

WELCOME TO ONLINE SPORTS DEVELOPMENT PROGRAM

DISCIPLINE- BOXING
TOPIC -SCHOOL BOXING

Speaker : Mr. C A Kuttappa

Time: 15:45 To 16:45

Time Window will open at 3:15 & Closes at 3:45pm

Zoom ID: 4699550996

Next Session on -24th April (2020)



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 & Whole method)
- A coach prompts boxers during School Boxing

Why SCHOOL BOXING ?



- Helps to keep in mind and improve 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

Coch can identify SWOT of a boxer to focus on (Strengths

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:**
- The coach then demonstrates the techniques and tactics to be followed

- During preparatory, boxers are arranged in line, while during pre- competition period free movement is conducted for school boxing
- 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



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
- Improvise using repetition method for muscle memory and overall performance
- 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 demoralize)

Q&A



Thank You!