stretching	10 min	Light to moderate	Focus on flexibility
2. Main Training			
<ul style="list-style-type: none">2 mile jog5 50 yard lifts	14-20 min	Low to moderate Moderate to high	Gradually increase speed thru 50 yard distance. Walk back to starting point and begin second 50 yard lift
3. Cool-Down			
<ul style="list-style-type: none">Stretch	10-15 min	Moderate	

GENERAL CONDITIONING

Training goal of the general conditioning period is the raise and enhance and development of boxer's cardiovascular training level and strength training level. Furthermore, advanced boxing technique, tactics and exercises are trained during general conditioning period. Continuously the boxer's psychological development and preparation training will be conducted with tougher and harder training schedule.

Duration of general conditioning period in a training cycle is same as pre-conditioning period and it is one to three weeks depending on the competition calendar and the boxer's preparation level. Again, the coach shall be responsible to set up the intermediate intensity training program with number of hours and sessions per day.

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none"> Dynamic warm-up exercises 	25 min	Moderate	Designed for warm-up, flexibility, explosive strength, and agility
2. Main Training			
<ul style="list-style-type: none"> 2 rds shadowbox 4 rds light sparring 2 rds heavybag 2 rds double end bag interval bag work 	3x1min rest 3x1min rest 3x1min rest 3x1min rest 10 min	High Low to moderate High High High	Focus is technique Simulate situations Combo sequences Combo sequences Work/rest should equal (ie. 10 sec work = 10 sec rest)
3. Cool-Down			
<ul style="list-style-type: none"> Stretch 	10-15 min	Moderate	Flexibility

SPECIFIC CONDITIONING PERIOD

In specific conditioning period, training program such as muscular and energy fitness training shall become more intensified. Long distances running training exercises in previous two training periods are replaced with interval running programs and strength trainings are enhanced by development of individualized weightlifting program, such individualization will allow strengthen specific muscle groups that needs and must be developed.

Moreover, training programs for boxing techniques and tactics are more specified and focus individuality to the endurance, strength, speed and coordination. Coach must carefully evaluate boxer's psychological aspect by monitor his/her ability to handle and overcome the increased workload. Increased workload and boxers who overcome the difficulty can gain confidence and concentration.

Specific conditioning period with high intensity training programs can be carried on for about one to three weeks depending on the competition calendar and the boxer's preparation level.

SPECIFIC CONDITIONING PERIOD PHYSICAL TRAINING EXAMPLE

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
Jump Rope	2 min	Low intensity	No rest
Jump Rope	2 min	Moderate	No rest
Jump Rope	2 min	Moderate Increase/decrease	90 sec rest
Jump Rope	5 min	High Increase/decrease/high knees/rhythm/direction	5 min rest
2. Main Training			
• Sparring (4x3 min 1 min rest)	15 min	High	Start at 10, 20, 30, 40... up to 100 yds then decrease 100, 90, 80, 70.... down to 10
• Increase Decrease sprints	15-25 min	High	
Stretch	10 min	Moderate	
3. Cool-Down			
• video review	30 min	Low	Review sparring/competition video to allow boxer to learn through the visual process

PRE-COMPETITION

Pre-competition period is toughest training period of all. All training exercises shall be conducted at maximal intensity. Running programs are replaced with short distance sprint training exercises with mix of maximal aerobic endurance (also known as VO2Max) training exercises. In strength training exercises, the boxer will use lighter weights and perform each repetition as quick as possible to develop fast twitch muscles in the body.

All technique and tactical training exercises shall be formatted individually with the elite level training programs. Tactics training are consists of intense sparring and bags and pads work with coaches. The boxer must take consideration that sparring and training programs must be performed with similar intensity and effort as he/she would do in competitions and this will bring positive psychological effect on boxer.

Pre-competition period usually starts one week to three weeks before the competition starts and lasts until the day before the competition. Boxer must not train with maximal intensity until the day before the competition, this will make boxer fatigued for the competition and will not allow him/her to perform with full capacity. Therefore, when the coach programs the pre-competition period training plan, intensity and workload of the training exercises must be reduced as competition dates approaches and instead, coach shall put more emphasis on competition strategies and tactics, relaxation and resting.

PRE-COMPETITION PERIOD TRAINING EXAMPLE

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none"> Shadowbox Jump Rope 	8-10 min 2 rds x 4 min	Moderate Moderate to high	Athlete at peaking towards competition
2. Main Training			
<ul style="list-style-type: none"> Mitt/Pad work Heavy bag Partner drills Mitt/Pad work 	3 min x 2 rd 3 min x 2 rd 3 min x 3 rd 3 min x 2 rd	High High High High	1 minute rest will follow all rounds. Training will focus on strategies established prior to start of training for the day.
3. Cool-Down			
<ul style="list-style-type: none"> stretch & movement coach and boxer will discuss strategy and tactics used during the days training 	10-15 min 20-30 min	Moderate and relaxed	

COMPETITION PERIOD

The competition period that starts and ends with the tournament or competition schedule. During this period, coach shall program a training plan with low-intensity exercises that will allow boxer to stay loose and warmed-up for the upcoming bouts in competition schedule.

REST

After the tournaments or competitions, coach shall allow boxer to rest for about a week. This period is intended to allow boxers to have relaxation time and treat and care for any injuries in the tournament or competition. Additionally, while boxers are having rest time and relaxing, they are expected to spend small time training for low intensity endurance exercises such as jogging, long-distance running and jump roping (skipping).

1-YEAR TRAINING PLAN

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	NOTES				
8				Pre Conditioning											General Conditioning											Special Preparation										
9				Special Preparation												Pre Competition																				
10				MAJOR COMPETITION												REST																				
11				Pre Conditioning												General Conditioning																				
12				General Conditioning												Special Preparation																				
1				Pre Competition												TOURNAMENT																				
2				Pre Conditioning												General Conditioning																				
3				General Conditioning												Special Preparation																				
4				Pre Competition												MAJOR COMPETITION																				
5				Mix of REST & PRE CONDITIONING												Pre Conditioning																				
6				Pre Conditioning												General Conditioning																				
7				Special Preparation												Pre Competition																				
8				TARGET COMPETITION												TARGET COMPETITION																				
NOTES																																				

5.3.7. PSYCHOLOGICAL PREPARATION

Psychological preparation, which includes motivation, self-esteem, sportsmanship, effective communication and discipline of the boxer which plays significant role in their participation in boxing. For example, if the boxer's motivation is high, he/she will continue in a sport with the interest and excitement, however with low motivation likely they will drop out of sport or slow their improvement.

PSYCHOLOGICAL PREPARATION IN GENERAL

- Coach must understand why boxers are participating in sports to enhance self-esteem by discuss about goals and explain their responsibilities to the sport
- Boxer determines the goal with assistance of coach
- Set attainable goals
- Regularly discuss situation involving ethics in boxing
- Coach must have realistic expectations
- Skills learned and training should make boxing fun
- Provide rewards and encouragement
- Individual attention to each boxer will increases motivation
- Prepare and practice for media presentations

PSYCHOLOGICAL PREPARATION IN COMPETITION

- Motivate by making boxers aware of their progress, both in training and competition
- Plan and format the training and competition enjoyable
- Help boxer understand the meaning of success; "Winning isn't everything"
- Give continuous encouragement
- Emphasize sportsmanship
- The boxer must have mutual trust – respect, confidence – cooperation with coach
- Practice psychological routines, such as focus on positive result or use positive key words that motivates such as "Faster", "Stronger", "Now" and etc.
- Visualization (Self-Imaging)
 - Mental preparation –begins a long time before the competition
 - Visualization is powerful tool
 - > Take tension away but learn to work under pressure
 - > Turn Pressure into positive energy for great result
 - > Train as in competition
 - > Find what works in order to relax
 - > Every boxer develop techniques that work for individual

5.3.8. TACTICS

Tactics are used to gain advantage with least amount of effort in a manner that will give the best chance for a successful outcome of the bout. Tactics can change based on individual and opponent, skills and experience. The scoring system also plays a part in tactics. For example, body blows may not be well-recognized by judges and many boxers try to use fewer body blows. However, body blows should not be eliminated from boxers' strategy since it is still important factors in the game plan.

GENERAL TACTIC:

- Gain knowledge about opponent
 - By watching opponent at the competition and/or video
 - Draft scenarios of opponent's tactics
- High Tempo – boxing in high tempo through all rounds
- Knock-out – seek to land strong blow on opponent to win a bout by knock-out
- Defense – Mainly concentrate on the defense and wait for opponent's mistakes
- Universal – adapt and execute tactics based on the situation
- Irregular tempo – boxer controls tempo of the bout, either faster or slower
- 3rd round – boxing aggressively on 3rd round or boxing defensively (if winning)
- Combination – combination of two or more tactics

Some of the recent tactics that have been shown by U.S. coaches and boxers during the competition are:

- Occupy the center of the ring and keep opponent closer to the rope and corners
- Make moves opposite side of opponents' power-side
- When opponent uses speed and movement
 - Cut-off ring to restrict or limit the opponent's movement (do not follow)
 - Increase tempo of offense to do so, opponent will use more energy
 - Patience to bring and/or make opponent come to you
- Make a step on the outer part of opponent's lead foot– will slower the opponent's reaction and movement
- Make initiative punch as precise as possible, successive combination depends upon the previous punch
- Use boxer's best attributes and take advantage on opponent's weaknesses
- Observe and analyze how referee officiates the bout and judges' scores are high or low

5.3.9. IN-COMPETITION

PRIOR TO BOUT

- Start preparation well in advance, 30-45 minutes before the bout
- Warm-up in un-crowded area to have less disturbance as possible for psychological preparation and relaxation
- Find large enough warm up area for proper warm-up such as:
 - Stretching
 - Shadow Boxing
 - Trainer Pads
- Discuss bout strategy with a boxer
- Hydrated enough to avoid loss of endurance during bout
- Avoid outside contacts which might lessen boxer's concentration needed for the upcoming bout

DURING THE BOUT

- In the Corner
 - Continuously concentrate on boxer's actions during each rounds, in order to gain proper instruction and advice
 - Watch carefully how referee's officiating style
 - Be prepared at the near the end of round to get into the ring
- In the Ring
 - Offer minimal but, important advice related to the performance
 - Must stay positive regarding coaches opinion of boxer's bout performance

AFTER THE BOUT

- Be positive for both a victory or loss
- Provide a boxer with some time alone and enough time to relax before discussing the results
- Avoid any media coverage immediately after the bout
- If boxer won the bout, provide a short rest time then watch the other bouts in the session to observe possible opponent tactics and performance
- Have a boxer consume food and nutrient after the observing other boxer's bouts
- Use positive praise all times when discussing about the past bouts and tactics

5.4. ADVANCED TECHNIQUE – CUBA

Boxing style influenced by its own cultures including music and dancing, Cuban boxing style is characterized as rhythmical with well-coordinated movements, carrying technical abilities with good tactical knowledge, that are similar as dancing. From its original root, boxing style has developed in many different ways by incorporated, combined and well-mixed best aspect of the boxing advanced countries. For example, Cuban boxer's punching skills and its strength has been adopted from European boxing style, while body and feet movements were adopted and developed from the USA Boxing Style. Furthermore, Cuban boxing style has adopted the ex-soviet union's methodologies of preparation for training and competitions.

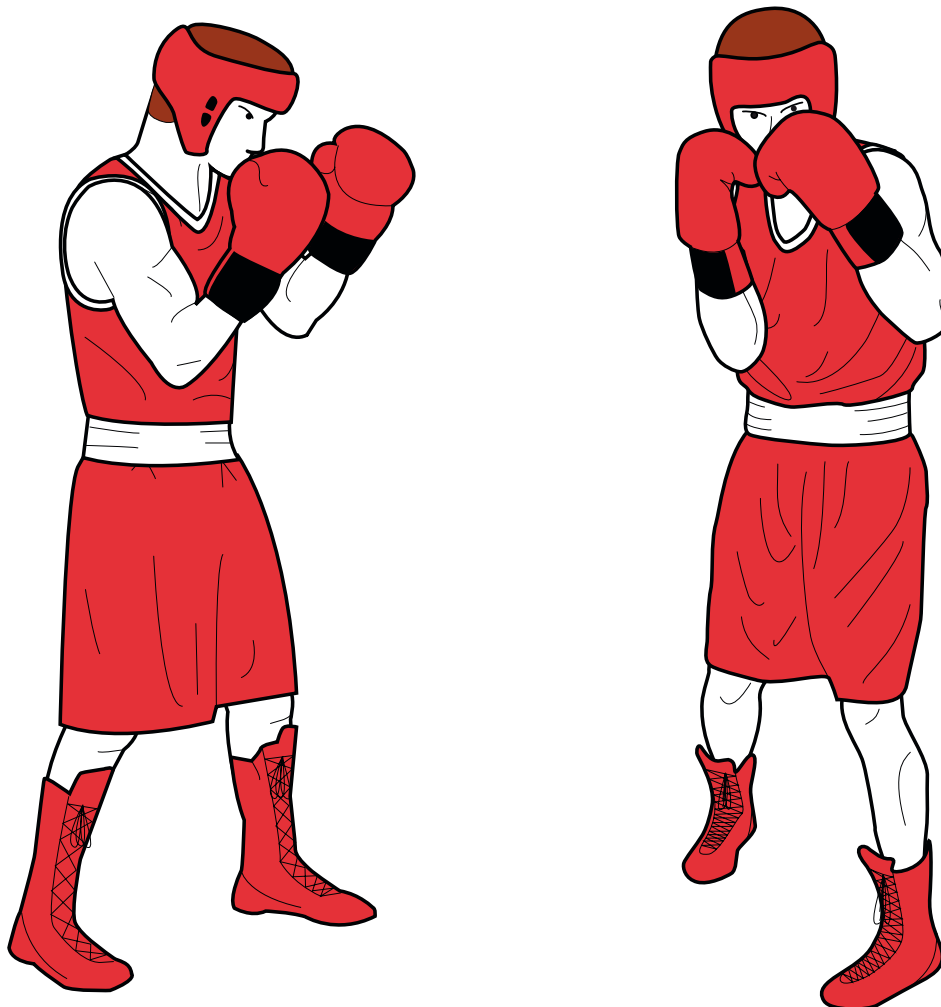
5.4.1. BOXING STANCE

The Cuban boxer's classic stance is unique in a way that it provides much protection for the boxer, yet allows to attack efficiently with the movement of legs and hips. Based on the boxer's specialty and characteristics, boxers learn stance with variation from classic stance.

The advantage that Cuban classic boxing stance carries is that it allow boxer to execute much quicker and longer trajectory blows by using the hip rotation and rear foot. Position of the arms will allow boxers to defend easily against crossover and straight punches. At the same time, it doesn't interrupt boxer's peripheral view of opponent's movement.

