



WELCOME TO ONLINE SPORTS DEVELOPMENT PROGRAM

DISCIPLINE- BOXING
TOPIC – PUNCHING PAD

Speaker : Md. Ali Qamar

Date: 06-05-2020, Time: 15:45-16:45

Zoom ID: 469 955 0996

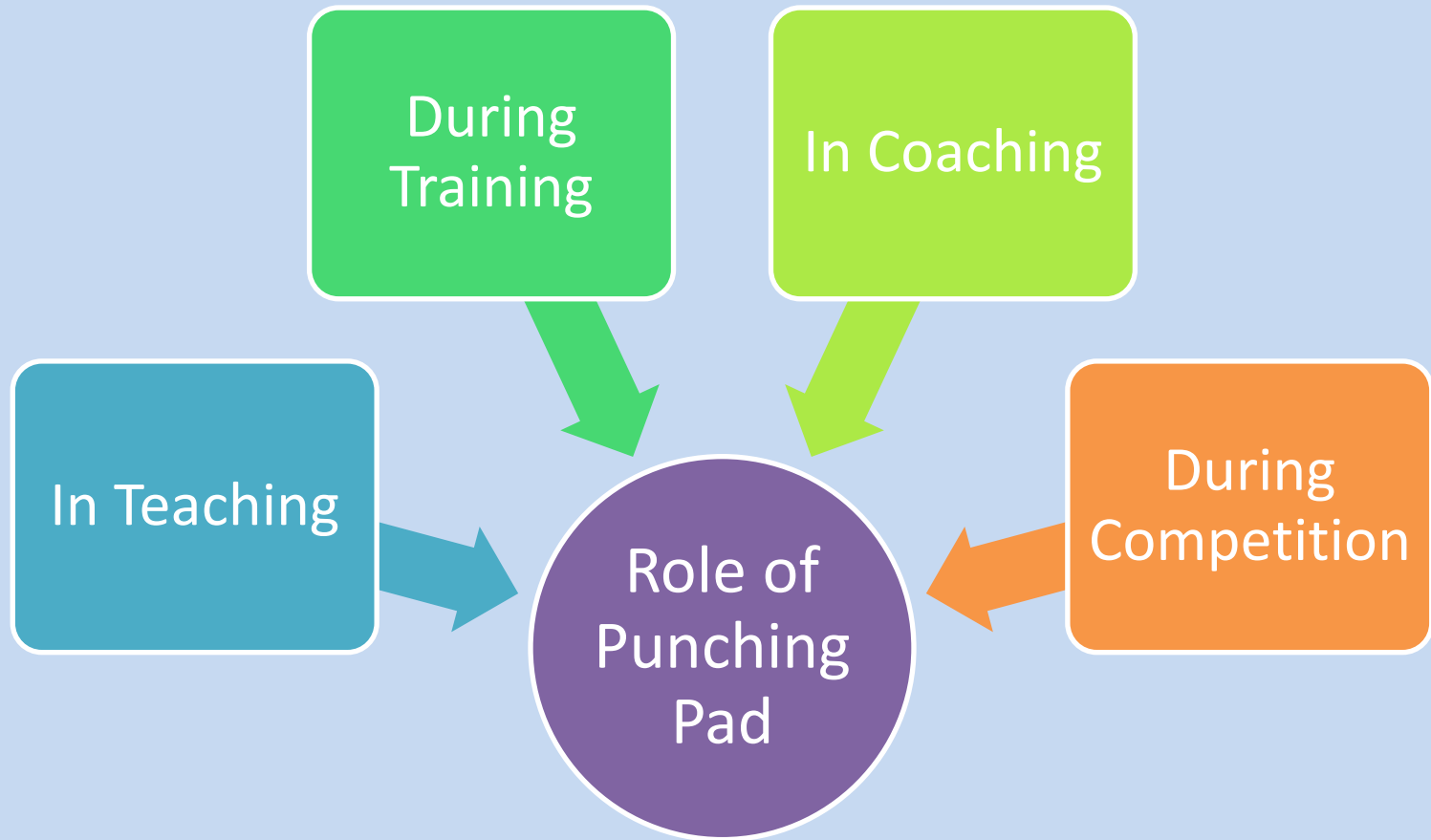
Next Session on 08 May (2020)



INTRODUCTION

- It is popular around the world with various names such as focus pad, punching pad & coaching pad.
- It is made up of dense foam covered in leather or vinyl.
- It is also known as coach's ornament.





Role of Punching Pad (In teaching)

- To adept correct sequence of movement.



Role of Punching Pad (In Training)

- To develop Explosive strength (with heavy gloves or Manchester, less no of punches with full recovery in between the combinations as well as rounds).
- To develop Strength endurance (with heavy gloves, more frequency of punches, less recovery and more no of rounds).
- To develop Reaction speed, Movement speed & Speed Endurance.

Role of punching Pad (In Coaching)

- For specific warming-up
- To learn distance/ Ranges
- To optimize different ring situations
- To develop Strategy to box against various types of opponents & models
- Correction of faults after sparring

Role of punching Pad (During Competition)

- For specific warming-up
- To Plan strategy for an opponent to be faced in the bout (I.e. Against taller opponent, Slip/duck & counter)
- It involves short spurts of 15-20 seconds on punching pad.



Thank You!

