



WELCOME TO ONLINE SPORTS DEVELOPMENT PROGRAM

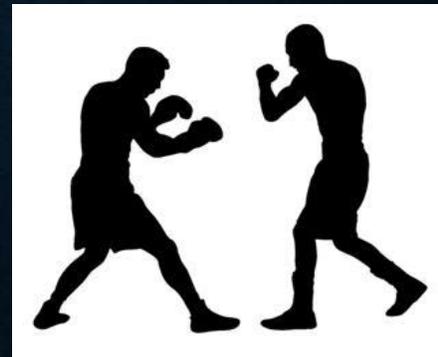
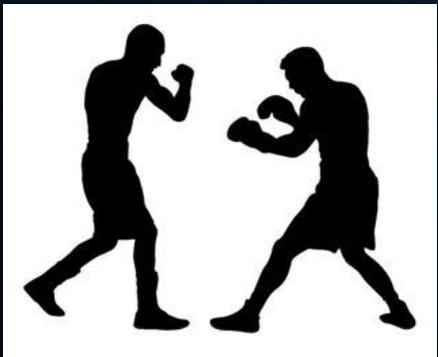
DISCIPLINE- BOXING
TOPIC – SPARRING IN BOXING

Speaker : T L Gupta

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

Zoom ID: 469 955 0996

Next Session on 18-May- 2020



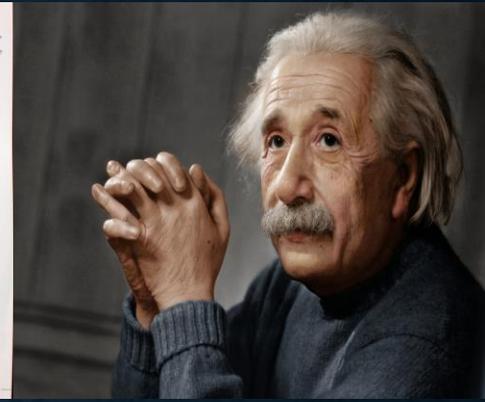
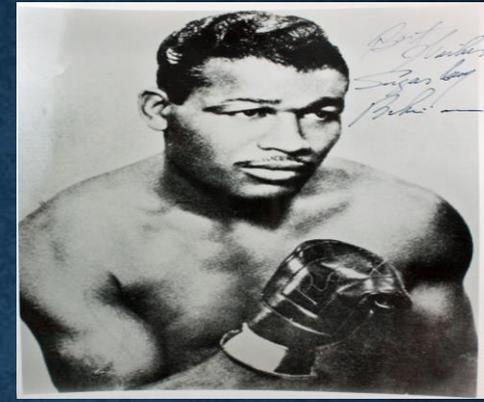
SPARRING

- Bag's hardly move & Don't hit you back. “ **Sparring** ” is the only way you will actually learn how to fight. Bag work , conditioning & Shadow boxing are all necessary compliments for boxing .
- From where word ‘ **SPARR** ’ came from: In the “ The Badminton Library ” where the author in his book on Fencing , Boxing & Wrestling has used the word “ Boxing & **Sparring** ” , distinguishes Boxing from **Sparring** . There is specific meaning of word “ **SPARR** ” which was accepted & understood.

WHAT IS SPARRING ?

