



सत्यमेव जयते

MINISTRY OF YOUTH AFFAIRS &
SPORTS

Government of India

Role of Co-ordination Abilities in Boxing

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- ▶ Co-ordination is necessary to execute movements requiring speed and strength more efficiently, with less expenditure of energy, showing a better performance over a longer time.
- ▶ A person starts losing co-ordination once he gets tired and vice-versa, a tired person cannot learn movements needing a high degree of co-ordination.

Importance of Co-ordination Ability

- ▶ Coordination motor abilities are particularly important at the initial stages of the sports development of an athlete
- ▶ A high level of Co-ordination improvement since the early years makes it easier to implement the use of technical and tactical skills during competition effectively.
- ▶ A well-formed basis of Co-ordination motor abilities in young sportsmen is maintained at a later age and is an important reason for faster and more accurate teaching of other, more difficult movement tasks

Zimmermann, Nicklisch, 1981, Raczek, 1989, Ljach, 1995, Raczek et al., 2002
Szczepanik, 1993, Ljach, 1995, Sadovski, 2003, Starosta, 2003, Gierczuk, 2004
Raczek et al., 2002)



Co-ordination Exercises

- ▶ Stand on your feet firmly. Then walk forwards with alternate arm in front (face punch) over a distance of 20m (repeat 3 or 4 times).
- ▶ Stand on. This time walk backwards with same arm in front (face punch). (*Same arm same leg*) (repeat 3 or 4 times)
- ▶ Repeat the first and second exercises, punching the third blow on the abdomen. (repeat 3 or 4 times)
- ▶ Repeat the first and second exercises moving backwards and punching the third blow on the abdomen. (repeat 3 or 4 times).
- ▶ Diversify the punches with movement

Co-ordination in Boxing

- ▶ Boxing is all about focusing your movements and honing in on your hand-eye co-ordination which in fact helps play an important role in a person's fine motor skills.
- ▶ Individuals with good hand-eye co-ordination tend to have faster reflexes and reaction times and tend to have better physical co-ordination.
- ▶ This is particularly important during aging, as co-ordination and balance become compromised, increasing the risk of falls.

Specific Co-ordination Exercises

- ▶ Let's take an object (cone) to be placed on the ground as a reference. Our athlete will stand one meter away and imagine that cone is an opponent.



- ▶ At this point we pull three punches moving to the left while simultaneously moving both the leg and the left punch (repeat 3 to 4 times)
- ▶ Same thing we will do to the right always moving at the same time both the leg and the right punch, always returning to our guard. (repeat 3 to 4 times)

Rope Exercises

- ▶ Using Straight Rope (tied from origin to finish) either at the center of the ring or any place. Move forward and backward, weaving under the rope going left and right, checking the center of gravity and the position of the legs. (repeat 3 to 4 times)



- ▶ Repeat the exercise always punching a blow to the face, alternating them left and right. (repeat 3 to 4 times)



- ▶ Repeat the same but this time hit first on the abdomen and then on the face (body to face). (rip. 3 or 4 times).



Co-ordination Work in Ring

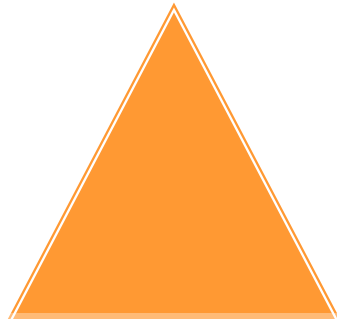
- ▶ In a guard position, go from the corner to the center of the ring, and then go back to the corner on your left. Always check the guard position and balance.
- ▶ After all four corners, repeat going to the corner on the right side

Role for Coach

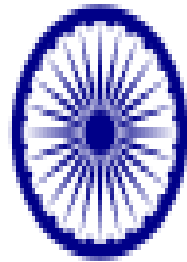
(Training for Co-ordination)

- ▶ All the coaches in the world consider themselves good, and each one thinks that he is the best and his methods are flawless.
- ▶ I firmly believe that you are not the best coach in the world (in any sport for that matter). But you can try to become one by minimizing mistakes and learn from past experiences.

Boxers in india 10.000

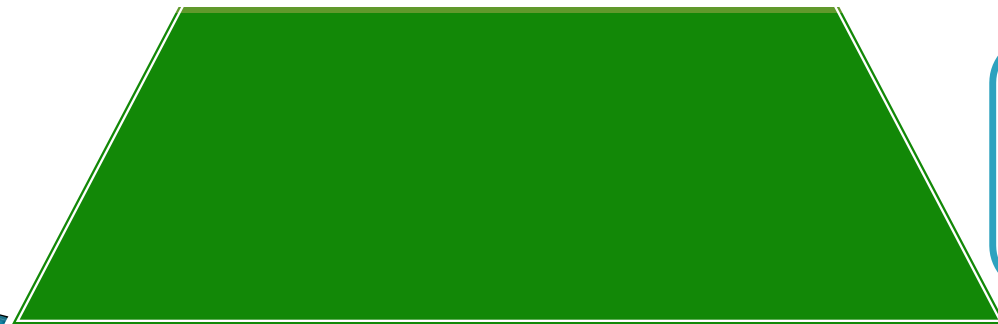


80 boxers man and woman



another boxers elite
man and woman

220



Basic boxer
Youth and Junior
man and woman

9700

THANKS
FOR WATCHING