



WELCOME TO ONLINE SPORTS DEVELOPMENT PROGRAM

DISCIPLINE- BOXING

TOPIC – PERFORMANCE STRUCTURE IN BOXING

Speaker : T L Gupta

Time: _____

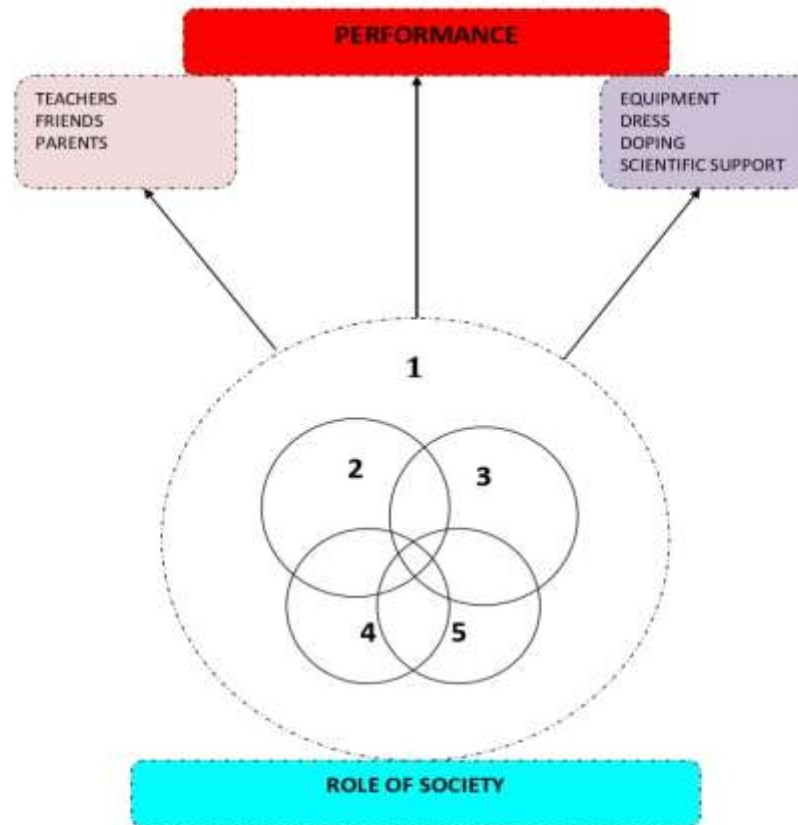
Zoom ID: 469 955 0996

Next Session on _____ April (_____)



Performance Structure in Boxing

By: T L Gupta, Boxing Coach



1. Constitutional & Ideology
2. Technical
3. Tactical
4. Conditional Abilities (Endurance, Strength, Speed, Flexibility & Agility)
5. Psychological & Intellectual

Role of Society



Constitution & Ideology



Technical Aspect



1. Clinching of the Fist
2. On guard
3. Footwork
4. Offensive Actions
5. Defensive Actions
6. Counter Actions
7. Sparring

OFFENSIVE ACTIONS

STRAIGHT ARM BLOWS

STRAIGHT PUNCHES

LEFT

RIGHT

HEAD &
BODY

HEAD &
BODY

BENT ARM BLOWS

HOOKS

LEFT

RIGHT

HEAD &
BODY

HEAD &
BODY

UPPERCUTS

LEFT

RIGHT

HEAD &
BODY

HEAD &
BODY

Combination of all these punches in different directions using Footwork & Ranges

DEFENSIVE ACTIONS

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graph TD; A[DEFENSIVE ACTIONS] --- B[BLOCK]; A --- C[PARRY]; A --- D[EVADING]; A --- E[AVOIDING]; B --- F[Counter Action]; C --- F; D --- F; E --- F;
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BLOCK

PARRY

EVADING

AVOIDING

Counter Action

Tactical Aspect



Tactics are correct and best suited timely decisions & actions taken by a boxer to utilise the situation of a bout in his/her favour over an opponent during progression of a bout.



It involves:

- Effective use of techniques
- Efficient use of Physical qualities
- External factors
- Solutions for difficult to critical situation