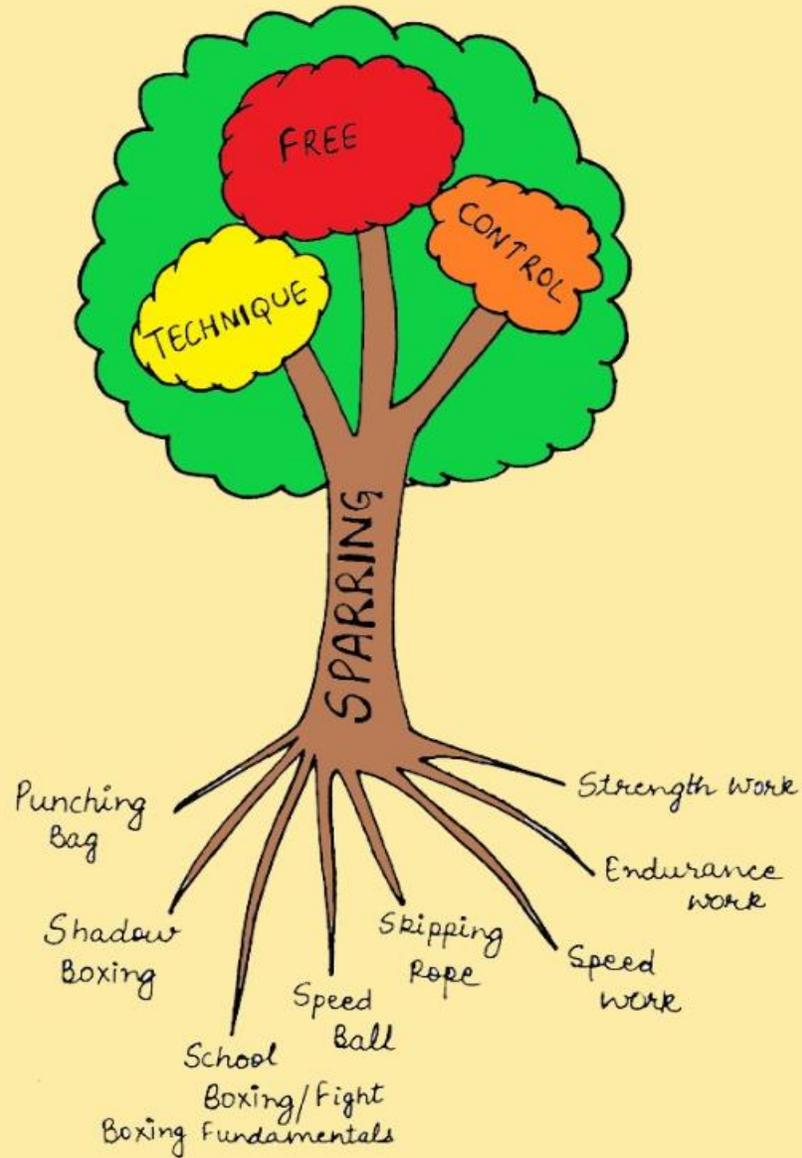
- Make the motion of boxing without landing heavy blows as a form of training
- **Sparring** is the probably the most important training aspect of a Boxer. **Sparring** goes beyond punching & defence. This is where you actually learn to fight. You get to see what works and what does not. You find out exactly what needs to be improved.
- **Sparring** allows you to fully explore every movement of motion in the ring . It is only in **sparring** that any moment you can choose & act upon it , because it helps you in solving the problems.
- **Sparring** teaches the boxer how he/she should respond to fear , anxiety , & anger. So **sparring** is a unique training tool that can help you to familiarize yourself with the real toughness of a bout in the ring.

EXPERIMENTATION AS SCIENTIST IN SPARRING



- ✓ Boxing Gym is Laboratory for boxers, where **sparring** gives them the opportunity to learn like a scientist, Boxers experiment with their **sparring** partners of all the Offensive , Defensive & counter actions.
- ✓ Use their physical qualities may be endurance, strength or speed according to the requirement of the situations.
- ✓ Improves his co-ordination & balance , to develop more variations of attack, defence & counter actions.
- ✓ Improves his intellectual abilities to find out the openings & anticipation of the opponent attacks.
- ✓ For taking the right decisions he/she is always cool mind & attentive , learns how to focus on aims.
- ✓ Learns how to tolerate the pain even if got a punch thus he/she develops mental toughness.
- ✓ He/she cleverly choose his/her **sparring** partners with the discussion & on the advice of a coach according to the aim .These are the partners who create condition similar to the competition for their boxer .
- ✓ All the **sparring** sessions are of new learning that's why all these sessions should be taken with seriousness as they lay the foundation of yours ring for forming any strategy.

TREE OF SPARRING



TECHNIQUE SPARRING

- ✓ Aims to develop & stabilize the techniques.
- ✓ It is early stage of the development of technical actions . Here boxer uses the techniques from the isolate to the complex form .
- ✓ As the boxer achieved required degree of success & confidence. Boxer works on experimentation . Boxer develops his co-ordination & mental abilities which are the foundation for the successful execution of technical actions.
- ✓ Learns how to improvise the same technique successfully during the changing situations of the bout .
- ✓ Boxer is more motivated to take the correct decisions by developing his ring intelligence.



