

BOXING
FEDERATION OF
INDIA

भारतीय खेल
प्रतिकल्प
sports
authority of
india

ONLINE EDUCATION PROGRAM for BOXING COACHES



Close Distance & Infighting

When both boxers are inside punching range or when there is body contact.



Things to work on:

- How to get inside opponent's reach
- How to work while inside
- How to get out of the infighting

Variation inside-outside punches – Uppercuts between the guard



Variation inside-outside punches



**Go for the body –
and mix Body-Head & Head-Body**



Look for angles



**Keep your arms close to your body
– maintain your balance and control**



Don't stop until referee's signal



Mix fast combinations with power punches



Controlled aggression



Other helpful tips

- Relaxed but composed - in control
- Resting - only for very short period
- Short punches
- Create openings
- Double with same hand

Other helpful tips

- Clinching - Aware where I am and situation is not over
- Positioning - Be in charge of the situation
- Push to create distance & punch
- Understand when to get out of infighting
- Know where your opponent is
- Be ready to solve any situation yourself, don't look for the referee