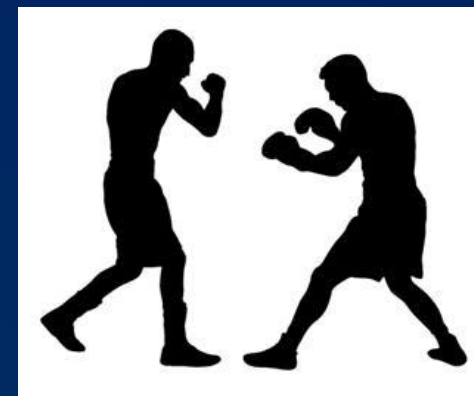


# ZONAL DEVELOPMENT PROGRAM NORTH EAST & EAST ZONE

DISCIPLINE- BOXING  
TOPIC - SCHOOL BOXING & SCHOOL FIGHT



Speaker : Mr. C. A. Kuttappa  
Head Coach Elite Men National Team.  
Dronacharya Awardee



# What is SCHOOL BOXING?



- It is when a coach wants to impart a particular Boxing technique to a boxer
- A whistle or command is used for this kind of training
- Simple to Complex structure followed (Whole ,Part and whole method)
- A coach prompts boxers during School Boxing

# Why SCHOOL BOXING ?



- Helps to keep in mind and improvise basics (On guard, Stance, leg and hand coordination,
- To improve technique & tactics
- Learn to box with boxers of varied styles
- Improves presence of mind when situations in the ring arise
- Beneficial in developing muscle memory due to repetition
- Enhances movement of a boxer

# How SCHOOL BOXING is Conducted?

It is done in sessions of 15- 20 minutes in the preparatory period and 10-15 minutes during pre-competition

Gloves may or may not be used (shoulder, leg, toe & stomach touch exercise can be done)

Can be done in pairs in Super Long Distance

All actions based on the command/whistle of the coach

Week wise techniques and tactics chalked out in training programme

Feedback/suggestions given to the boxer during/after the session

## METHOD:

Boxers are arranged in a group/line

The coach then demonstrates the techniques and tactics to be followed in the ring



- For advanced boxers advanced school fight techniques with little touch on basics is followed
- For a beginner Boxer basics are taught asking with a little advanced technique
- In the preparatory period more emphasis is given to basics and less of advanced technique
- During preparatory, boxers are arranged in line, while during pre- competition period free movement is conducted for school boxing



# Role of Coaches



- To ensure a boxer is on the right track
- To guide a coach about a boxers Strengths and Weaknesses
- Use corrective measures
- Not to forcefully change the style/technique of a boxer as per what the coach wants, but incorporate ways so that the boxer performs well, does not take punches and also scores
- Constructively criticize (Motivate positively, do not





# School Fight

# 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

Slips to right, counters straight right. You can hit on the gloves or punch to hit.

School Fight:-

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.



School Fight :-

## 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.



## School Fight :-

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



**School Fight:-**

**3. Free School Fight  
against specific boxer.**

.Vs Counter-puncher

Vs Southpaw

. Vs Tempo boxer

. Longe Distance boxer vs Close Range boxer



**Q & A**  
**Thank You!**