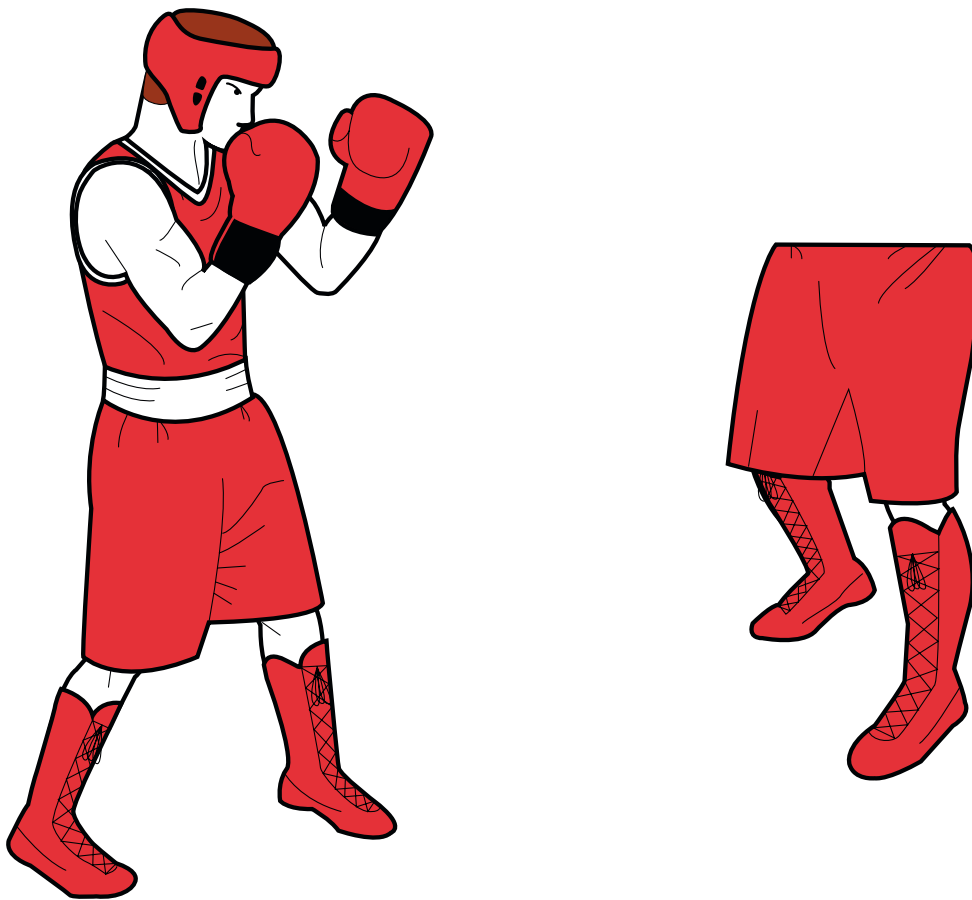
CLASSIC

- The Boxer stands sideways on (about 45 degree angle)
- Place feet shoulder-width apart
- Place lead foot diagonally front of rear foot
- Distribute the bodyweight equally onto both feet
- Place lead foot flat on the floor while rear foot is slightly raised and standing on mid area of the foot
- Slightly bend knees down
- Depending on boxer's laterality, lean upper body slightly toward left or right
- Place lead hand in front of the face slightly below the eye level
- Place rear hand above nose level, slightly touching the chin
- Keep the elbows bent slightly less than 45 degree angles



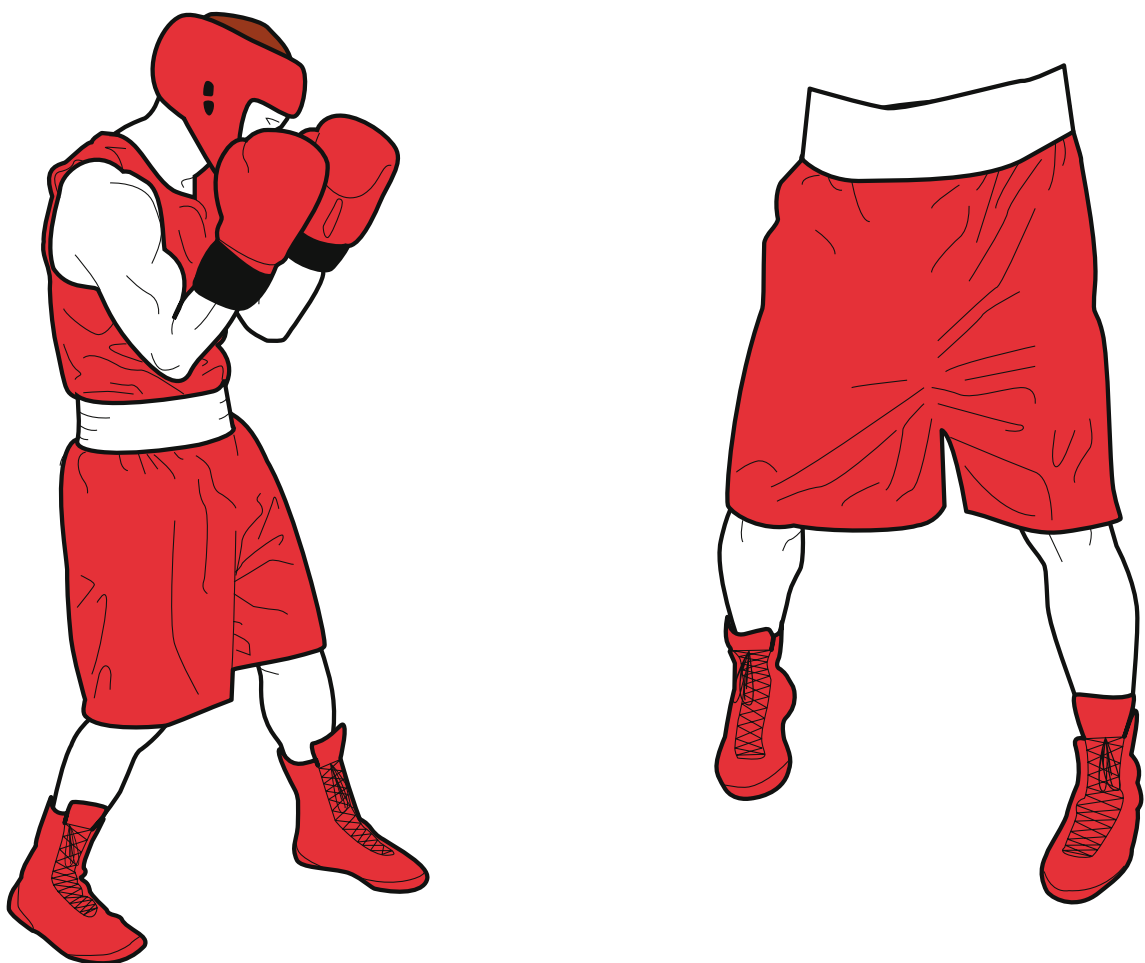
STANCE FOR LONG-DISTANCE

- The boxer shall box in long distance when the opponent is shorter and/or has shorter arm length
- From the classic boxing stance, rotate rear foot slightly outward



STANCE FOR MEDIUM-DISTANCE

- When the boxer has good skills of combination attacks, defensive reactions and counter attack
- From the classic boxing stance, rotate upper body slightly inward
- Bring lead elbow closer to the body
- Bring rear elbow close to the body and touch the rib cage
- Place both hands closer to the chin
- Tuck the chin closer to the body and looks at the opponent



STANCE FOR SHORT DISTANCE

- The boxer shall box in short distance when the opponent is taller and has longer arm length
- Rear foot is rotated slightly inward and slightly raise the heel
- Both arm are pulled in closer to the body and elbow touches the rib area
- Tuck in the chin, raise the shoulder and close the arms to have maximum protection
- Always eye on the opponent

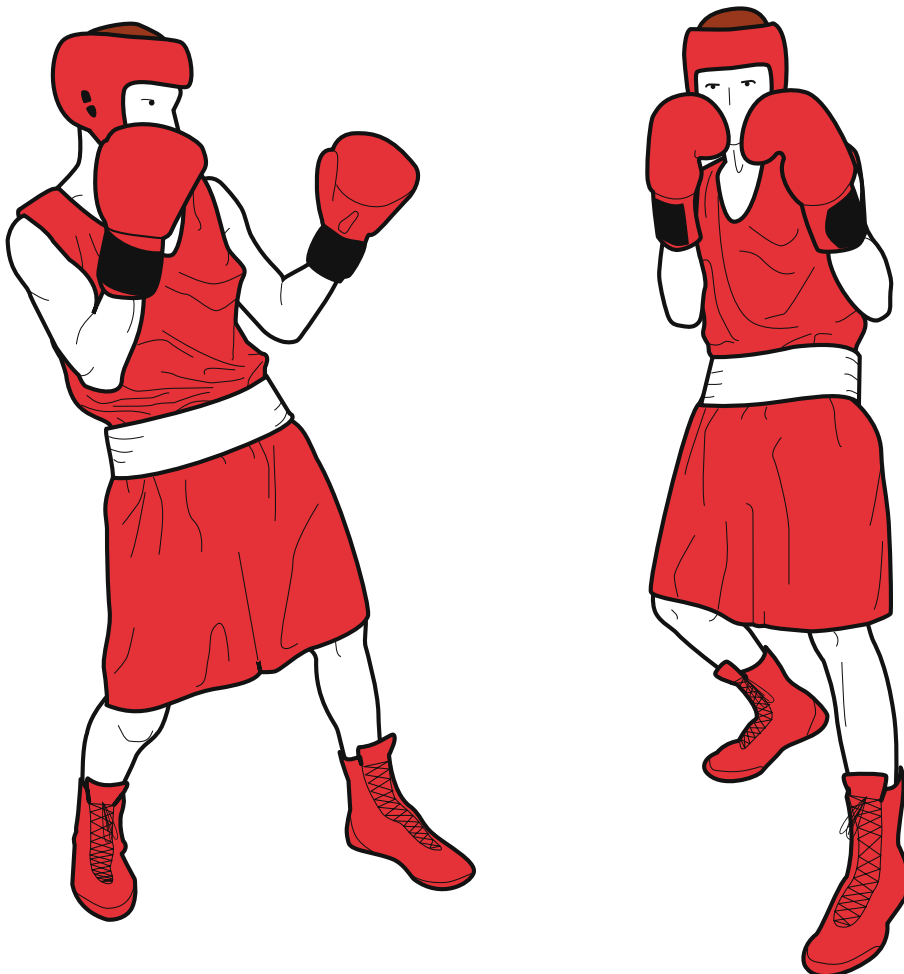


STANCES WITH VARIATIONS

- In different situations, boxers must use different boxing stances than the classic boxing stance. Different situations may include:
 - Level of the boxer
 - Characteristics of the boxer
 - Strengths and weakness
 - Competition experiences
 - Characteristics of the opponent

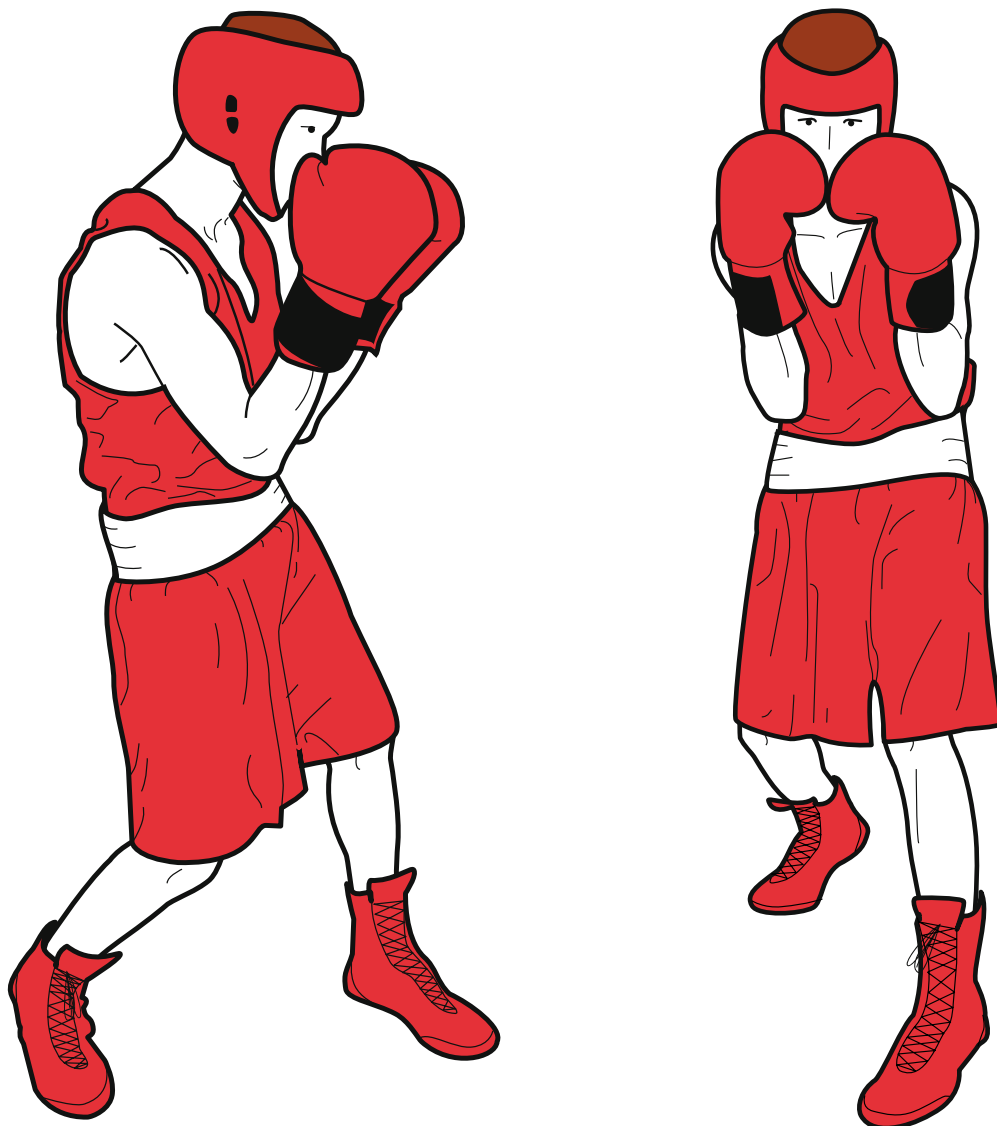
VARIATION 1: STANCES WITH WEIGHT SHIFT TO REAR LEG

- From the classic boxing stance
- Slightly shift the bodyweight more to the rear leg



