



सत्यमेव जयते

MINISTRY OF YOUTH AFFAIRS &
SPORTS

Government of India

Ring Craft

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Foreign Coach

Elite Women National Team

Task of Coach in Corner

- ▶ The Coach in corner plays a very important role in boxers success through the bout.
- ▶ The real time analysis of bout and strategy planned by the coaches in the corner plays are key to success. (Not to mention the Boxer – Coach co-ordination is important)
- ▶ All the three coaches have very specific tasks before going to the ring side.

- ▶ No. 1 Coach (Lead) – Speaks for the strategy to win the match
- ▶ No. 2 Coach – Takes care of recovery during breaks – water, cutman work, etc.
- ▶ No. 3 Coach – Takes care of the , wash mouthguard and *importantly checks the score after each round and inform other coaches.*

Scoring System

- ▶ As per new IOC regulation, the score will be displayed during the last 10s of each round break.
- ▶ The No. 3 coach must be able to read and memorize the scores round by round, because only the score of the current round will be displayed each time.

R/J	RED	BLUE
1	10	9
2	9	10
3	10	9
4	10	9
5	9	10

R/J	RED	BLUE
1		
2		
3		
4		
5		

R/J	RED	BLUE
1		
2		
3		
4		
5		

Scoring System

▶ SECOND ROUND

R/J	RED	BLUE
1		
2		
3		
4		
5		

R/J	RED	BLUE
1	10	9
2	9	10
3	10	9
4	10	9
5	9	10

R/J	RED	BLUE
1		
2		
3		
4		
5		

Scoring System

▶ THIRD ROUND

R/J	RED	BLUE
1		
2		
3		
4		
5		

R/J	RED	BLUE
1		
2		
3		
4		
5		

R/J	RED	BLUE
1	9	10
2	9	10
3	9	10
4	9	10
5	9	10

RED Winner 3-2

R/J	RED	BLUE	R/J	RED	BLUE	R/J	RED	BLUE		W
1	10	9	1	10	9	1	9	10	29	28
2	9	10	2	9	10	2	9	10	28	29
3	10	9	3	10	9	3	9	10	29	28
4	10	9	4	10	9	4	9	10	29	28
5	9	10	5	9	10	5	9	10	28	29
									3	2

Scoring System

► First Round

R/J	RED	BLUE
1	10	9
2	9	10
3	10	9
4	10	9
5	9	10

R/J	RED	BLUE
1		
2		
3		
4		
5		

R/J	RED	BLUE
1		
2		
3		
4		
5		

Scoring System

▶ SECOND ROUND

R/J	RED	BLUE
1		
2		
3		
4		
5		

R/J	RED	BLUE
1	9	10
2	10	9
3	10	9
4	10	9
5	10	9

R/J	RED	BLUE
1		
2		
3		
4		
5		

Scoring System

▶ THIRD ROUND

R/J	RED	BLUE
1		
2		
3		
4		
5		

R/J	RED	BLUE
1		
2		
3		
4		
5		

R/J	RED	BLUE
1	9	10
2	9	10
3	9	10
4	9	10
5	9	10

BLUE Winner 3-2

R/J	RED	BLUE	R/J	RED	BLUE	R/J	RED	BLUE		W
1	10	9	1	9	10	1	9	10	28	29
2	9	10	2	10	9	2	9	10	28	29
3	10	9	3	10	9	3	9	10	29	28
4	10	9	4	10	9	4	9	10	29	28
5	9	10	5	10	9	5	9	10	28	29
									2	3

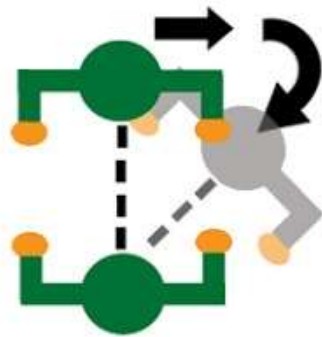
- ▶ Often coaches want to go into ring, with intent to relax/massage (often seen with our women boxers).
- ▶ This mistake must be avoided because massage acts against the plan of action against different style of boxing.
 - E.g If a boxer receive elbow from his opponent on the biceps, our massage could increase the injury.

- ▶ When the game ends with a positive result, the credit goes to our athlete and a good team of coaches to:



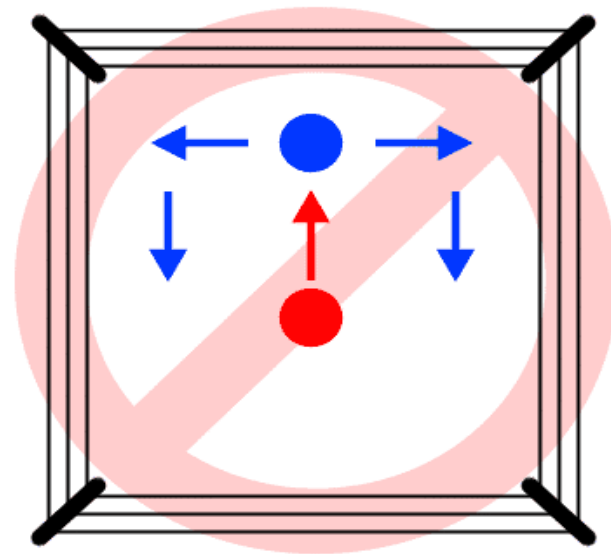
Importance of Position in Ring

- ▶ The boxer should always take lead over opponent by placing him in good position in the ring.
- ▶ He/She can achieve this control of opponent by good foot work and maintaining balance everytime he/she moves. This will enable him/her to counter attack at each step with good movement in the ring.



