

BOXING
FEDERATION OF
INDIA

भारतीय खेल
प्राधिकरण
sports
authority of
india

COACH DEVELOPMENT PROGRAM



School Fight

Partner work where the boxers practice different technical and tactical elements in a competition environment



School Fight

It trains the ability to solve a tactical situation, read the opponent's intentions and improves specific conditioning.



School Fight

3 different types:

1. Technical Skills training

- Basic

- Intermediate

- Complex

2. Free with some limits or tactical rules

3. Free against specific boxer

School Fight

Technical Skills training - **Basic**

A) Working on Basic technical aspects - Specific punches or combinations under basic conditions with low intensity.

Ex. A) Jab

B) Slips to right, counters straight right.

You can hit on the gloves or punch to hit.

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Technical Skills training - **Intermediate**

B) High intensity actions with small possibilities to improvise.

Ex. A) One-Two (jab-straight right)

B) Step back, 1-2-left uppercut body.

Ex. A) One-Two

B) Step back - 1-2-left hook.

A) Block, slip, ducking, counter free combination.

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Technical Skills training - **Complex**

C) Complex conditions to perform the task. High intensity, greater demand for keeping the distance, good footwork, and ability to act at the right moment.

Ex. A) Offensive, single punches.

B) Moves, counters free combination at the right moment.

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2. Free School Fight with some limits or tactical rules.

- Free with the leading hand
- Orthodox vs. Southpaw
- Offensive vs. Defensive
- Only Medium-Close distance
- Free with only 1 or 2 punches

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3. Free School Fight against specific boxer.

- Vs Counter-puncher
- Vs Southpaw
- Vs Tempo boxer
- Longe Distance boxer vs Close Range boxer

School Fight