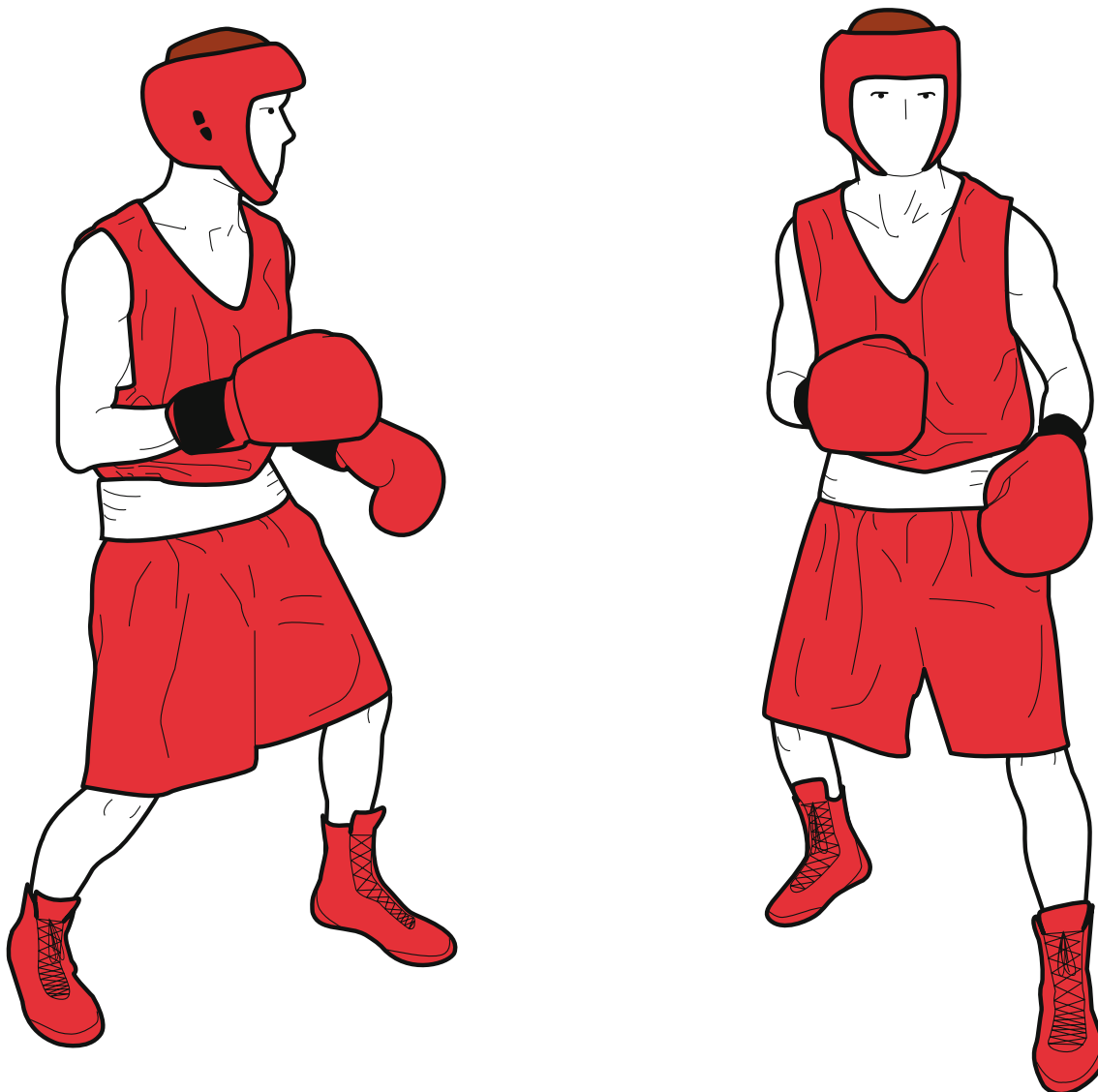
VARIATION 2: STANCES WITH CLOSED GUARD

- Rear foot is rotated slightly inward and slightly raise the heel
- Both arm are pulled in closer to the body and elbow touches the rib area
- Tuck in the chin, raise the shoulder and close the arms to have maximum protection



VARIATION 3: STANCES WITH ARMS DOWN

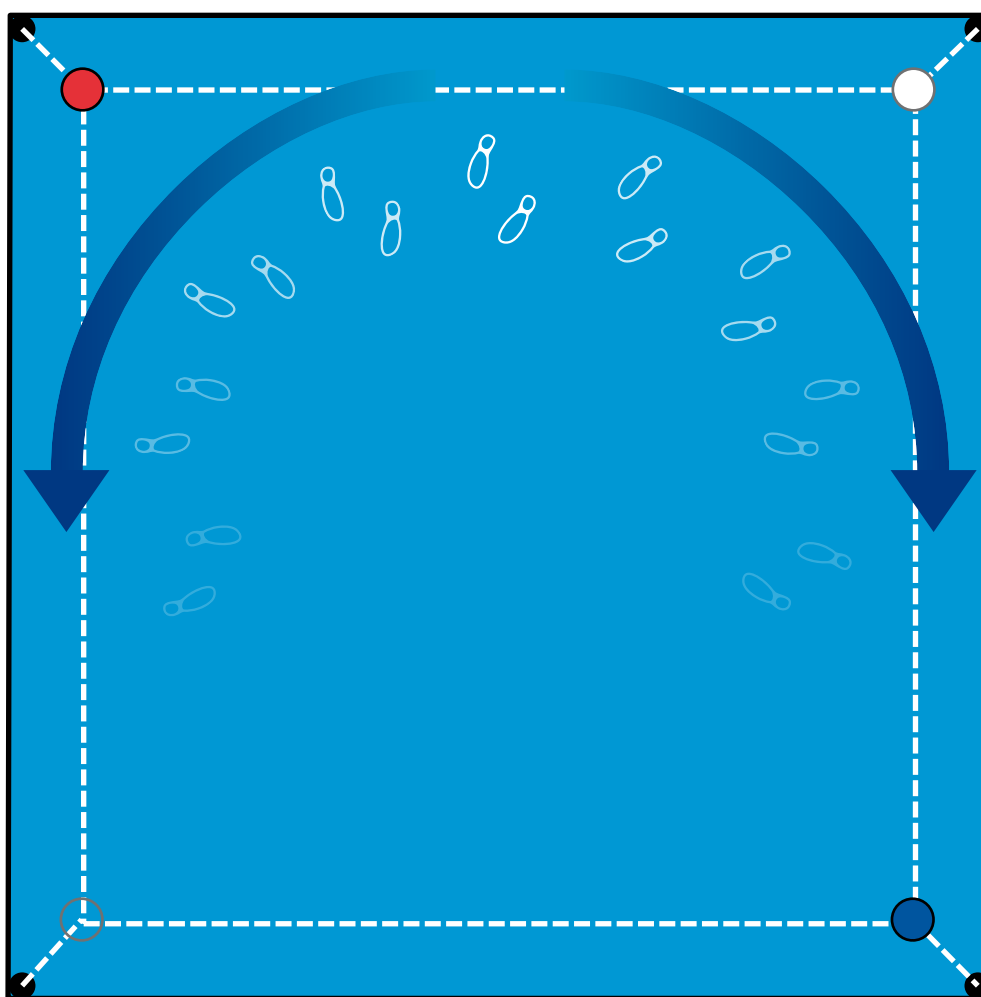
- Rear foot is rotated slight inward and heel is slightly raised
- Both arms are lowered around waist area, lead hand is slightly lower than the waist area and rear hand is slightly above the waist area
- Rear arm is close to the body and the elbow touches the rib area



5.4.2. FOOTWORK

In the previous part of the Coaches Manual, we have discussed about basic boxing steps. The boxer must master of making forward, backward, left and right steps with good coordination and balance, in order to have advanced level of foot work / foot movement.

Since the boxer fights in the limited space in the ring, boxer must learn to make a round movement as shown in diagram before learning additional feet movement.



ADDITIONAL FOOTWORK

PENDULUM STEPS

- Constant forward and backward movement
- Must be done in a good rhythm

JUMP STEPS

- Must be done in a good rhythm
- The boxer can quickly move forward or backward to be in and out of attacking range
- Quicker than Pendulum Steps

URNS (Pivot)

- Useful defensive movement against straight punches
- Also useful to do the counter attack

5.4.3. ATTACKS

Advanced attack consists of combinations of different elements such as movement, feints and different punches. When the boxer masters the basic element of punches, movements, feints and defenses, coach shall combine the boxing elements and try different variations according to the tactics, situations and boxer's characteristics (strengths and weaknesses).

COMBINATION OF PUNCHES

- Short series of punches – attack with combination of hooks and uppercuts constantly in short distance against the opponent
- Long series of punches – attack with combination of straight punches constantly in medium to long distance against the opponent
- Accentuated punches – not all punches are thrown with maximum strength and speed, among the series of punches, boxer choose to throw one or two punches with maximum strength and speed

ATTACK WITH PREPARATION

- Preparation includes any maneuvering action to draw opponent's movement. These includes feints, drawing out or maneuvering actions
- When boxer create an opening, immediately attacks the opponent

ATTACK WITHOUT PREPARATION

- Boxer observes an opponent's movement to seek for opening
- When boxer sees the opening, immediately attacks the opponent
- Using proper combination of punches to take advantage of the opening

COUNTER

- Counter to the Head
 - When opponent shows a move to perform lead hand straight punch to the head
 - Quickly perform the lead or rear hand straight punch to the opponent's head to the side where he/she is performing the straight punch
 - Simultaneously, move the head away from opponent's punch
- Counter to the Body
 - When opponent shows a move to perform lead hand straight punch to the head
 - Quickly perform the lead or rear hand straight punch to the body toward the opponent's side where he/she is performing the straight punch

COUNTER ATTACK

- Responsive action after performing defense move against opponent's attack

ADDITIONAL ATTACKS

2 AND 3 SIMPLE COMBINATION PUNCHES

- Straight blow and crossed with left to the face
- 2 straight blows with left to the face and one hook with the left to the trunk
- Straight blow with right and hook with left to the face
- Straight blow with left to the face, straight blow with the left to the trunk and crossed with left to the face.

COMPLEX

- 3 blows with the same hand, 1 blow with the other
- Straight, hook and crossed with left and straight blow with right to the face
- Straight blow with left, crossed with right to the face, clinch with the left to the trunk, hook with the left to the face
- Straight blow with the left, crossed with the right to the face, clinch with the left to the trunk, clinch with the left to the face

5.4.4. DEFENSES

PASSIVE DEFENSE

- Boxer takes no immediate actions and remains observing the opponent after the opponent's attack

ACTIVE DEFENSE

- Boxer takes immediate action after opponent's attack with either counter attack or anticipated action

TYPE OF DEFENSIVE MOVE

Defense Action can be divided into three categories.

1. Hand defense - Uses hand and shoulder to either block or parry opponent's attack
 - o Hand Defense Double Arm Cover
 - o Catch / Block
 - o Arm Block / Elbow Block / Shoulder Block
 - o Parry
2. Body defense - Uses upper body or lower body to make defensive moves
 - o Ducking
 - o Rotation
 - o Swaying Back
3. Leg defense - uses foot movement to move away from the opponent's attack range
 - o Step Back
 - o Jump Back

ADDITIONAL ATTACKS

CATCH WITH LEAD HAND

The boxer, with the lead hand rotates the wrist to the left stopping the punch with a wrist movement towards below

FOREARM BLOCK

The boxer puts the forearms to stop the punches

5.4.5. FEINTS

- Hiding boxer's intention by deceptive action
- Different types of feints should be applied for certain tactics and situations
- Feints must be quick and provoking
- Feints should be made in appropriate distance
- Feints can be also used for close-in of the distance, boxer uses feints to get closer to opponent by moving forward or drawing opponent to move closer or make opponents to move backward toward the rope or corner
- To make opponent to take any attack action that will create an opening for the counter-attack

TYPES OF FEINTS

- Head Feint
 - Move the head forward and retract
 - Move the head side to side
- Eyes Feint
 - Look to opponent's abdomen area
 - Look to opponent's feet
- Arm Feint
 - Extend lead arm slightly to opponent's head or body and retract, imitates the attack movement
- Body Feint
 - Move the upper body (shoulders) toward the opponent or sideways to imitate the intention of striking a blow, and return to original position
- Leg Feints
 - Flex one or both knees slightly to lower the body then stand back up, pretend that the boxer is making an preparation for the attack movement
 - Anchor one leg on the floor, while the other leg move to the different directions

COMBINATIONS OF FEINTS

Each type of feints can be applied individually or combined with two or more elements.
Ex.) Hand with Eyes or Leg with Hand and etc.

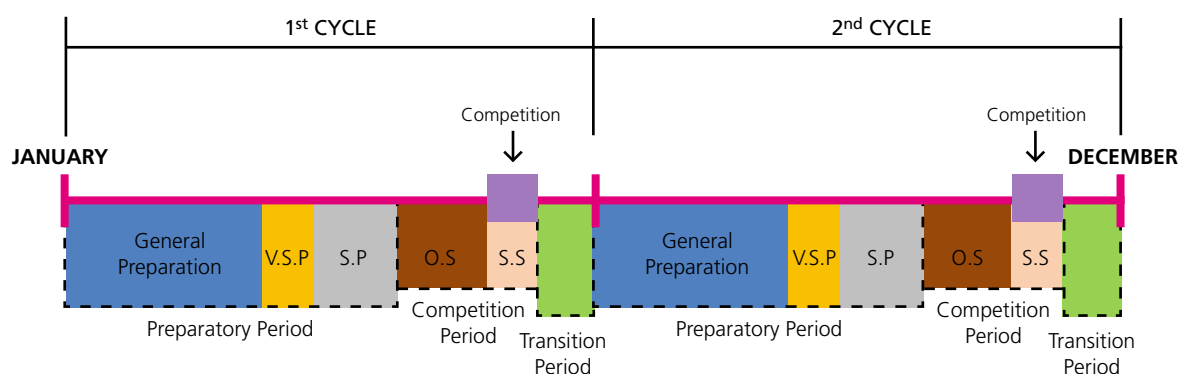
When performing feint movements, boxer must think about own defense, anticipate for any of opponent's counter-attacks. Meanwhile, a boxer must also think about his/her action after the feint. Feints should be used as preparation actions for a main attack.

5.4.6. TRAINING PLAN DEVELOPMENT

1-year training plan is developed as part of the boxer's quadrennial plan. Each year's plan is based on the boxer's individual performance, physiological development, skills development and the competition schedule. Plan is developed to assist coaches to closely monitor and control boxer's development and give the coaches flexibility to manage and organize the training to allow boxers to have better fit for the competitions.

When developing a training plan, the coach must consider the boxer's competition goal, capability and room for the development and growth within four years. Then carefully divide these four years into one-year each and each year, the coach formulate the training plan and development chart according to the competition schedule and the boxer's development.

One of the concepts of developing 1-year training plan is dividing one year into two cycles based on the level of boxers and competition schedule. End of each cycle, boxer will participate at the tournament or competition that will allow coaches to control and monitor the boxer's skills development and level of achievement.



V.S.P: Variated Special Preparation
S.P : Specific Preparation
O.S. : Shaping
S.S. : Stabilizing

Each cycle consists of three (3) periods, Preparatory, Competition and Transition. In each periods are individualized and focused on boxer's training for strengthening the strength area and correcting the weaknesses.

WHEN DEVELOPING 1-YEAR TRAINING PLAN:

- Must be aware of when and where the major and target competition are held
- Participate in small or medium tournament before and between the major competitions as a preparatory and fundamental purposes and each tournament will have its own purpose of participation. (Example, to monitor the progress, increases the psychological confidence and etc.)
- Select tournament according to boxer's preparation level. Harder tournament may have negative effect on boxer's psychological level
- Tactical, theoretical and psychological development and education must start from the beginning of the cycle and included in each periods

PREPARATION PERIOD

The preparation period is divided into three phases. General preparation, varied special preparation and special preparation phase. The boxer spends about 16 to 24 weeks in the preparation period depending on the competition calendar. The training focus is different and its goal and objectives. In first two phases, training can be done in group with boxers who share similar characteristics or skills level; however the last phase of the preparation period must be prepared individually according to each boxer's characteristics.

GENERAL PREPARATION PHASE

Training focus of the general preparation phase is the development of the physical abilities such as strength, speed, coordination and etc. which becomes the basis of the technical and tactical abilities. In this phase, the coach schedules about two training sessions per day for 2.5 to 3 hours each with high volume but, low intensity level of exercises.

TRAINING PLAN EXAMPLE FOR PREPARATION PERIOD – GENERAL PREPARATION PHASE

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none"> General exercises Boxing-specific exercises 	20 min	Moderate	Mix of different exercises
2. Main Training			
<ul style="list-style-type: none"> Lead arm straight punch to the head Lead arm straight punch to the head, rear arm straight punch to the head Lead arm straight punch to the head, rear straight punch to the head with step forward and backward Variations of previous exercises (x3) Partner Work I <ul style="list-style-type: none"> Attack: Lead arm straight punch to the head and rear arm straight punch to the head Defense: catch and parry Partner Work II <ul style="list-style-type: none"> Attack: Lead arm straight punch to the head and rear arm straight punch to the head Defense: Any defense actions Jump Roping (Skipping) Speed Bag Punching Heavy Bag Punching Sit-Ups / Push-Ups / Squats 	5min 5min 5min 15min 4min x 1min rest (x 3rds) 4min x 1min rest (x 3rds) 10min 10min 10min 5min	Medium Medium Medium Medium Medium Medium Maximum Medium Maximum Low	In boxing stance Without gloves With gloves
3. Cool-Down			
<ul style="list-style-type: none"> Hanging on the Swedish wall (espalier) Arm and leg shake Light jogging in the gym or in the field 	1 min 1min 5min	Low Low Low	

VARIATED SPECIAL PREPARATION PHASE

This phase is a preparatory phase for the upcoming competition, therefore many training exercises designed to drive the boxer to achieve certain level that is acceptable to compete at the tournament or competition and have a good performance. Volume of work during this phase decreases compare to general preparation phase and slightly increase the intensity to medium level. Training will be conducted for two sessions per day for 1.5 hours to 2 hours in each session for the duration of three to four weeks depending on the length of the tournament or competition days and competition calendar.

