WELCOME TO ONLINE SPORTS DEVELOPMENT PROGRAM

DISCIPLINE- BOXING

TOPIC – RAW TALENT IDENTIFICATION AT GROUND LEVEL

Speaker : T.L Gupta

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Zoom ID: 469 955 0996

Next Session on 01 May (2020)

Talent Assessment

- Talent assessment is a process of determining performance related abilities which a young boy/girl must have in order to be favourable to reach the goal of high performance.

- Talent assessment must be spotted using appropriate diagnostic techniques by coaches, talent assessors ,outstanding sportspersons & scientists.
- It is a long & continuous diagnostic process in which identified talent is developed and shifted to the next stage`s of high performance.

Process of Talent Identification

- General selection (Mass selection)

- Specific selection (Boxing)

- Developing of Talent

- Testing of selected Talent

- Achieving of high performance

General selection(Mass selection)

- It is the first step of Raw talent identification
- Multilateral talent is recruited through 4-5 different sports activities.
- A team of experts is formed for this task which includes experienced coaches, out standing sportspersons, sports scientists ,& doctors.

Early Recognition of talent

Organising Sports fairs

Screening at Schools & clubs

Organising of competitions
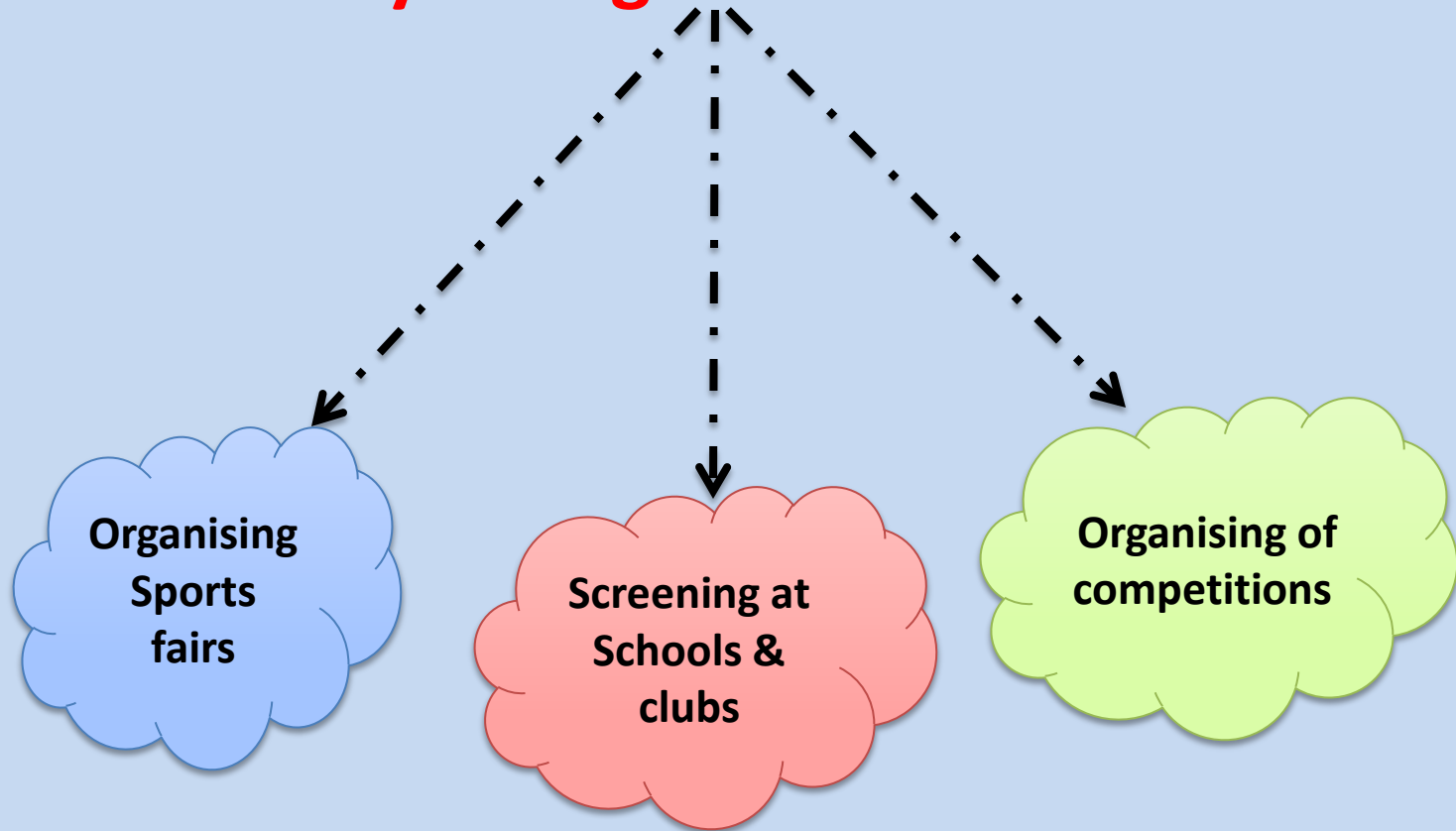
Sports activities to be tested

