

BOXING
FEDERATION OF
INDIA

भारतीय खेल
प्रतिकल्प
sports
authority of
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ONLINE EDUCATION PROGRAM for BOXING COACHES



Boxing Tactics

Tactics = the art of performing
a skill in a competition

How you solve different problems
or situations



Tactical Preparation

- Boxing is mostly a tactical sport
- **Tactics** = the art of performing a skill in a competition
- **Strategy** = the general art of projecting and directing the plans for the boxers. Related to the planning.

Tactical thinking

- The ability to realistically and correctly evaluate the opponent, as well as oneself.
- The ability to instantly recall tactical skills and combinations to be utilized under specific situations.
- The ability to anticipate the opponent's tactics, and to counteract them.
- The ability to hide your tactics which should prevent the opponent from sensing and counteracting the plan of attack.

Offensive Actions

- Attack
- Counter-attack (direct counter and counter-attack)

Preparatory actions

- Feinting (with arms, with body and eyes, with the feet)
- Drawing - lure the opponent to punch at an opening

Defensive actions

- Active
- Passive

Combat distances

➤ long, medium, short

Phases of tactical actions:

1. a. Reception of the information through my senses (eyes, ears, sensor of the skin, etc)
b. Analysis - Search in my memory to verify that I have been confronted with this situation, otherwise I will record it.
2. Seek in my computer bank for the best solution as fast and precise as possible.
3. Motoric solution (movement) of the tactical problem. The only phase visible.

Tactical training includes:

- Sparring
 - School Fight
 - Punching pads
 - School Boxing
 - Shadow Boxing
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- Boxer needs to train to solve different situations

Common tactical situations:

- Taller (Long distance)
 - Shorter (close-range)
 - Tempo boxer
 - Counter boxer
 - Rusher
 - Southpaw
 - Puncher
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- Boxer needs to train to solve different situations