HOTEL AND CASINO

TRUMP
PLAZA

100

CONTROL SPARRING

- ✓ Aims to develop selected movements & develop their boxing skills.
- ✓ Putting any control on one or both the boxers . It can be, target(head or body), attack-mostly counter attack, technical, range or force.
- ✓ Boxer is free to carry out his actions in the bout , by keeping in mind the restrictions put on him.
- ✓ For improving scoring sometimes a specific blow or combination is brought into attack as a control.
- ✓ This type of sparring is organised with specific aims to improve technical, physical & intellectual qualities for the development of tactical actions.
- ✓ It opens the doors of free sparring because it is here the boxer gets more confidence & maturity to handle the serious tasks of the ring.





NATIONBOXING.COM

FREE SPARRING

- ✓ Development of strategies, Consolidation of tactical actions in the complex form.
- ✓ Boxers becomes versatile free to execute his techniques/skills in the innovative way according to the changing situations & opponents.
- ✓ Top level of physical fitness is attained.
- ✓ Develops his mental toughness & thinking ability up to the optimum level.



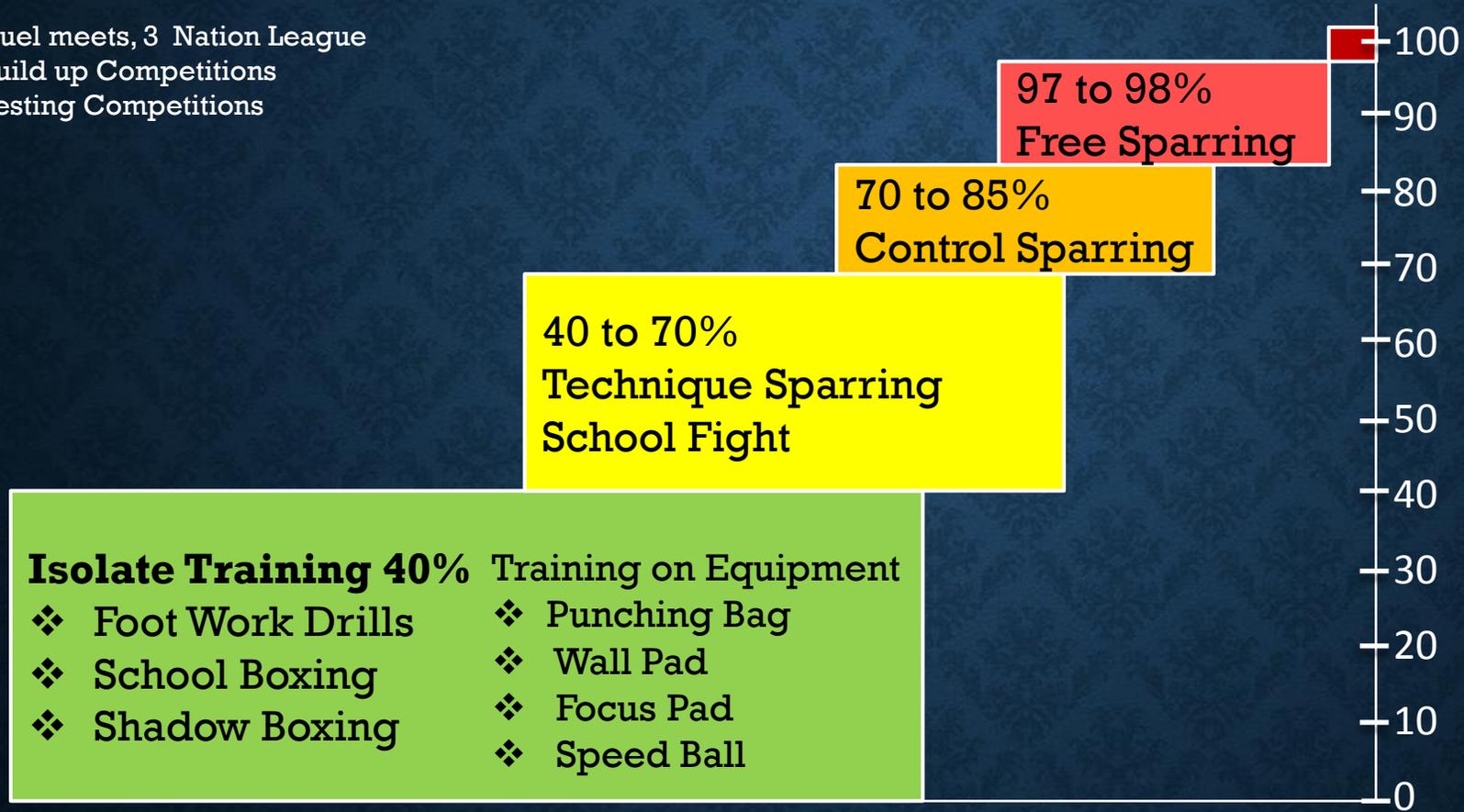


FIGHT HUB TV

GAPS BETWEEN SPARRING-COMPETITION

- ✓ No doubt the coaches try to make the *sparring* session as realistic as competition bout, But then also it is felt by most of the coaches and scientists associated with boxing that the gaps remain in *Sparring* & Competition . May be due to the following reasons:-
 - You know that he/she is not my opponent which effects yours arousal level & will.
 - There is no fear of winning or loosing.
