

# WELCOME TO ONLINE SPORTS DEVELOPMENT PROGRAM

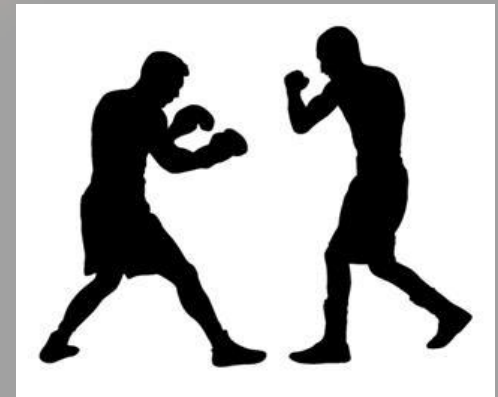
## DISCIPLINE- BOXING

TOPIC – DEFINE SPEED IN BOXING, TYPES OF SPEED REQUIRED  
MEANS & METHODS TO DEVELOP IT IN BOXING

Speaker : T L Gupta

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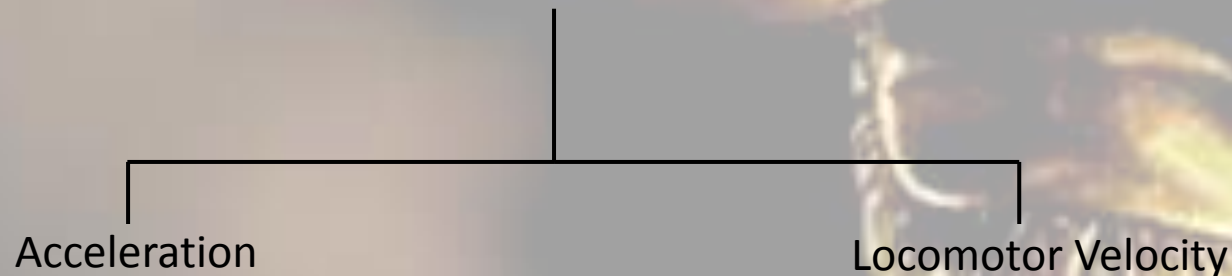
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# Definitions of Speed

## General Definition:

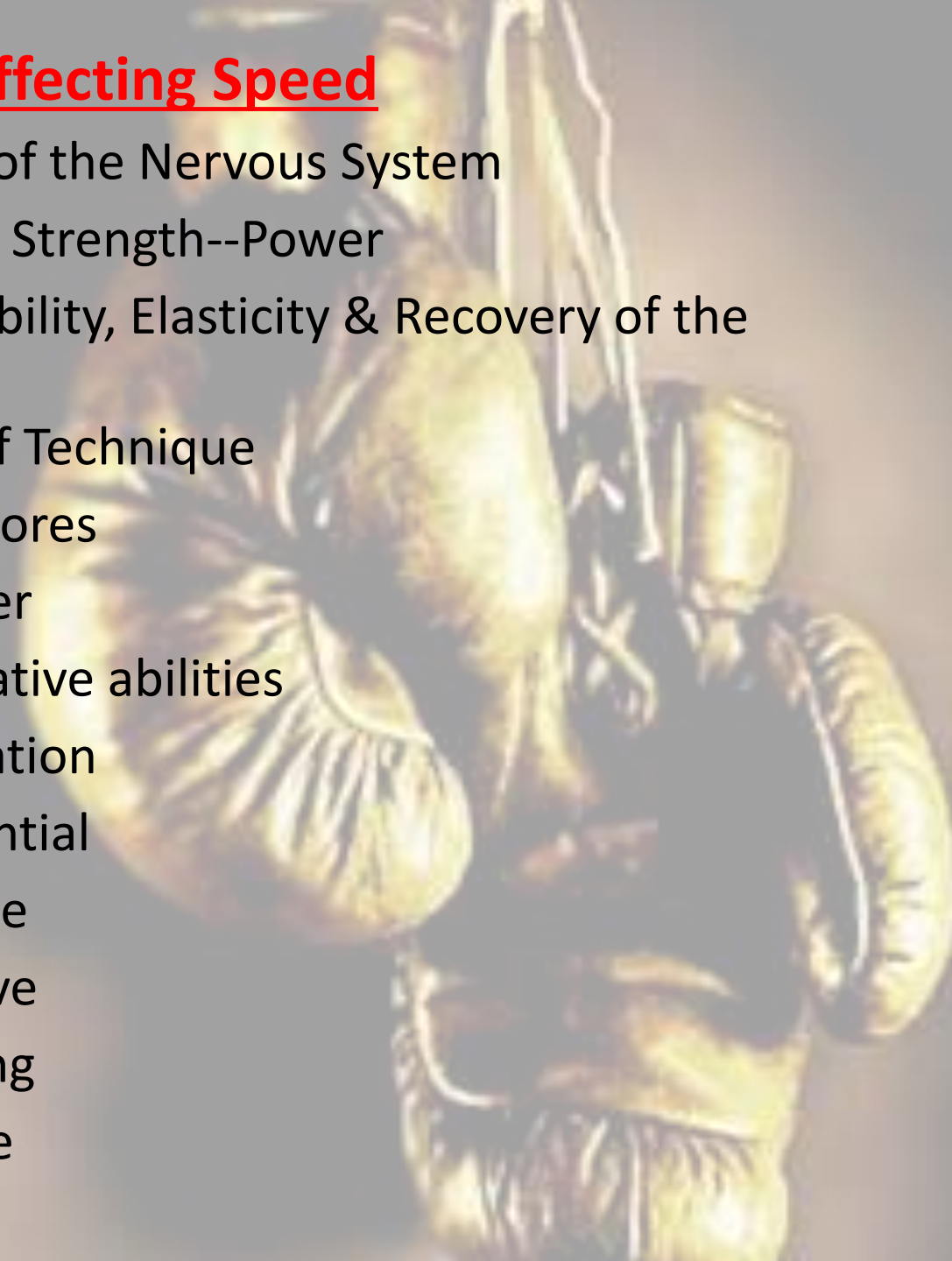
- To cover the distance in minimum possible time.
  - Speed is the ability to execute motor actions under given conditions in minimum possible time.
  - Ability to execute any motor movement meaningfully/purposefully in shortest possible time is known as speed.
  - Speed is the conditional ability which generates body movements under given conditions in the shortest possible time.
- (a) The speed of single movement
- (b) The capacity to move at the highest possible velocities