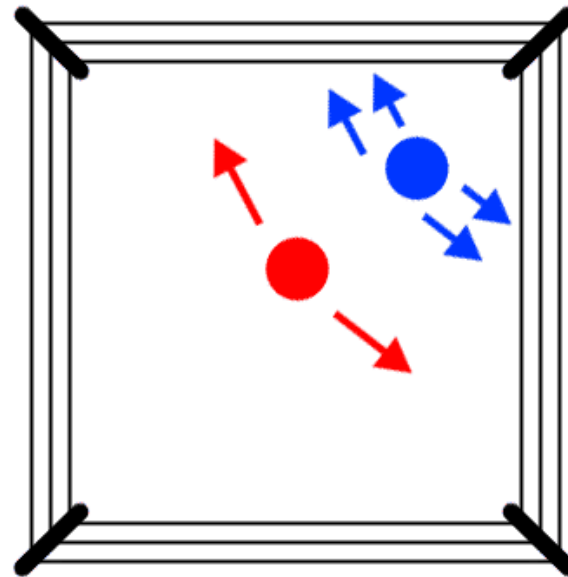
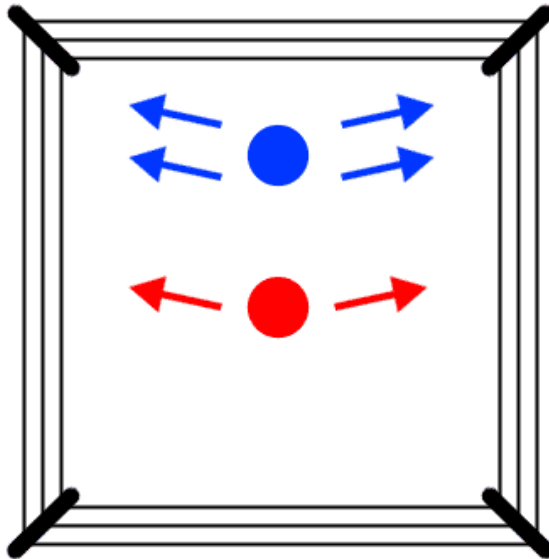
How To Cut The Ring

- ▶ **DON'T CHASE** (Common mistake) “Don’t follow your opponent, cut off the ring.”
- ▶ You cannot trap your opponent by taking his/her space, you try to trap him/her by not giving him/her chance to move anywhere



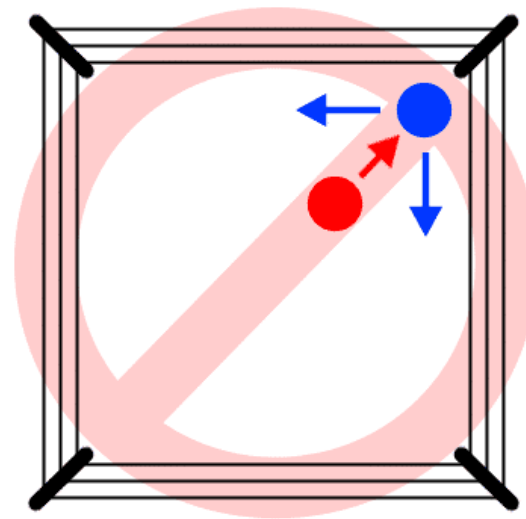
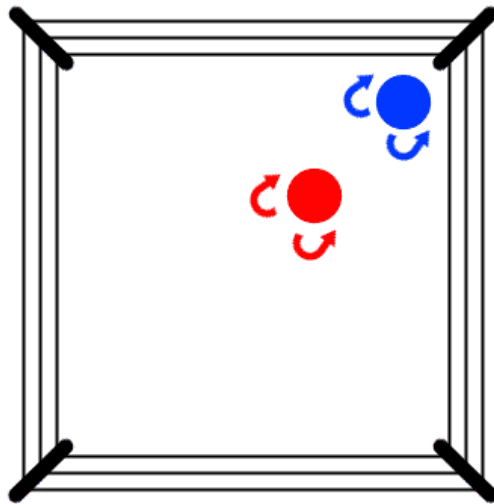
Move Sideways (Cut Off The Ring)

- ▶ You cannot trap an opponent by following him/her, all you need to do is to take away his/her space (comfort zone)



Back Up (Keep Him In Front)

- ▶ Don't jump into the corner with your opponent rather maintain some distance to keep him/her in the corner and within your range.



Conclusion

- ▶ Most important– keep moving through out the bout. Keep moving your feet.
- ▶ Learn the habit of throwing combination of punches. Amateur boxing is all about score points.
- ▶ Hit back instantly after opponent. (Good reflexes)
- ▶ First defense should be moving your foot.

- ▶ MOVE SIDEWAYS (to cut off the ring)
- ▶ BACK UP (to keep him in front of you)
- ▶ Bounce In-&-Out WITHOUT Giving Up Your Ground
- ▶ Lean back
- ▶ Cut around the front foot
- ▶ Push with Light Punches, Hit with Hard Punches

THANKS
FOR WATCHING