 - There are no officials , referees , judges.
 - There is no hostile crowd , audience.
 - Body Weight, No competition atmosphere , Lights , Media , T.V & Press etc.

- Duel meets, 3 Nation League
- Build up Competitions
- Testing Competitions



SPARRING DEVELOPMENT CHART

GUIDELINES FOR THE ORGANISATION FOR SPARRING SESSIONS

- 1) Aim of the session must be clear to the boxers & coaches.
- 2) Selection **sparring** partner, partners according to the aim.
- 3) All the protective equipment's must be used during **sparring** sessions.
- 4) All the sessions must be recorded & evaluated by , by the coach & boxer.
- 5) Duration of the round & number of rounds according to the aims & periodization.
- 6) Exploitation of the ring variations.

Sparring is not fighting. **Sparring** is to develop yourself, your skills, not to determine winner.

➤ **Sparring** Partner: You always want the best out of your **sparring** partner, so that they may bring out the best in you .

CONCLUSION

Sparring must be viewed as a educational point of view .

Sparring :- Learning in training.

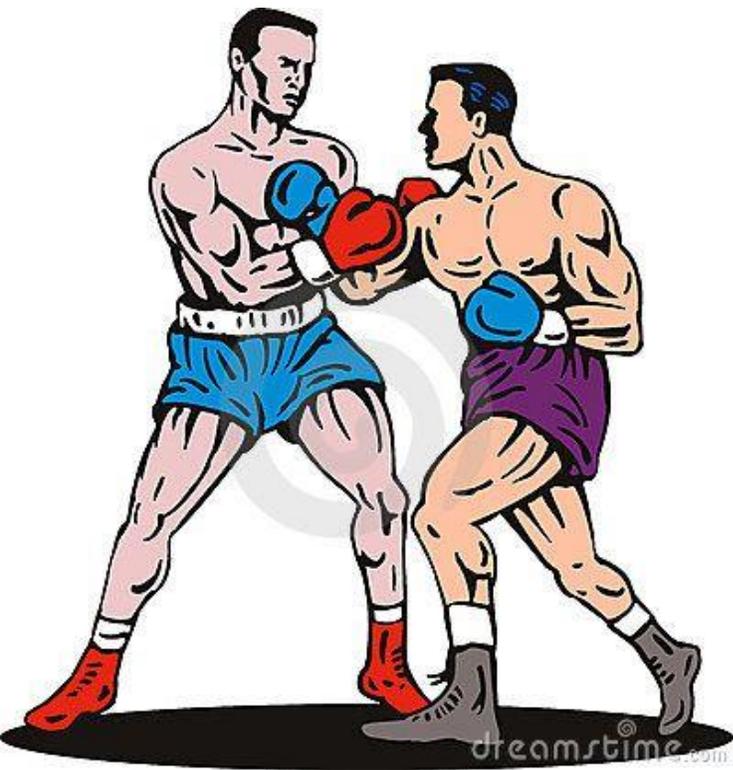
Boxers try to bring their stimulation near to the competition level or even more during **sparring** sessions.

Boxers use each tool to develop their abilities of judgement, distance, timing, & ring craft during these **sparring** sessions.

But it is the truth that some boxers will fail to raise to the pressures but some of them will be more stimulated to produce better in the major competition then ever seen in **sparring** .



AM 9
OCT 12



Thank
You For
Listening
Any
Questions?

Let's Stop COVID-19

Stay
Home
Stay Safe