=Athletics  
=Swimming

## Factors Affecting Speed

- Mobility of the Nervous System
- Explosive Strength--Power
- Stretch Ability, Elasticity & Recovery of the Muscles
- Quality of Technique
- Energy Stores
- Will Power
- Co-ordinative abilities
  - Orientation
  - Differential
  - Reactive
  - Adaptive
  - Coupling
  - Balance



## Task:-

- To hit the opponent on openings.
- To defend or nullifying the opponent attacks which are aimed at the target.
- To counter attack on the opening which occur when you defend any punch & opponent goes off balance.

Aim:- Great boxers have used their speed to throw punches first & land first before defences can react.

## Specific Definition:-

It is the ability of a boxer to utilise the opening as & when they exist on the opponent target with his attacks.

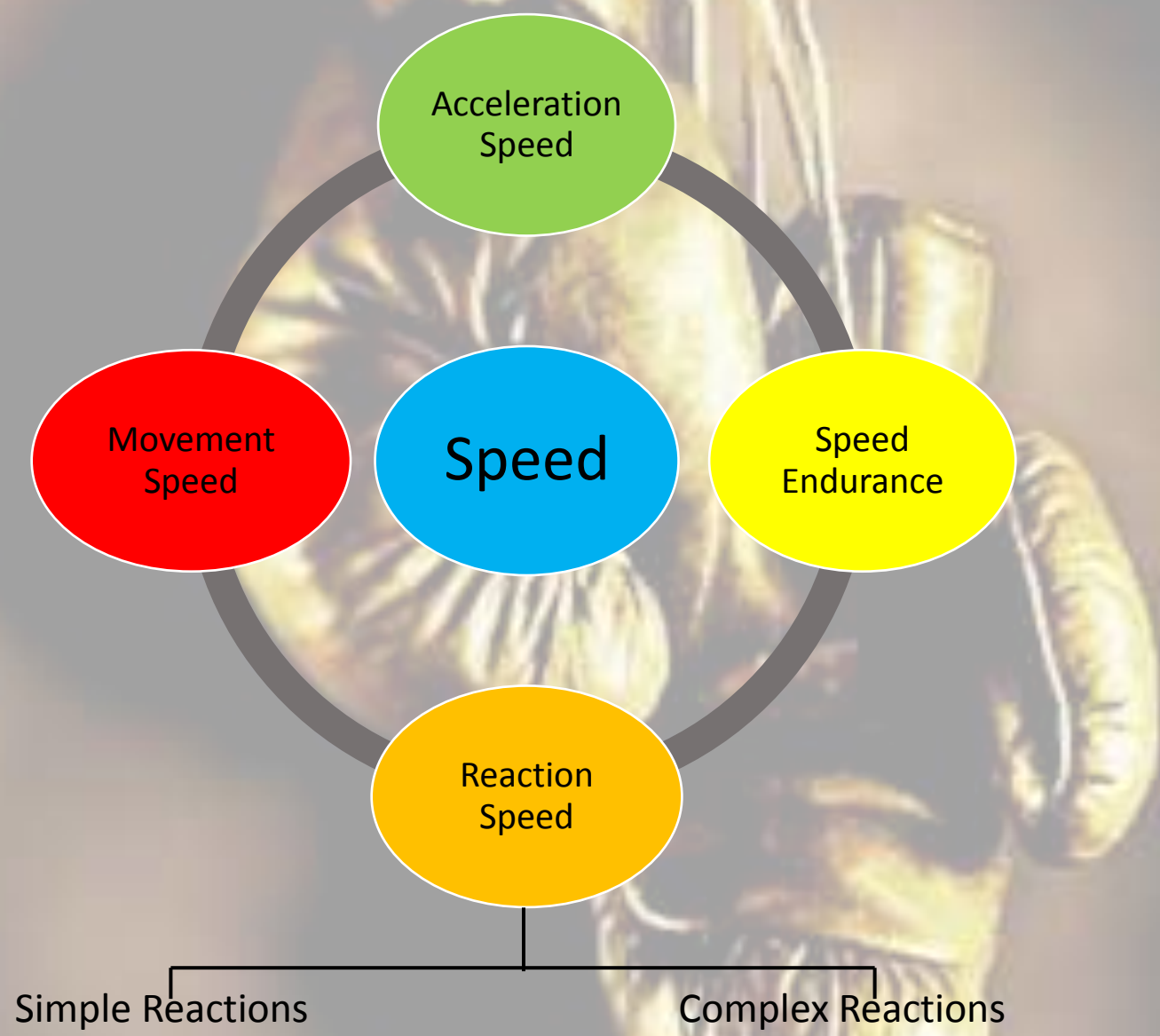
To defend any punch with his defensive actions-parry, slip in-out, sway, duck & weave which one is best suited.