TRAINING PLAN EXAMPLE FOR PREPARATION PERIOD – VARIATED SPECIAL PREPARATION PHASE

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none"> • General exercises • Boxing-specific exercises 	15 min	Moderate	Mix of different exercises

2. Main Training			
<ul style="list-style-type: none"> • Partner Work I <ul style="list-style-type: none"> ◦ Attack: Lead arm straight punch to the head and body ◦ Defense: Catch and forearm block • Partner Work II <ul style="list-style-type: none"> ◦ Attack: Lead arm straight punch to the head and rear arm uppercut to the body ◦ Defense: catch and forearm block • Partner Work III <ul style="list-style-type: none"> ◦ Attack: Lead arm straight punch to the head, rear arm uppercut to the body, lead arm hook to the head ◦ Defense: Catch, forearm block and rotation • Circuit Training <ol style="list-style-type: none"> 1. Jump Roping (Skipping) 2. Speed Bag Punching 3. Heavy Bag Punching 4. Shadow Boxing • Basketball Game • Sit-Ups / Push-Ups / Squats 	<p>10 min</p> <p>8 min</p> <p>3.5 min x 1 min rest (x 3rds)</p> <p>3.5 min x 1 min rest (x 4rds)</p> <p>20 min</p> <p>10 min</p>	<p>Medium</p> <p>Medium</p> <p>Medium</p> <p>Medium</p> <p>Medium</p> <p>Medium</p>	<p>Without gloves</p> <p>Without gloves</p> <p>With gloves</p> <p>In teams</p> <p>In Circuit Training</p>

3. Cool-Down			
<ul style="list-style-type: none"> • Autogenic Training 	5 min	Low	

SPECIAL PREPARATION PHASE

In this phase, the boxer starts full-fledged trainings toward the upcoming tournament or competition. Training exercises are more focused toward the technique and tactics while increased number of sessions for sparring and similar exercises is adopted. This phase lasts about 7 to 8 weeks with 2 or 3 training sessions per day for 1 to 1.5 hours per session with low volume but, elevated intensity.

TRAINING PLAN EXAMPLE FOR PREPARATION PERIOD - SPECIAL PREPARATION PHASE

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none"> General exercises Boxing-specific exercises 	15 min	Moderate	Mix of different exercises
2. Main Training			
<ul style="list-style-type: none"> Feints with the arm, upper body and legs Feints then lead arm straight punches then rear arm straight punch to the head then defense Feints then lead arm straight punch to the head then defense Feints then lead arm straight punch then rear arm straight punch to the face then defense Feints then lead arm straight punch to the head then defense Feints with arms, upper body and legs, and different punches Feints and Attacks Circuit Training <ol style="list-style-type: none"> Shadow Boxing Jump Roping (Skipping) Punching Bag Exercises 5 and 10 meters sprint (race) Sit-ups / Push-ups / Squats 	2 min 6 min 6 min 3 min / 1 min rest (x 3rds) 3 min / 1 min rest (x 3rds) 3 min / 1 min rest (x 3rds) 3 min / 1 min rest (x 2rds) 3 min / 1 min rest (x 4 rds) 4 x 5meters & 4 x 10 meters 5 min	Medium	Work with different feints instructed by the coach – without gloves Without gloves With gloves With gloves With gloves With gloves Boxers race against each other (competitive race environment) Circuit Training
3. Cool-Down			
<ul style="list-style-type: none"> Walking in the gym or the field and deep breathing 	3 min	Low	

COMPETITION PERIOD

The competition period can be divided into two phases, shaping and stabilizing phase. Each phase's duration is about three (3) weeks and training focus and objectives is different. The shaping phase focuses on attaining desired skills level and training result for the upcoming tournament or competition, while the stabilizing phase is focused toward maintaining the training achievement while controlling the condition of the boxer for the competition.

SHAPING PHASE

In shaping phase, number of boxing-specific exercises increase with higher intensity and the coach schedules two (2) trainings per day for about an hour. Additionally, boxers are expected to have some individual training to correct any weaknesses or areas of weakness. In shaping phase, the boxer has many sparring sessions and coach shall arrange the sparring sessions according to the characteristics and/or the schedule of the tournament or competition. For example, the boxer fights every two days according to the upcoming competition schedule, coach shall arrange the sparring session every two days.

TRAINING PLAN EXAMPLE FOR COMPETITION PERIOD – SHAPING PHASE

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none">General exercisesBoxing-specific exercises	15 min	Moderate	Mix of different exercises
2. Training			
<ul style="list-style-type: none">Attack and Counter Attack skills exercisesVarious attacks and defense exercisesCircuit Training<ol style="list-style-type: none">Shadow BoxingJump Roping (Skipping)Punching Bag Exercises	3min / 1min rest (x 3rds) 3min / 1min rest (x 3rds) 3min / 1min rest (x 3rds)	Very High Maximum Very High Medium High	Work in groups, each boxers keeps their distance Discretionary
3. Cool-Down			
<ul style="list-style-type: none">Walking in the gym or the field with relaxation activities and motivational talks	3 min	Low	

STABILIZING PHASE

In stabilizing phase, the boxer is in the competition and objective of this phase is to maintain and conditioning the boxer. Training is oriented around the tactics and each training session can last for about 40 to 50 minutes and twice per day if possible. In stabilizing phase, some physical trainings include 1 to 2 kilometers running or short distance sprints.

TRAINING PLAN EXAMPLE FOR COMPETITION PERIOD – SHAPING PHASE

EXERCISES	DURATION	TRAINING LOADS	COMMENTS
1. Warm-Up			
<ul style="list-style-type: none">• General exercises• Boxing-specific exercises	15 min	Moderate	Mix of different exercises
2. Training			
<ul style="list-style-type: none">• Jogging• Short Sprints• Circuit Training<ol style="list-style-type: none">1. Shadow Boxing2. Jump Roping (Skipping)3. Punching Bag Exercises	10 min 1min / 1min rest (x 5rds) 3min / 1min rest (x 3rds)	Moderate Maximum Very High Medium High	
3. Cool-Down			
<ul style="list-style-type: none">• Walking in the gym or the field with relaxation activities and motivational talks	3 min	Low	

TRANSITION PERIOD

Transition period is a rest period for the boxer. The boxer may lose some endurance, strength, speed and other physical skills, however it is necessary for the boxer to have transition period, because this will allow boxer to recover from physical and psychological fatigue from the trainings during the cycle and competitions. Moreover, the boxer will recover the lost physical skills very quickly when the new training cycle starts.

1-YEAR TRAINING PLAN

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	NOTES
8	General Preparation																															
9	Special Preparation																															
10	Special Preparation																															
11	General Preparation																															
12	Shaping																															
1	General Preparation																															
2	Special Preparation																															
3	General Preparation																															
4	Special Preparation																															
5	General Preparation																															
6	Special Preparation																															
7	General Preparation																															
8	Special Preparation																															
NOTES																																

5.4.7. PSYCHOLOGICAL PREPARATION

Psychological preparation in boxing is very important. It helps the boxer to reduce the high anxiety level and allow boxers to avoid the mental overload (stress) that may affect the performances.

It has been witnessed many times that the boxer with weak psychological preparations does not perform with full capacity of their skills in the competitions. Therefore, psychological aspect of boxer is also very important element for the succession.

PSYCHOLOGICAL PREPARATION IN GENERAL

- In the beginning of the boxer's career, coaches interview and learn about boxer's personal data such as sports participation history, success from participated sports, relationships with family, the environment and living conditions
- Organize a balanced daily training programs with the exercises, learning, rest and personal activities
- Coaches prepare psychological aspect through the conversation, relaxation exercises and relaxation exercises combining with inspirational method
- Complement the success during the training sessions, this will allow boxer to gain confidence and aim for higher goals
- Observe and remember the boxer's characteristics during the training and other activities
- Set-up training sessions with different bout situations to give the boxer to gain confidence in any situations in future bouts

PSYCHOLOGICAL PREPARATION FOR COMPETITION

- Select first tournament or competition that will allow the boxer's to be able to win. This will provide the boxer with the feeling of a winner from the beginning of his career
- Encourage boxer to have confidence in his/her skills and performance
- To teach the rules to the boxer, so any problem occurs, he/she shall resolve it themselves. This will give the boxer a positive feeling of coach's confidence on the boxer

5.4.8. TACTICS

Tactics are considered as important as the techniques and physiological aspect of the boxers. Tactics do not only account what boxers will and must do inside of the ring, it also should include nutrition, training and rest. Therefore, tactics change accordingly with the boxers' physiological changes, conditions, but also with the competition rules.

Tactics are taught and explained continuously throughout the training cycles (for example, tactics are taught in 50% of time during general preparation period, and gradually increase by 10% on periods afterward). Because tactics can be vary depending on the opponents' characteristics such as nationality, physiological, technical and the years of experiences, it is not possible to teach in short period of time or should not be taught lightly or briefly.

TACTICS CAN BE TAUGHT IN THREE PHASES:

- Without moving the feet
- With basic steps
- With various movements

It is preferred that these tactics become boxer's habitual movement rather than going through think – act process. Coach can examine whether boxer made the tactics as their habitual movement by covering the boxer's eyes and ask boxers to perform different tactical movements to test to

GENERAL TACTIC:

- Gain knowledge about opponent
 - By watching opponent at the competition and/or video
 - Draft scenarios of opponent's tactics
- High Tempo – boxing in high tempo through all rounds
- Knock-out – seek to land strong blow on opponent to win a bout by knock-out
- Defense – Mainly concentrate on the defense and wait for opponent's mistakes
- Universal – adapt and execute tactics based on the situation
- Irregular tempo – boxer controls tempo of the bout, either faster or slower
- 3rd round – boxing aggressively on 3rd round or boxing defensively (if winning)
- Combination – combination of two or more tactics

SOME OF THE RECENT TACTICS THAT HAVE BEEN SHOWN BY CUBAN COACHES AND BOXERS DURING THE COMPETITION INCLUDES:

- Always prepare to win. Prepare many different tactics to be used and analyze opponents' characteristics and select correct tactics to win
- Box in all three distances (long, medium and short), must dominate all three distances
- Always initiate the first attack. Start the bout by attacking opponent before attacked

5.4.9. IN-COMPETITION

BEFORE THE BOUT

- Boxers are preferred to arrive at the competition venue about one hour before the competition begins to familiarize with atmosphere. Also if allowed, boxers are recommended to go into the ring and familiarize themselves with the ring itself (padding of the floor, ropes and etc.)
- Boxers are taught to respect the competition rules and R&Js
- Warm-up training will be conducted for 15 to 20 minutes with three phases. While boxers are training, the coach will talk and guide the boxer about the tactics of the upcoming bout.
 - First phase will be consist of general exercises to warm-up the whole body
 - Second phase will be specific warm-up phase, where boxers will conduct some boxing-specific exercises for the warm-up
 - Last phase will be special warm up
- When working with trainer pads, coaches must consider opponent's height and whether the boxer is orthodox or southpaw
- Pre-bout warm-up shall be individualized according to the personality and characteristics of the boxer. Some boxer may spend more time on psychological preparation than technical and tactics and vice versa
- Respect boxer's ritual behavior prior to the bout

DURING THE BOUT

- In the Corner
 - Continuously concentrate on boxer's actions during each rounds, in order to gain proper instruction and advice
 - Give direction with one or two sentences (for example, "keep your advantage" or "increase the tempo" and etc.)
 - Be prepared at the near the end of round to get into the ring
- In the Ring
 - Spend first 15 to 20 seconds only for refreshing the boxer
 - When one of the Second gives directions, the other second repeat and confirms the direction and guides given
 - Do not show anger or unhappiness to the boxer
 - Guide the boxer with tactics based on the score
 - Do not tell the boxer about score, talk only about the techniques and tactics

AFTER THE BOUT

- Congratulate or provide positive encouragement to a boxer after the bout whether boxer win or loses
- Do not talk or discuss about the bouts until the boxer has recovered
- If the boxer wins the bout early for any reasons, he/she must train remaining rounds in the locker room (for example, if boxer wins the bout in first round, train for 2 rounds)
- Depending on the boxer's personality and characteristics, it is not good to see the next opponent, in case it creates abnormal situations
- During the video analysis, the coach focuses on what boxer has done during the bout, then give advice for the improvement
- If the boxer is overweight, he/she must train after the bout
- It is not good to wake up and exercise early in the morning to meet the required weights. The boxer must exercises and meet the weights before he/she goes to the bed

5.5. ADVANCED TRAINING

5.5.1. ISOMETRIC TRAINING

Isometric training is set of exercises performed without any visible body or muscle movement, also known as static exercises such as stretching. This training program is used to develop stronger muscles through resistant. Isometric training will improve the strength, but for the better result, the strength training should be combined with dynamic strength exercises such as weight training.

Four (4) to six (6) isometric exercises can be integrated in one training session.

Basic principle of isometric exercise is not on the volume, frequency or repetition of the exercise. Rather it is more focused on the duration of the exercises. Isometric exercise can work on the overload principle. Gradually increase the weight or resistant to increase intensity of the exercises.

ISOMETRIC TRAINING PROGRAM

- Exercises can be done without any kind of machines or equipment in anytime and anywhere
- Optimal strength and power can be developed using four (4) to six (6) repetitions with 20 – 40 seconds per repetition with proper rests between each repetitions
- Resistance in exercises can use boxers' own body, existing structures and weights
- Allows more muscle fibers to work than normal strength exercises. More activation of muscle fibers allows boxers to develop stronger muscles of whole body
- Exercise can be done in any place, any time and any position
- Vary the intensity, duration and repetitions of exercise based on the boxers' capabilities

PLEASE REFER TO "APPENDIX B: ISOMETRIC TRAINING" FOR ISOMETRIC EXERCISE EXAMPLES

5.5.2. PLYOMETRIC TRAINING

Plyometric training is set of exercises performed to develop strength in different parts of the body with fast and powerful sequences and movements. It is based on exercises made with the boxers' weight and do not involve any additional weights. Two or three plyometric exercises can be integrated in one training session and preferably to be done in the morning to have less muscle fatigue.

Basic principle of plyometric exercise is progressive overload which, when followed, has shown much success in developing dynamic strength, power.

Overload

Training must place a demand or overload on the body's system for improvements to occur. As the body adapts to the increased training load, more training load must be added.

To experience the adaptations stimulated by the overload principle, training load must not be increased quickly otherwise, the body will not adapt and will breakdown. Overload must be carefully controlled and ensure with steady rate of success and avoids the dangers of over training.