Athletics
*800m/1 km Run
*60 m Backward Run
*Standing Broad jump
*Vertical Jump Test
*Medicine Ball Throw (1/2 kg)
*Agility Run Test

Gymnastics
*Bridging
*Flexibility
*Balance

Swimming
*50 metre
*25 metre

Other Sports
*Football
*Handball
*Basketball

➢ Talent indicators are assessed with objective evaluation by the team of experts and this task requires 4-5 days.

Selected talent undergoes various sports/games with 6-8 sessions per week for one year training.
Every week 1-2 sessions are conducted for combat actions to assess the talent indicators in Boxing .

This stage Includes

Physical Development

General development

Co-ordination & Reaction Abilities

Boxing Introduction

Psychological Development

Self confidence

Will power

Load tolerance

Competitiveness

Things to be kept in Mind

- Don't be in a hurry in the talent identification process.
- Don't come to any conclusion too early with limited observation.
- Subjective observation should be converted into objective parameters with available standard norms.
- Selected talent will take part for one year multilateral development program.
- After this stage volunteers & best ones as per the requirements of boxing are selected.

Specific selection (Boxing)

- It is the Second step of further Raw talent identification
- Specific talent is recruited through those critical factors which are essential for attaining peak performance in the sport of Boxing .
- Minimizing & elimination of wrong decisions during talent selection.
- Additional factors during selection to be kept in mind.
    - *Attitude of sport at home & school
    - *Child's interest in the sport
    - *Participation in the sport outside of the school
    - *Child's performance at school

Selection parameters at specific selection stage

*Volunteer for the sport

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Medical Examination

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*Height/Weight correlation
*Reach
*Fist
*Facial type (prone to cuts)

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*1 km Run
*60 M Backward Run
*Standing Broad Jump
*Shuttle Run

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*Combat Actions (1X1X1)
*Reaction Abilities (Tennis Ball)
*Medicine Ball Throw(L/R hand)
*Balance in performing sport activity
*Push ups & Chin ups

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*Observation of Balance & Flexibility by Gymnastic tests
*Psychological observation during games
-**Successful completion of the task**
-**Natural Instinct to perform**
-**Degree of effort**
-**Motivation**
-**Problem solving Ability**
-**Confidence**
-**Fighting spirit**

Area
Family Background
Nature of Society

- After objective evaluation & experts opinion, recruited talent is registered to different training centres for next 4-5 years.
- It includes two stages of training which are:

A. Basic Training stage (11-12-13 years of age)

B. Advance Training stage (14-15-16 years of age)

Developing of selected Talent

- Selected talent is developed across various training centres during this stage.

- This stage is further classified into two stages:

A. Stage 1 (11,12 & 13 years of age)
B. Stage 2 (14,15 & 16 years of age)

Stage 1

Laying down of foundation

Teaching of Boxing Fundamentals (Offensive & Defensive actions)

General training is emphasized more for over all development mentally & physically

More stress is given on reaction speed & Movement speed . Sharpening of reflex actions

Strength training with own body weight & partner exercises are introduced

Co-ordination is developed through participation in different games

Stage 1

Criteria of promotion to the stage 2

1. Physical & Physiological development assessment
2. Interest & Attitude in training
3. Successful execution & completion of the task
4. Behaviour in training
5. Knowledge about Boxing rules & champions of the game
6. Results of various tests & competition success

Stage 2

Stage 2

Development of technical actions

Teaching about Distances/Ranges in Boxing

Introduction about Boxing styles

Consolidation & further development of previous learned qualities

Emphasizes on control sparring, Free sparring & Competition bouts

NOTE: In this age group, Boxers mostly try to go for hard hitting which should be controlled positively .