Conditional Abilities

ENDURANCE

STRENGTH

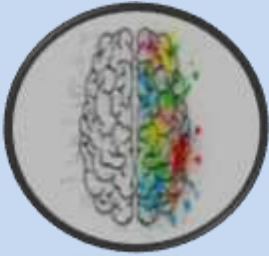
SPEED

FLEXIBILITY & AGILITY

CO-ORDINATION

COMBINATION OF ALL

Psychological & Intellectual Abilities



Intelligence

Recognising the Situation

Creating the Situation

Utilising the Situation

Will Power

Self confidence

Risk Taking

Will to win

Optimum Arousal

Endurance of concentration

Left & Right side factors

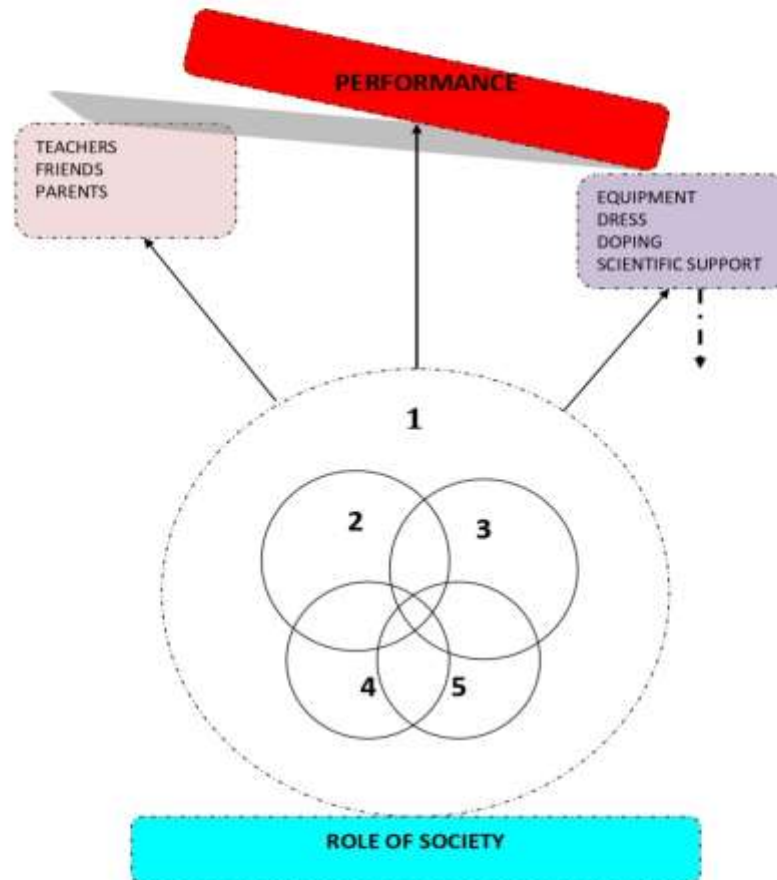
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graph TD; A[Left & Right side factors] --> B[TEACHERS<br/>FRIENDS<br/>PARENTS]; A --> C[EQUIPMENT<br/>DRESS<br/>DOPING<br/>SCIENTIFIC SUPPORT];
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TEACHERS
FRIENDS
PARENTS

EQUIPMENT
DRESS
DOPING
SCIENTIFIC SUPPORT

Performance Structure in Boxing

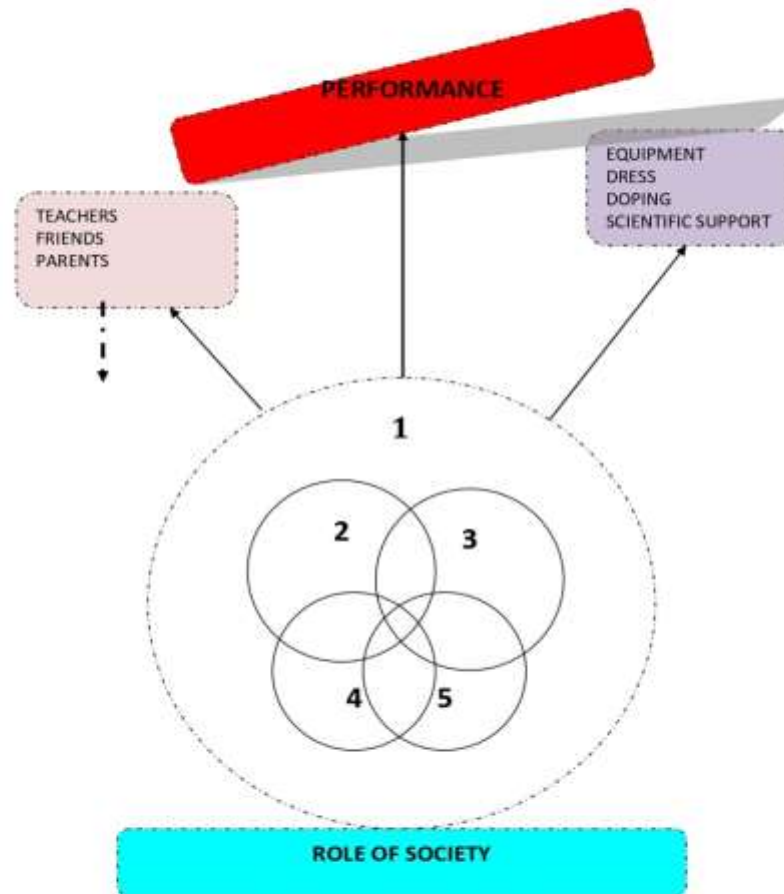
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Thank You!