PLYOMETRIC TRAINING PROGRAM

- Optimal strength and power can be developed using six (6) to ten (10) repetitions per exercises with three (3) sets / cycles
- Build and incorporate different circuit training program
- Flexibility exercises should be included in warm-up
- Coaches must consider the specific needs of the boxer when selecting training exercises
- Exercises are formulated with bounds, hops, jumps and twists
- Exercises enable boxer to change direction, body movements and positions
- Vary the intensity, duration and frequencies of exercises. Training emphasis must be under coach's control
- Improvement of speed can be obtained by performing boxing movements quicker than usual speed

PLEASE REFER TO "APPENDIX C: PLYOMETRIC TRAINING" FOR PLYOMETRIC EXERCISE EXAMPLES

5.5.3. OVER TRAINING

Over training occurs when the exercises exceeds the boxers' capacity of physical and psychological limit. Overtraining can be occurred for example due to inappropriate training loads (intensity and volume) which are not adapted to boxer's limits, inappropriate selection of training exercises, bad structure of short-term and long-term training plan, wrong number of competitions planned for boxer and etc. It is important for coaches to avoid overtraining boxers.

PHYSIOLOGICAL SIGNS OF OVERTRAINING

- Sleep disturbance, restlessness an excitability
- Loss of coordination
- Increase sensation of thirst
- Loss of appetite
- Headaches, nausea, increase muscle soreness
- Loss of competitive desire

PSYCHOLOGICAL SIGNS OF OVERTRAINING

- Feels despair and decreased self-esteem
- Sensibility to environmental and emotional stress
- Fear of competition and resistant to challenge

In order to avoid the overtraining, knowledge of the boxer is critical, allowing the coach to see a problem before it gets out of the control and continuously monitor the boxer's heart rate and behaviors.

Prevention is the key to avoid overtraining. With good planning, effort, a structured, fun and beneficial sport program shall be constructed and training session must be carefully monitoring or recorded to learn about the boxer and providing enough rest are vital to reducing the incidence of overtraining.

CHAPTER 6

INDIVIDUALIZATION



6.1. INDIVIDUALIZATION

When a boxer enters into advanced/elite level, most coaches start to create an individualized training sessions for a boxer. Individualization of training allows boxer to overcome any strengths and weaknesses and to develop boxer's individual abilities.

Individualization training plan must be developed in yearly bases, modified and upgraded frequently, intensity and workload shall be based on the improvement of boxer's level.

PURPOSE OF INDIVIDUALIZATION OF TRAINING:

- Increase learning an understanding of the skills
- Improve general and specific physical, technical and tactical preparation
- Improve psychological preparation
- Increase level of preparation according to the competition calendar

STEPS TO DEVELOP THE INDIVIDUALIZED TRAINING PLAN:

Phase 1

- Analyze boxer's strength
- Analyze boxer's weakness
- Get to know the boxer more (spend more time and have more conversation)
- Know the boxer's short-term and long-term goals

Phase 2

- Create an individualized training program together with a boxer
- Create an individualized training program, specifically for competitions
- Create a program to improve physical skills
- Create a program to improve technical – tactical skills
- Create a program to improve psychological skills
- Create a program to build boxer's character

Phase 3

- Introduce and discuss with a boxer about the individualized training program
- Explain and discuss with a boxer about the goal and benefit of the program
- Allow boxer to understand the program and his/her boxing skills and performance

Phase 4

- Evaluate the program based on the training and competition performance
- Modify and upgrade the program based on the evaluation result

In compliance with the set-objectives for the individual training plan, coach must select appropriate exercises, volume, intensity and workload to maximize the training plan and training effect.

INDIVIDUALIZATION OF TRAINING FOR YOUNG BOXERS

When individualizing training program for junior and youth boxers, coach must take into consideration of the following:

NATURAL CHARACTERISTICS AND GROWTH OF BOXERS

- Know and understand the physical and motor limitation of the age being coached
- Understand the general sequence of development found in junior and youth boxers
- Know and understand the developmental stages of junior and youth boxers and how they relate to sports as either limits or prerequisites to performance

EXPERIENCE APPROPRIATE TO THE DEVELOPMENT

- Prepare seasonal objectives that reflect the physical and motor development of boxers
- Select specific skills and activities that allow boxers of various levels to experience success
- Use a variety of activities to help boxer of various level of ability develop specific skills

ANALYSIS OF PERFORMANCE RELATED TO THE DEVELOPMENT

- Understand how the developmental level of boxers determines their performances
- Establish performance goals that reflect the developmental levels of the boxer
- Prepare season end evaluation that reflect the boxer's progress relative to their developmental level

IDENTIFICATION AND UTILIZATION OF METHODS FOR DEVELOPMENT, TRAINING AND CONDITIONING

- Know the appropriate level of conditioning for boxer of the age being coached
- Be aware of appropriate levels of training and conditioning needs based on the age and development level
- Recognize the activities that provide the basic level of conditioning
- Distinguish between beginning and advanced levels of training and conditioning
- Sometimes too many objectives are defined for training plan then teach and train for exposure rather than mastery of each skills
- Distribute practice across several objectives. Then devote sufficient time to each objectives so that a meaningful learning and mastery of skills can be occurred

ANALYSIS OF THE BOXER'S INTEREST AND ABILITIES TO BOXING

- Help the boxer arrive at realistic assessment of their abilities
- Have a sense of boxing's over-all state so the boxer can be made aware of opportunities and benefit available to them from participation

6.2. CONTROL AND MONITORING OF TRAINING

Control and monitoring of training is integral part of whole training process. Without control and monitoring stages, both the coach and the boxer cannot improve with their performance.

Control is evaluation of the training programs and its result on boxers. Control of training can be managed through different assessments and measure the boxer's boxing-related skills level after the training programs. The coach will be able to evaluate the improvement of the boxer's skills based on the result of the control of training and modify the training program according to boxer's status leaned in controlling process.

Monitoring of training is one of the daily activities of the coach. The coach will monitor a boxer's performance in every training session and will record in coach's diary. A coach will use the accumulative record of boxer's training performance and utilize it in the control process of training. Coach can also recommend a boxer to have his/her own diary to record the performance and monitor the training progress.

IN ORDER TO MONITOR THE TRAINING EFFECTIVELY, A COACH MUST:

- Set the guideline and standard measure for all-boxing related performances
- Analyze a boxer's ability to follow instructions by the coach
- Analyze a boxer's weakness areas in all-boxing related aspects
- Communicate with a boxer about the performance
- Record continuously, even outside of the gym activities

After conducting a control process, the coach must analyzes the training plan, the workload level, the boxer's adaptation ability of the training tasks and assessment result. With the conclusion drawn from analysis, the coach must make appropriate correction to the training plans

Importantly, control and monitoring process is the continuation process which must be conducted throughout boxer's career in the ring. This is not one time or frequent activity and must be done daily and continuously.

PLEASE REFER TO "APPENDIX D: EVALUATION OF BOXERS' ABILITIES" FOR CONTROL AND MONITORING EXERCISE EXAMPLES



ISOMETRIC TRAINING

APPENDIX B

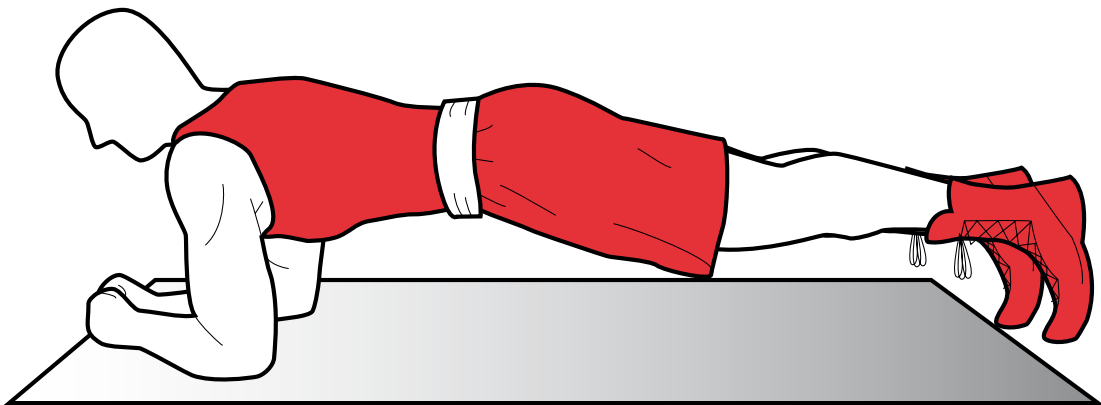
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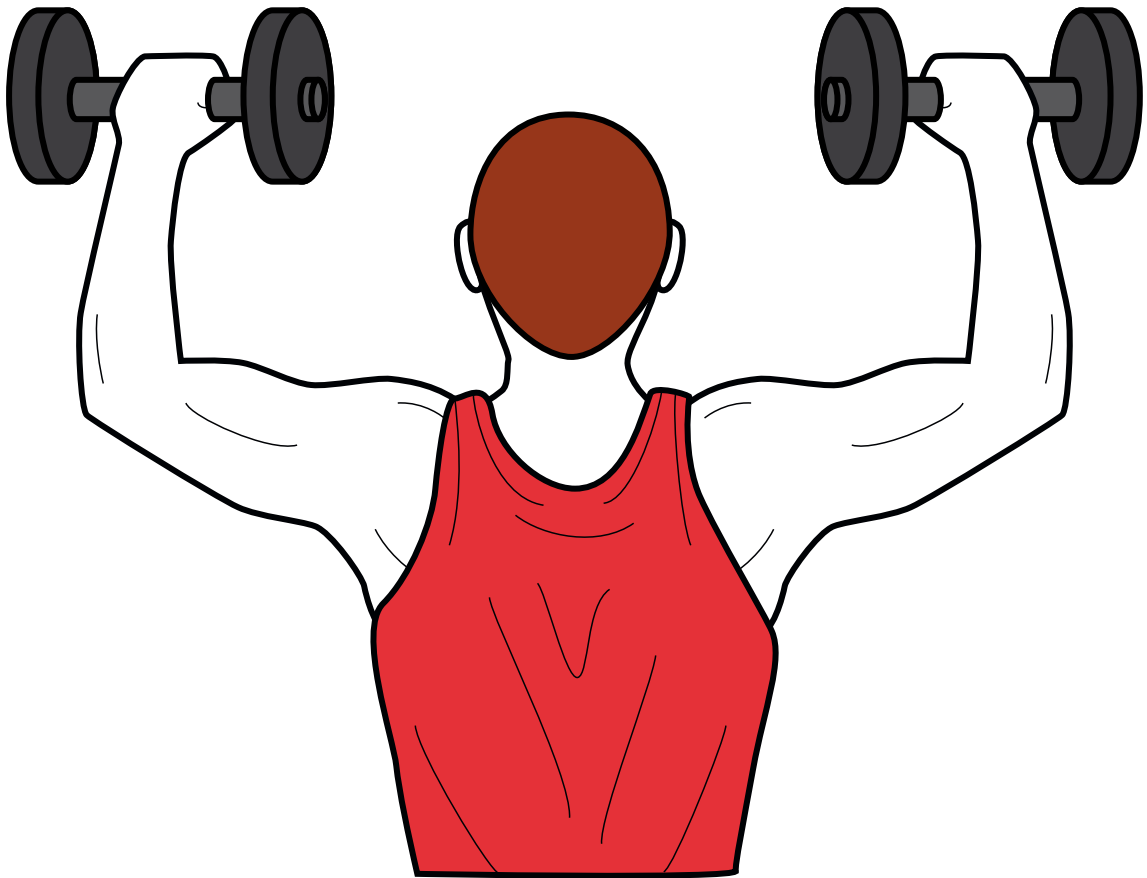
PLANK

1. Lay flat on the floor
2. Place both arms bent in 90 degrees and under the shoulder, with hand pointing straight forward
3. Keep the back straight and raise the whole body with forearm and toes on the ground
4. Contract the abdominal area and hold the position for as long as possible
5. Rest for 30 seconds and continues the step 3 and 4



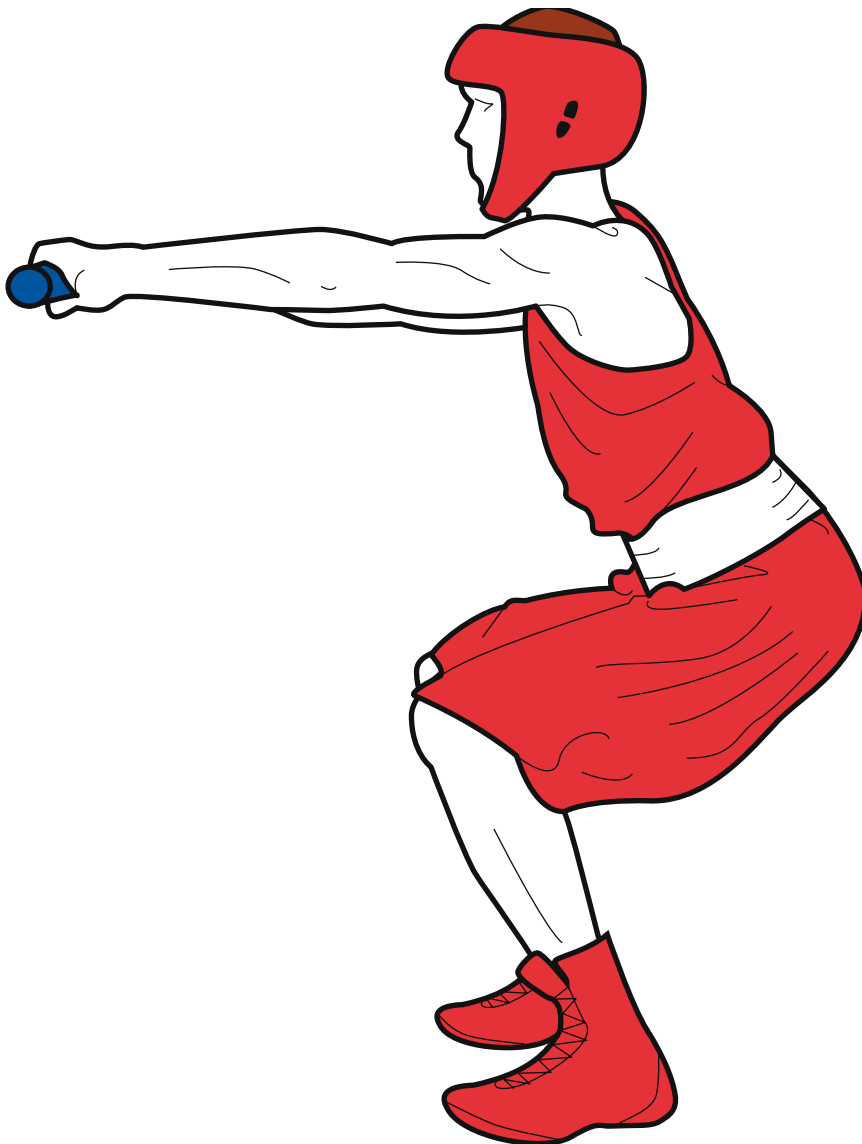
ISOMETRIC SHOULDER EXERCISES

1. Stand with feet shoulder-width apart and back straight
2. Bend down the knees slightly
3. Hold the dumbbell on each hand or weighted objects
4. Bend the elbow 90 degrees and raise the arm until both arms are parallel to the ground (do not raise the arm all the way up)
5. Hold the position for as long as possible
6. Rest for 30 seconds and continues the step 4 and 5