Stage 2 (developing of selected Talent)

Criteria of promotion to Transition stage

1. Results of various tests conducted by coaches & sport science experts
2. Competition Results
3. Anthropometric parameters in relation to international standards
4. Assessment about Execution and successful completion of training sessions
5. Ready to perform at all levels

Transition Stage

Testing of Selected Talent (Transition phase)

- It is also known as testing & linking phase
- Talent at youth level is promoted to the Elite level on the basis of Competition Results, Test, Measurement & Evaluation of Success rate.

Transition Phase

1. Achievement of success in international competitions
2. Rate of improvement in technical, tactical, physical, psychological & intellectual abilities
3. Level of confidence &Mental toughness against tough opponents in the bout
4. Disciplined Behaviour in training & competition
5. Always ready to perform against tough opponents

Elite Level

Achieving of High Performance (Elite level)

- It is the stage of competing, excelling & winning medals
- **It includes**
- ✓ planning, execution, evaluation & achievement of higher performance at international level
- ✓ Mental toughness in training and competition
- ✓ International participation for success on foreign land
- ✓ Love for Nation and to keep the Indian flag high

Principle of continuity

Principle of progression
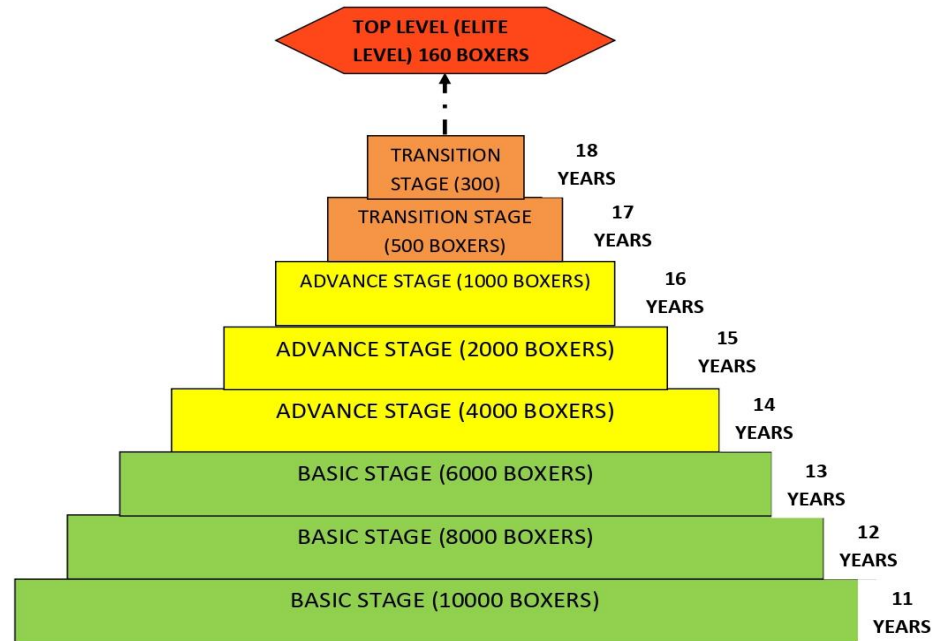
Principle of unity & differentiation

Principle of Variation

Principle of Individualisation

Principle of Diminishing return

Principle of latest scientific knowledge

Talent Development Plan in Boxing

TOP LEVEL (ELITE LEVEL) 160 BOXERS

TRANSITION STAGE (300) — 18 YEARS

TRANSITION STAGE (500 BOXERS) — 17 YEARS

ADVANCE STAGE (1000 BOXERS) — 16 YEARS

ADVANCE STAGE (2000 BOXERS) — 15 YEARS

ADVANCE STAGE (4000 BOXERS) — 14 YEARS

BASIC STAGE (6000 BOXERS) — 13 YEARS

BASIC STAGE (8000 BOXERS) — 12 YEARS

BASIC STAGE (10000 BOXERS) — 11 YEARS

Pyramid Showing Talent development plan in Boxing by Boxing Federation of India

T L Gupta, Boxing Coach

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Talent Development Plan in Boxing