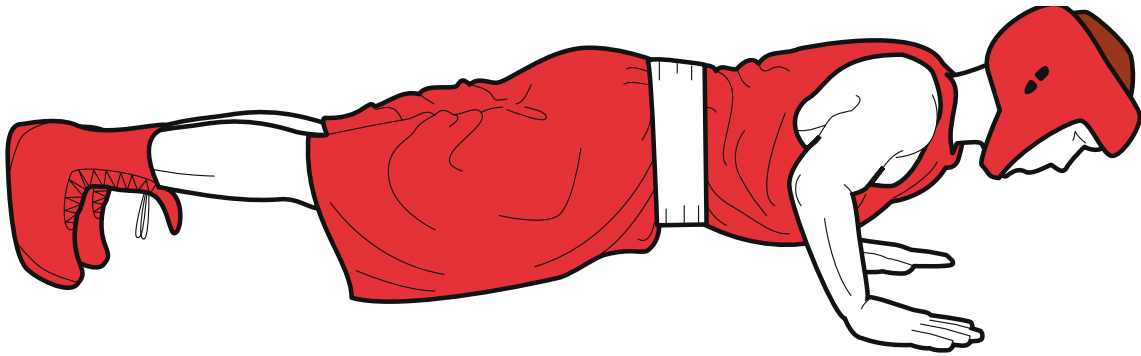
ISOMETRIC SQUATS

1. Stand with feet shoulder-width apart, back straight
2. Raise arms straight forward
3. Bend down the knees until the thighs are parallel to the floor
4. Hold the position for as long as possible
5. Rest for 30 seconds and continues the step 2 and 3
6. To increase the difficulty, the boxer can hold the weighted objects on the hand



ISOMETRIC CHEST

1. In push-up position
2. Lower the body down to half-way
3. Hold the position for as long as possible
4. Rest for 30 seconds and continues the step 2 and 3



PLYOMETRIC TRAINING

APPENDIX C



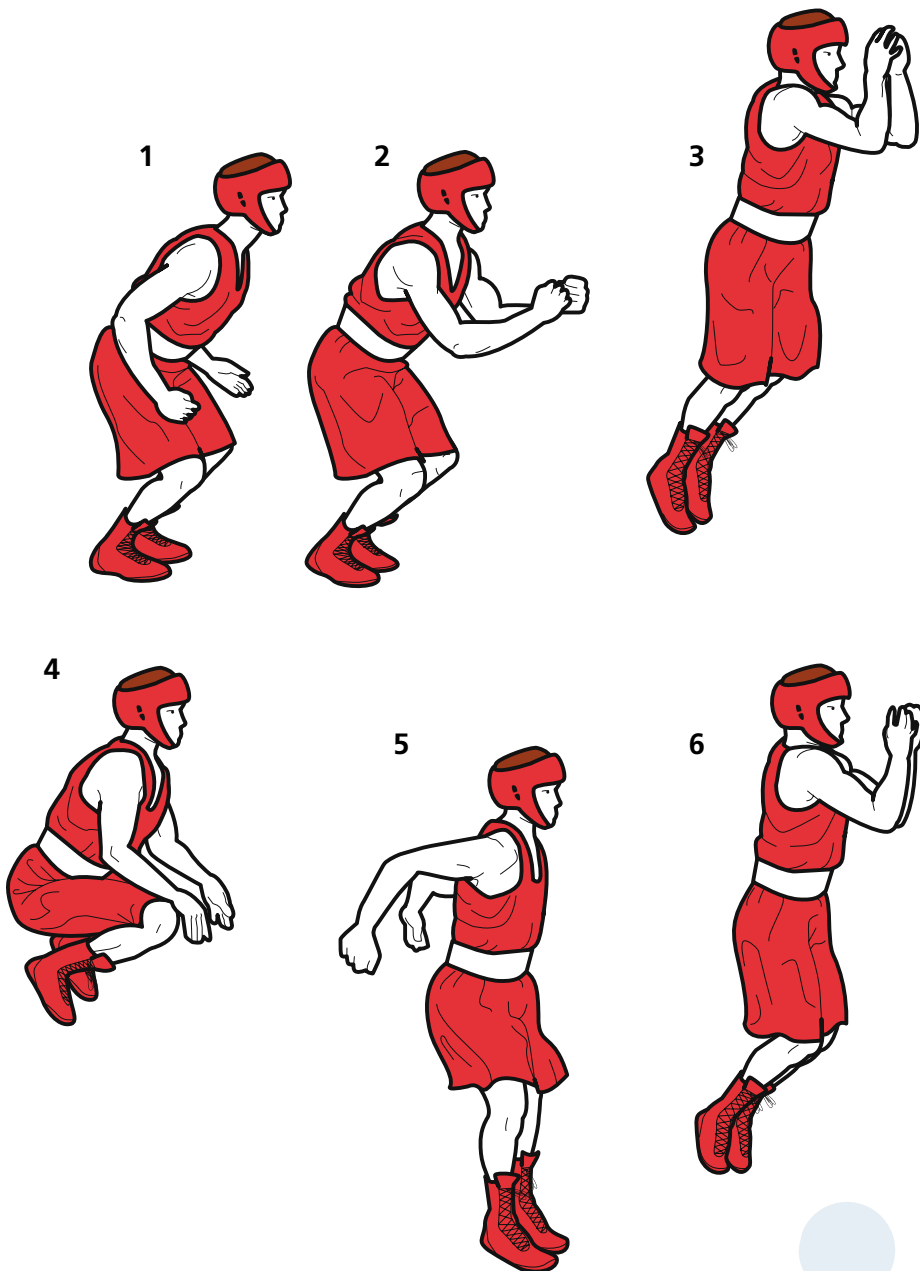


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DOUBLE LEG BOUND

Develops power and the muscles of the legs and hips

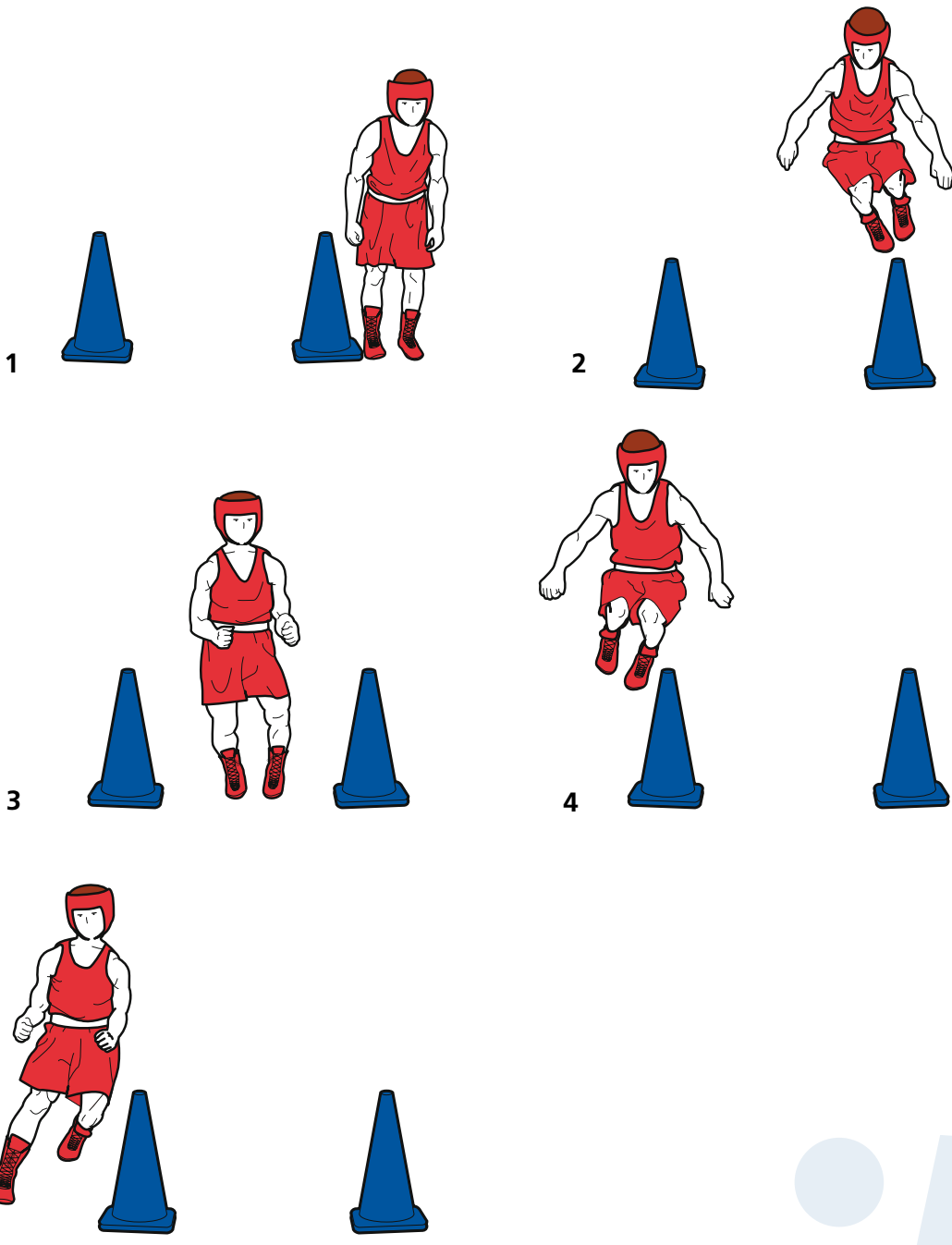
1. Stand comfortably with feet together
2. Bend knees and squat down to a half way to half-squat position, arms down to the sides with shoulders forward and out over the knees
3. Keep the back straight and head up with eyes looking forward
4. Jump up and forward by extension of the hips and arms
5. Try to jump as high and farther as possible
6. Try to land with a same position as the beginning
7. Jump up and forward again without stopping



SIDE HOP

Develops power and the muscles of the legs and hips and develops lateral movement

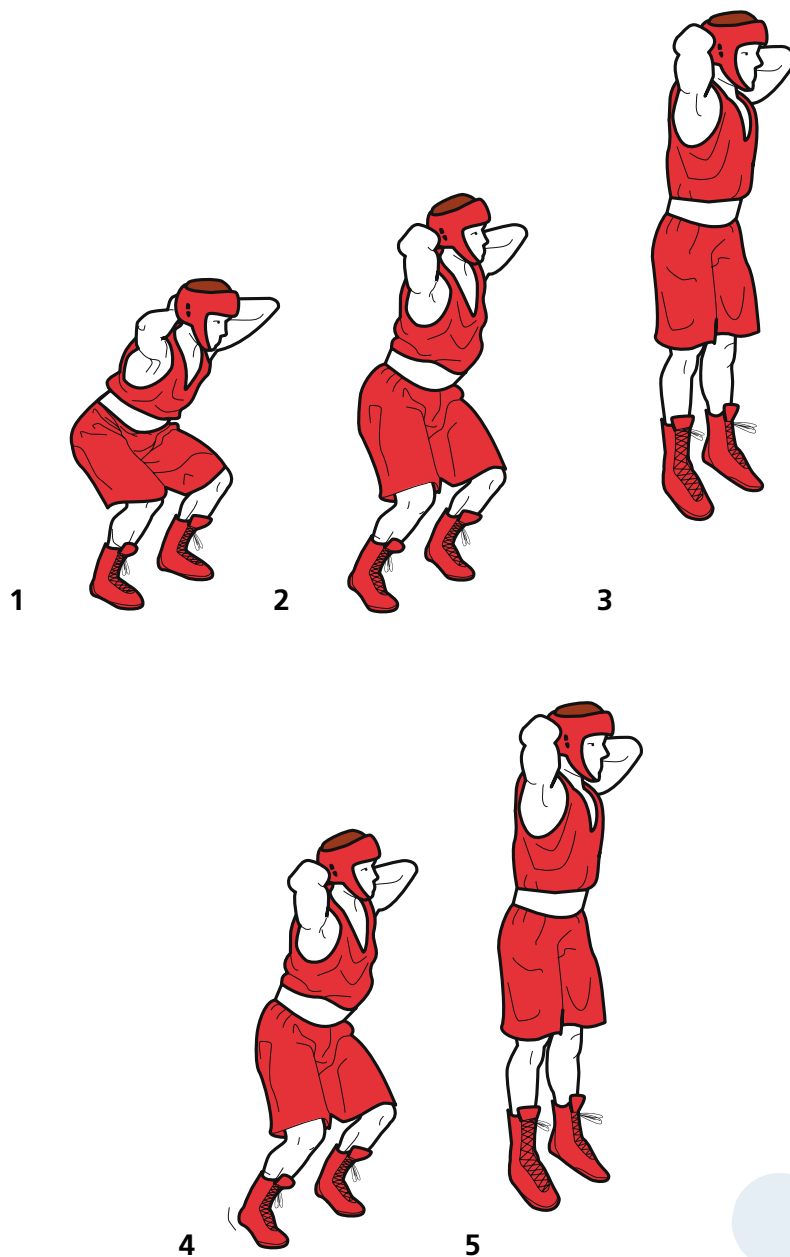
1. Set cones side by side, approximately 70 cm to 100 cm apart (height of the cones shall not be higher than the height that boxer can jump over)
2. Stand at the end of the placed cone
3. Stand with feet together with toes straight forward and arms on the side
4. Jump sideways over the first cone and then the next cone without stopping
5. After jumping the last cone, quickly change the direction and jumping back over to the starting point



SQUAT JUMPS

Develops power and the muscles of the hip, quadriceps, hamstring and gluteal. Coach shall emphasize to reach maximum height on every effort

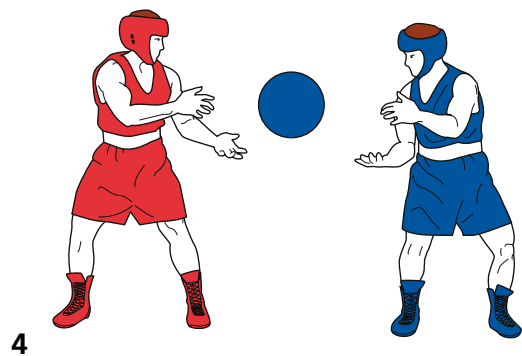
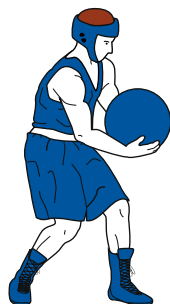
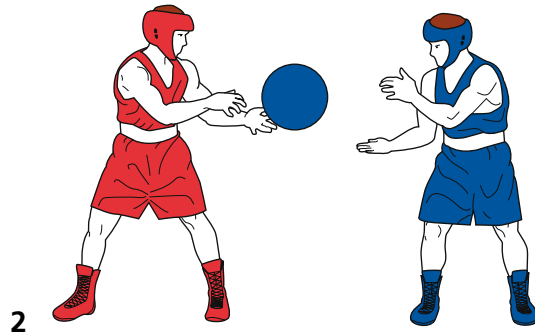
1. Stand with feet shoulder-width apart and back straight
2. Place the hand behind the head with fingers interlock; this will minimize the involvement of arms in the movement
3. Bend knees and squat down to a half way to half-squat position
4. Jump up with straightening both knees to reach highest point
5. When landing, return to half-squat position
6. Jump up again without stopping



MEDICINE BALL TWIST AND TOSS

Develops power and muscles of the abdominals, oblique, lower back, hips, biceps and pectoral muscles

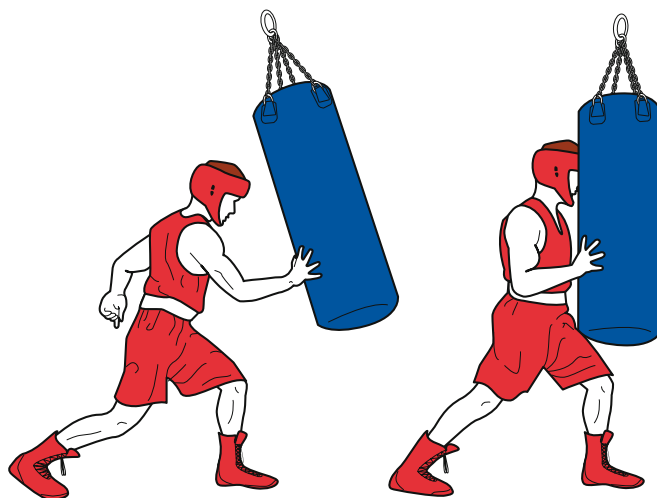
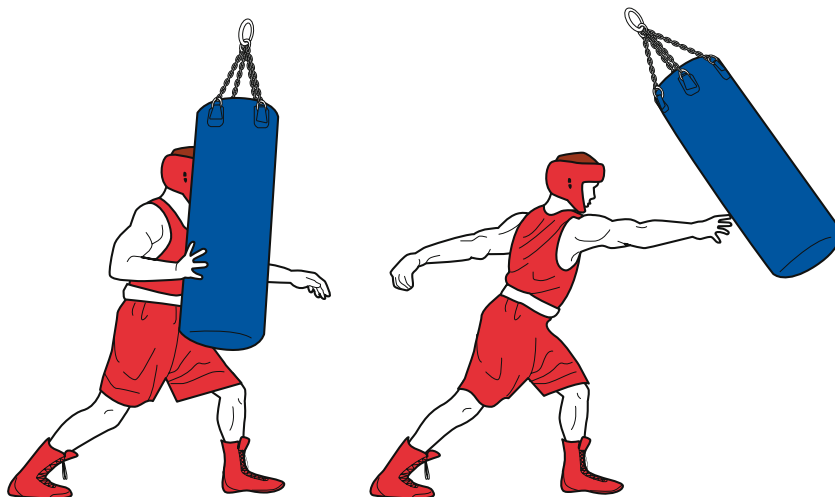
1. Select the medicine ball with appropriate weights according to the boxer
2. This exercise shall be worked with a partner
3. Stand with feet shoulder-width apart
4. Knees bent down slightly with back straight
5. Lean upper body slightly forward
6. Hold medicine ball with two hand in front of the stomach
7. Twist the upper body to the direction opposite to the partner
8. Twist back the upper body toward the direction to the partner quickly and toss the medicine ball to the partner using hips, shoulder and arm strengths
9. After receiving the medicine ball from the partner, twist the upper body to the direction opposite to the partner and twist back quickly toward the partner and toss the medicine ball again



HEAVY BAG STROKE

Develops power and muscles of the upper body, arms and shoulders

1. Stand in front of heavy bag
2. Take a half-step to the left, so that half (right-side) of the body is behind the heavy bag
3. Stand with back straight
4. Bring right foot half-step forward, while the left foot takes half-step backward (the boxer should be standing with feet slightly more than shoulder-width apart)
5. Place the palm of the right hand on the heavy bag and keep elbow bent 90 degrees
6. Lift left arm straight forward
7. Push the heavy bag as hard as possible using the upper body strength
8. When heavy bag returns, catch the bag with right arm and return to the initial position
9. Wait for couple of seconds to lower the momentum and push the heavy bag forward again
10. Alternate the position to work with left arm



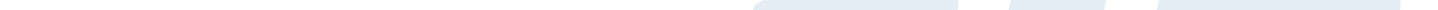
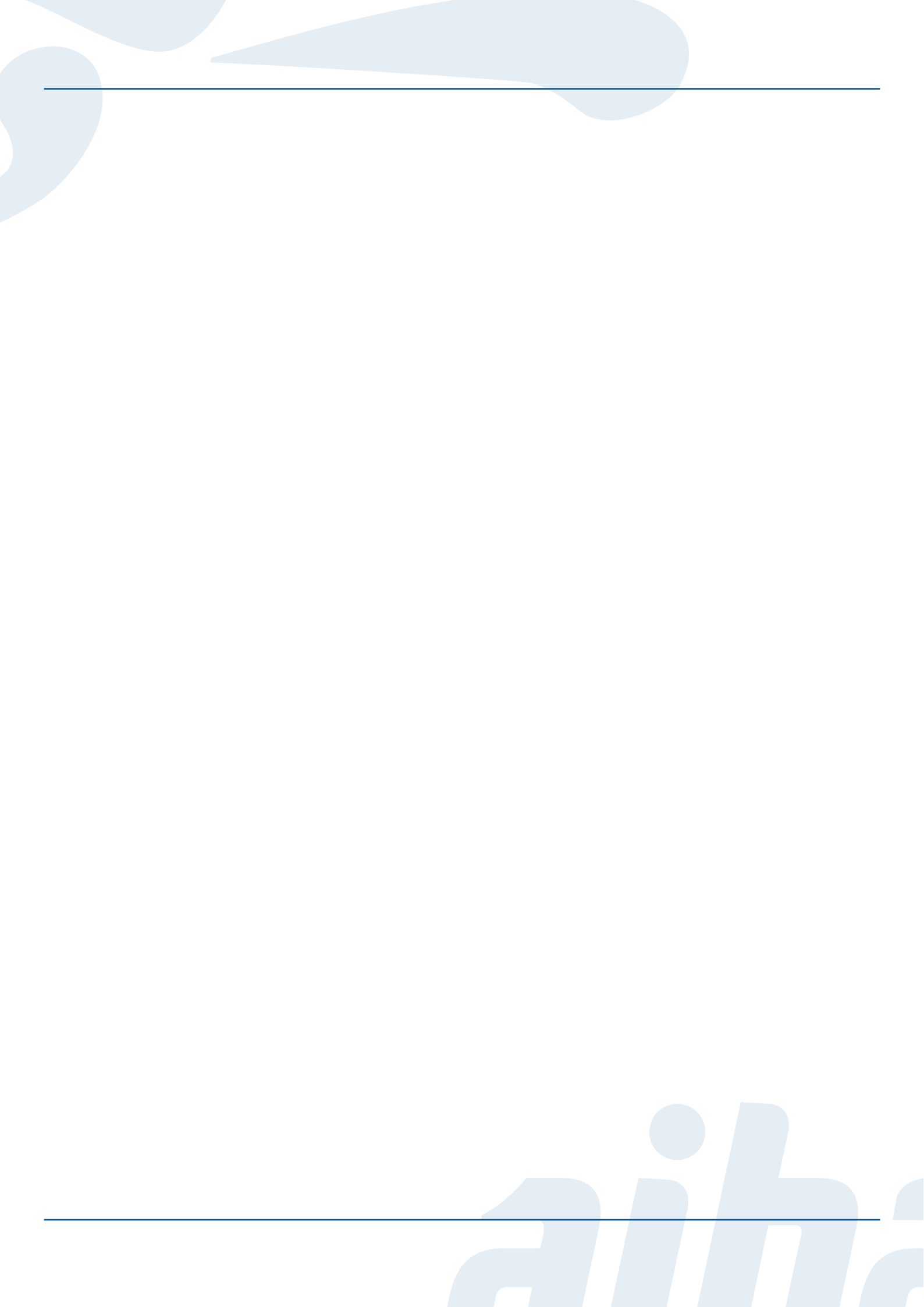


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EVALUATION OF BOXERS' ABILITIES

APPENDIX D

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Assessment and evaluation of boxers' ability is very important task before boxers enter into the advanced/elite level of their boxing career. The Coach must identify boxer's level of preparation and skills accurately, before start to train the boxer with a specific boxing style.

Accurate analysis of the boxer's different skills level and preparation level and training with a specific style that allows the boxer to perform his full capacity, will increase the opportunity for boxer to be developed into world-class level.

BOXERS' ABILITIES CAN BE EVALUATED IN THREE CATEGORIES:

- Physical Ability
- Technical – Tactical Ability
- Psychological

Assessment of each of these categories will allow the coach to analyze and measure the boxer's progress and improvement through the past training process and programs. Moreover, these results will allow coaches to foresee the possibilities of future improvement in the boxer.



PHYSICAL ABILITIES

By only observing boxer's physiological characteristics, it is not possible to analyze or evaluate boxer's physical abilities. In order to have the accurate assessment of physical abilities, the coach must conduct assessment in following areas:


- Endurance
- Strength
- Speed
- Coordination

ENDURANCE ASSESSMENT EXAMPLES

RUNNING

1. Shall be conducted at the running track or at the outdoor field
2. 3 sets of 3 minutes running with 1 minute rest between the sets
3. Distance and Heart Rate shall be measured
4. Heart Rate must be measured before, between each sets and immediately after the testing

BAG PUNCHING

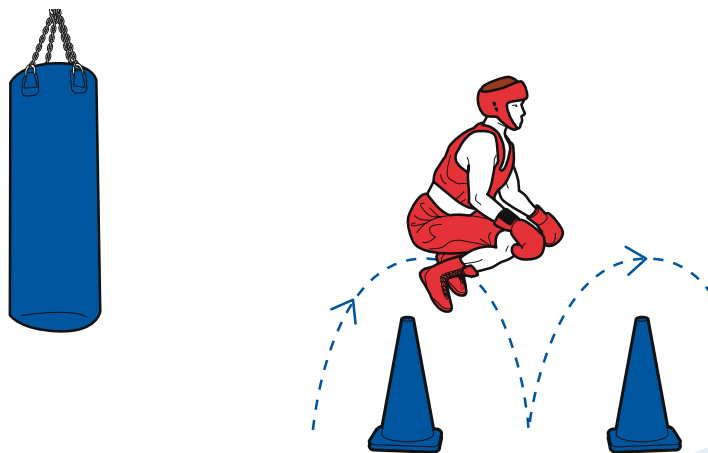
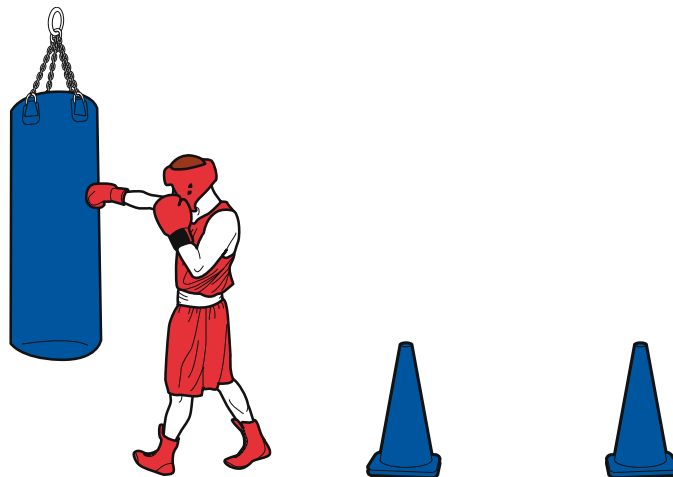
1. Shall be conducted in the gym with any type of punching bags
 2. 3 sets of 3 minutes punching without stopping and 1 minute rest between each set
 3. Number of punches and Heart Rate shall be measured
 4. The coach counts number of punches by counting one hand and multiply by two (2)
 5. Heart Rate must be measured before, between sets and immediately after the testing
-
- 

COOPER TEST

1. Shall be conducted at the running track or at the outdoor field
2. Boxer runs for 12 minutes with maximum intensity and effort
3. Distance and Heart Rate shall be measured
4. Heart Rate must be measured before and immediately after the testing

HEAVY BAG PUNCHING AND JUMPING

1. Place a small cone near the heavy bag (approximately 1 - 2 meters away)
2. On coach's whistle, boxer punches a heavy bag with a competition style (not with full speed) for 30 seconds
3. Boxer moves to the cone and jump over the small cone with two feet together (jumping on side or forward) for 30 seconds
4. Repeat step 1 to 3 for three minutes
5. Coach counts how many sets that boxer has completed

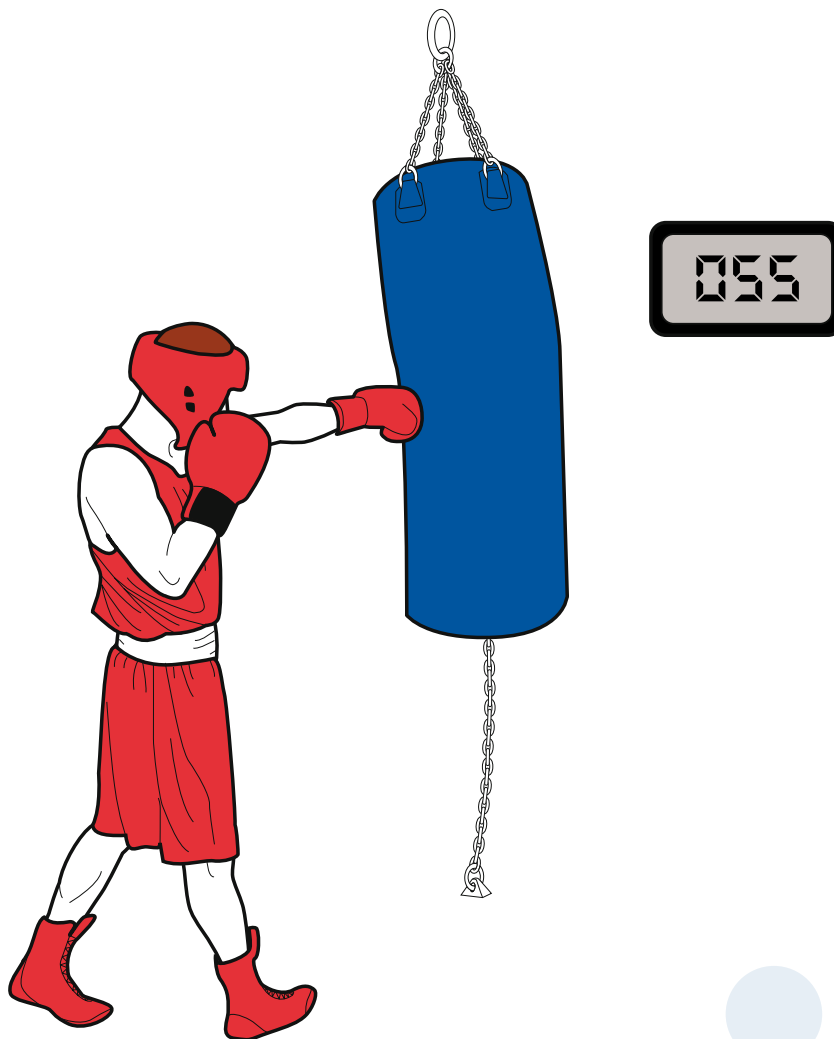


HEAVY BAG PUNCHING

1. Boxer stands in front of a heavy bag
2. On coach's whistle, the boxer performs as many lead hand straight punches for one minute
3. After one minute, boxer performs rear hand straight punches for one minute with full strength
4. Then conduct 1-2 combination punches for one minute
5. Coach counts total number of punches performed

FORCE PLATFORM MACHINE WITH THE BAG

1. Force Platform is the punching bag hooked on to the machine (shown on the picture). It measures the force and frequency of the punch
2. Machine will automatically provide the frequency and strength of the punch
3. The coach shall measure the Heart Rate, before and immediately after the testing



STRENGTH ASSESSMENT EXAMPLES

BENCH PRESS

1st Testing Method – Maximum Weight

- The boxer performs bench press by lifting the maximum weight. The maximum weight is the weight that the boxer can lift for only one time
- The coach shall measure the maximum weight

2nd Testing Method – Set-Weight

- The coach sets the weight that boxers shall lift
- The boxer lift the weight set by coach as many times as possible
- This method will also allow to measure muscular endurance and power


PUSH-UPS

- The coach signals the start of the testing
- The boxer performs push-ups for 30 seconds
- The boxer must do as much push-ups as he/she can
- Coach shall measure the number of sit-ups performed

SIT-UPS

- The coach signals the start of the testing
- The boxer performs sit-ups for another 30 seconds
- The boxer must do as much sit-ups as he/she can
- Coach shall measure the number of sit-ups performed