- Principle of Continuity
- Principle of progression
- Principle of latest scientific knowledge & experience
- Principle of unity & differentiation
- Principle of variation
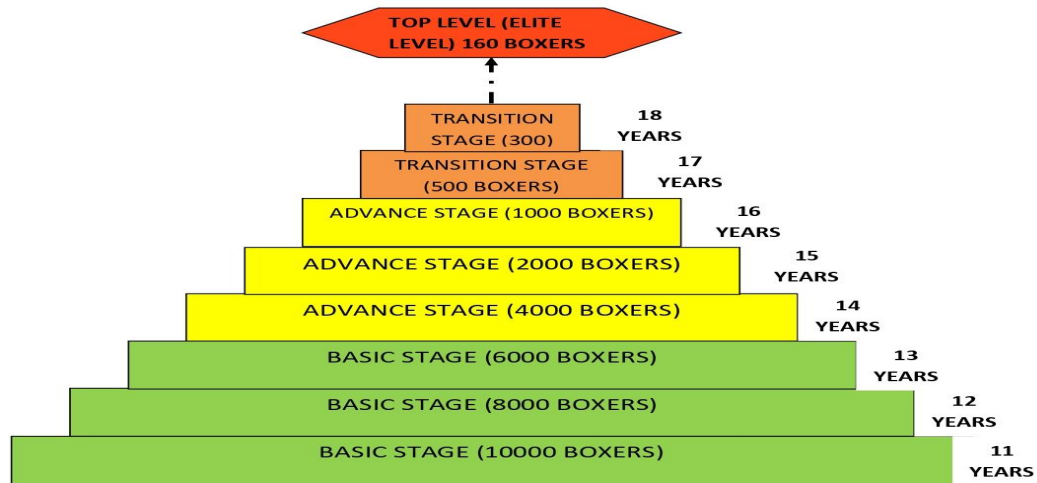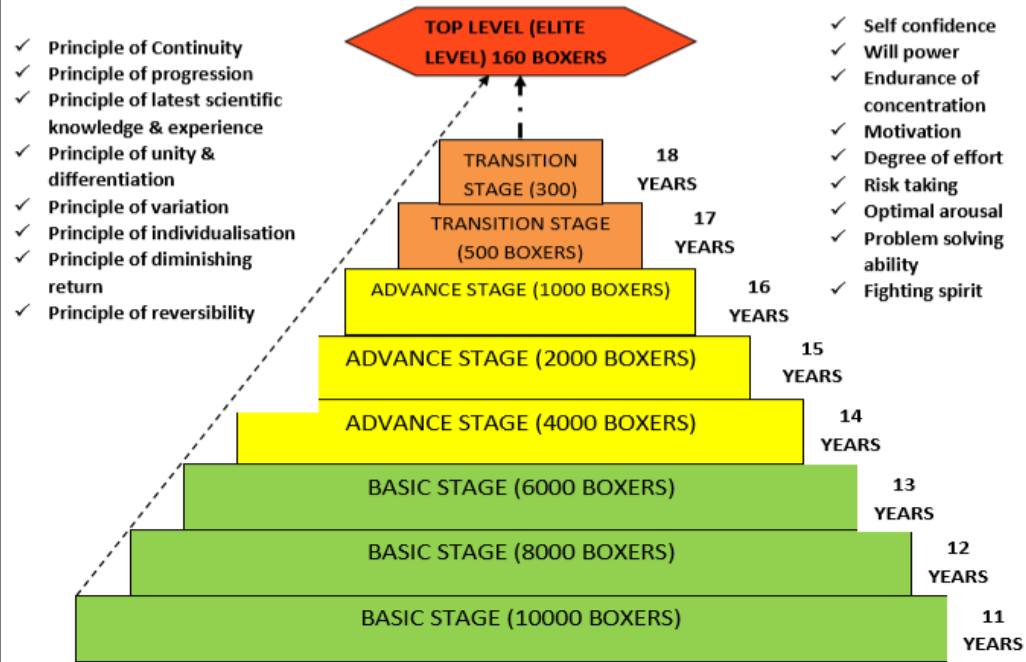- Principle of individualisation
- Principle of diminishing return
- Principle of reversibility

TOP LEVEL (ELITE LEVEL) 160 BOXERS

- Self confidence
- Will power
- Endurance of concentration
- Motivation
- Degree of effort
- Risk taking
- Optimal arousal
- Problem solving ability
- Fighting spirit

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