PULL-UPS

- The coach signals the start of the testing
 - The boxer performs pull-ups for another 30 seconds
 - The boxer must do as much pull-ups as he/she can
 - Coach shall measure the number of pull-ups performed
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DIPS

- The coach signals the start of the testing
- The boxer performs dips for another 30 seconds
- The boxer must do as much dips as he/she can
- Coach shall measure the number of dips performed


VERTICAL JUMPS

- This exercise **MUST** be conducted at the indoor
- The boxer stands up and make a vertical jump with one hand up, the boxer mark the highest point his finger tip reaches
- The boxer jump to try to touch the highest point on the wall
- The coach shall measure the distance between first point to the highest point where boxer reached

STANDING LONG JUMPS

- Shall be conducted indoor or outdoor
- The coach mark the starting line or starting point
- The boxer makes a jump forward from the starting line or point
- Coach shall measure the distance between the starting line or point to heel of the boxer's foot
- The boxer must be re-tested if, he/she falls back or take a step before make a jump

MEDICINE BALL THROWS

- Boxer stands with the boxing stance
 - Have 3kg Medicine Ball on the rear hand
 - Throw the medicine ball as boxer makes rear hand punch
 - Coach shall measure the distance between boxer and the medicine ball
 - Boxer rotates his position (orthodox to southpaw and vice versa)
 - Repeat the testing to measure the strength of both arm
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FORCE PLATFORM MACHINE WITH THE BAG

- Force Platform is the punching bag hooked on to the machine (shown on the picture). It measures the force and frequency of the punch
- Machine will automatically provide the frequency and strength of the punch
- The coach shall measure the Heart Rate, before and immediately after the testing

SPEED ASSESSMENT EXAMPLES

30 METERS SPRINT

- Can be conducted in both indoor and outdoor
- On the starting line with standing position or flying start
- On coach's whistle, the boxer sprints 30 meters
- The coach shall measure the time

60 METERS SPRINT

- Can be conducted outdoor track or field
- On the starting line with crouching position or standing position
- On coach's whistle, the boxer sprints 60 meters
- The coach shall measure the time

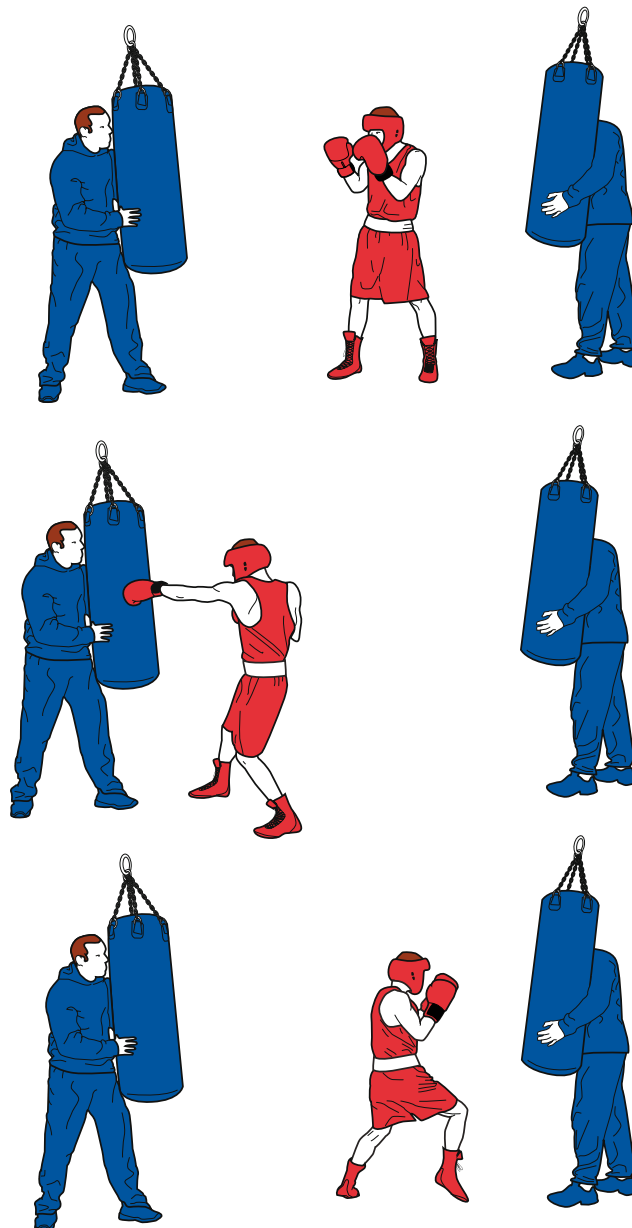
BAG OR WALLPAD PUNCHING

- Boxer stands in front of a heavy bag or a wall pad
- On coach's whistle, the boxer performs as many punches as possible
- After 10 seconds, coach stops the testing
- The coach counts number of punches by counting one hand and multiply by two



TWO HEAVY BAGS PUNCHING

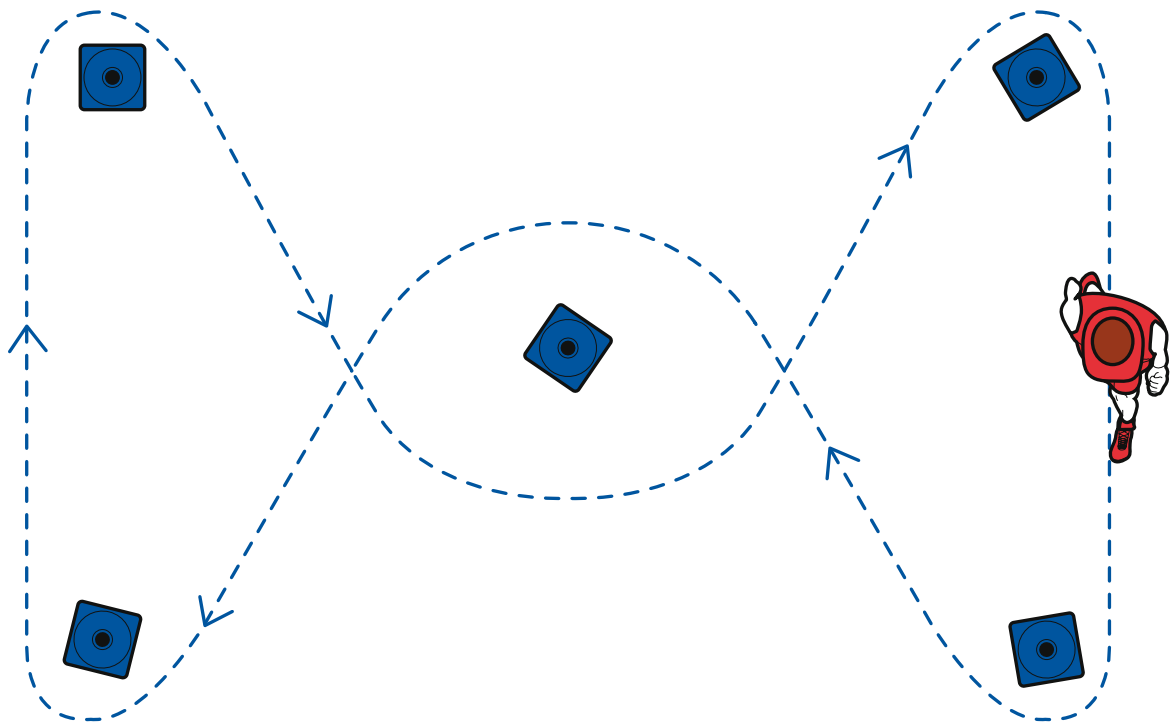
- Boxer stands between two heavy bags
- Distance between heavy bags shall be 3 meters
- Heavy bags must be held by other boxers or coaches to ensure bags doesn't move around
- On coach's whistle, the boxer move quickly with boxing stance to the first bag and punches three times (lead – rear – lead punch or rear – lead – rear punch)
- After punching three times, turn around and move quickly with boxing stance to the other bag and punches three times
- After 10 seconds, coach stops the testing
- Coach shall counts how many repetition the boxer has completed (punching both bags is one repetition)



COORDINATION ASSESSMENT EXAMPLES

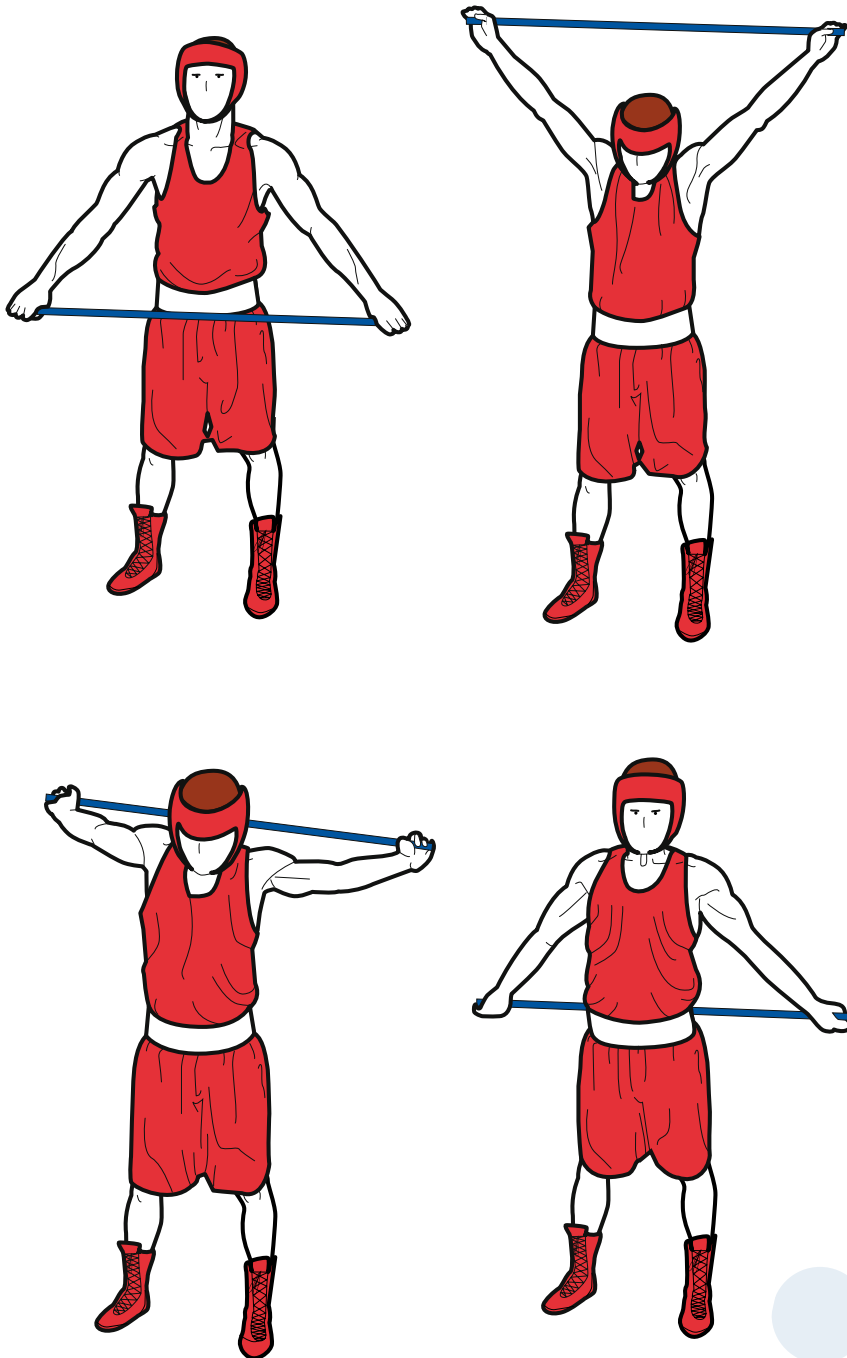
ENVELOPE RUNS

- Shall be conducted indoor or outdoor
- "Envelope Run" will require 5 meters by 3 meters of space
- Place a cone, flag or stick on each corner and one in the center of the space
- Boxer starts from the starting line and make a run around the space as shown in the diagram
- Boxer runs 3 times to complete the testing
- Coach shall measure the time and performance



STANDING SHOULDER FLEXIBILITY TEST


- Boxer can use a stick
- Grab a stick shoulder width wide
- Hold it front of the waist, keep arms straight
- Move arms up over head and below until hands are behind upper back
- Do not flex arms
- Coach shall measure the distance between two hands



WALKING WITH PUNCHING

- Coach place a cone with ten(10) meters apart
- Boxer walks from one cone to the other
- While walking, the boxer performs straight punches
- Straight punch with right arm with right foot forward
- Left arm straight punch with left foot forward
- Coach shall measure by the observation

DIAGONAL STEPS

- It must be executed with precision and speed to avoid that the boxer becomes out of balance; the boxer stands on his forefoot
 - It is taught with the combination of 2 or more punches
 - It is used to exercise coordination and it is not very used due to its complexity
 - Example: When a straight left blow to the face, the diagonal step to the front is used to break the initial stance, which to be recovered an additional step forward is needed
 - When a diagonal step will be executed in counter attack, it indicates an anticipated offensive action. For Example: towards a straight blow with the left to the face, the diagonal step and the counter attack is made
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DUCKING AND SLIDING

- Draw two(2) 10 meters parallel line with 1.5 meters apart
- Prepare 10 meters long rope
- From the starting line nail the rope on the wall and at the nail the rope on the finish line with shoulder height of the boxer
- Boxer stands right-side of the rope
- Boxer makes sliding move to the left to the left parallel line under the rope
- Boxer must make a ducking move and try not to touch the rope with his/her head or shoulder
- After the move, the boxer performs a straight punch
- Boxer makes another sliding move to the right parallel line under the rope
- Boxer must make a ducking move and try not to touch the rope with his/her head or shoulder
- After the move, the boxer performs a straight punch
- Boxer continues move forward to the finish line and when he/she reaches the finish line, immediately move backward with same procedure
- Coach shall measure the time



TECHNICAL – TACTICAL ABILITIES

It is difficult to incorporate standard assessment for the technical and tactical abilities evaluation. Therefore, these abilities shall be measured by the coach's observation. In order to have more accurate evaluation, it is recommended to have as many coaches as possible for the evaluation.

Each coach will give points on a scale of 1 to 10 points for each technical-tactical skill assessed. Objective of the assessment is to observe not only boxer's ability level, but also to identify whether the boxer is correctly performing the technical elements, such as boxing stance, movement, punches, defenses and etc.

TECHNICAL AND TACTICAL EXAMPLES

QUESTION-AND-ANSWERS

- To measure the understanding of tactics

SHADOW BOXING

- To measure technical abilities

TRAINER PADS WORK

- To measure technical abilities

TASK SPARRING

- To measure both technical and tactical abilities

SPARRING

- To measure both technical and tactical abilities

COMPETITIONS

- To measure both technical and tactical abilities
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TECHNICAL – TACTICAL ABILITIES

The goal of psychological evaluation is to assess the boxer's psychological preparation level. Psychological aspect is very important, because even if the boxer has world-class physical and technical skills, weak psychological level will limit boxer's performance in training and competitions.

Psychological evaluation can be conducted by inviting psychologist for the assessment. If psychologists are not available or difficult to invite, the coach can assess boxer's psychological preparation by conducting following examples:

PSYCHOLOGICAL EXAMPLES

- Conversation with the boxer
- Monitoring during the training sessions
- Monitoring during the competitions

Psychological evaluation shall be done in long-term and it is more effective, if the coach monitors the boxer's outside of the gym activities and behaviors by having a conversation with the boxer's close friends, family and teachers.





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