To use the openings which are created through his defences with the counter attack. Boxer must be able to maintain or improve his speed off actions during the progress of time, rounds & bouts.

## Importance of Speed in Boxing

- A boxer has to execute offensive actions on the openings.
- Defend the opponents attacks.
- It gives a level of unpredictability.
- Speed leads to power, a speedy boxer can generate more force in the blow( $\text{Force} = \text{Mass} \times \text{Acceleration}$ ).
- A pugilist with high speed is difficult to catch in the ring and he has advantage over his opponent during a bout.

# Classification of Speed in Boxing



## Reaction Speed

- It is the ability to react quickly and effectively to a given signal.
- Reaction speed is further classified into two categories:-

### ❖ Simple Reaction Ability:-

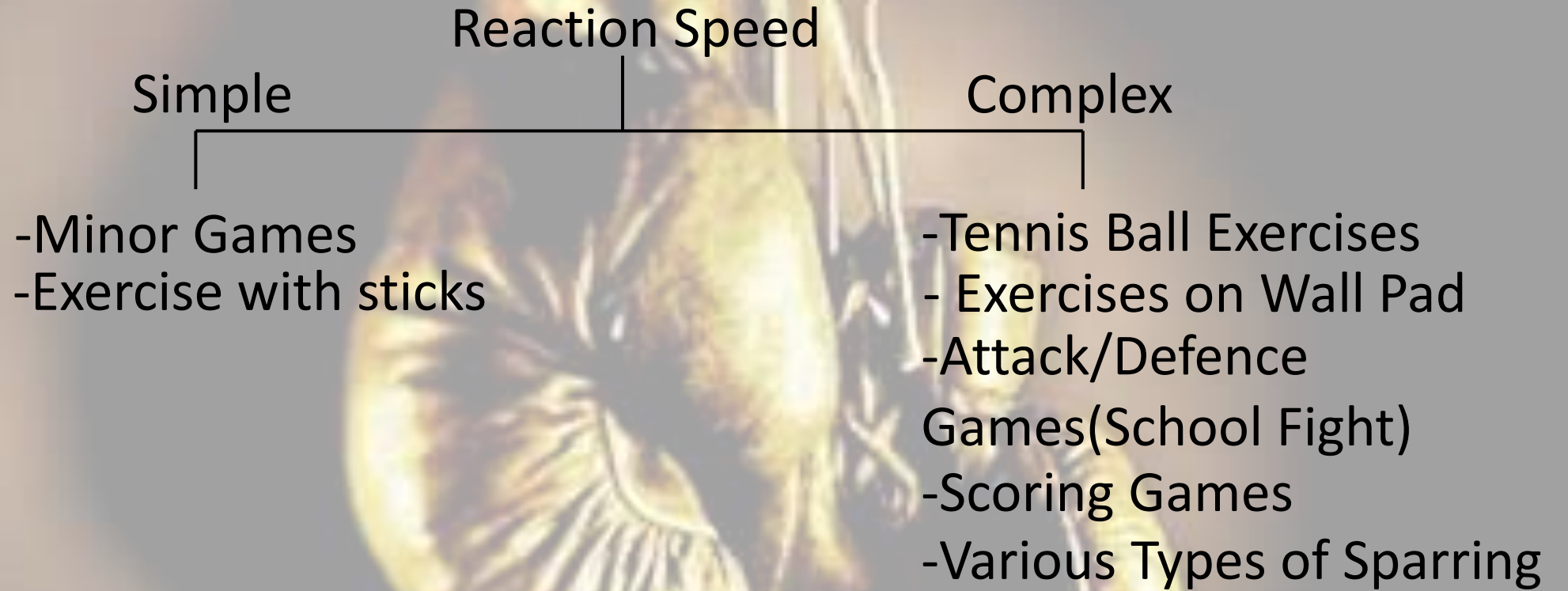
It is the ability to react quickly in a predetermined manner to a known signal. Boxer is aware about signal as well as response. i.e. commands of Referee(Box, Stop, Break & Time) sounds of the bell & when opponent goes down.

### ❖ Complex Reaction Ability:-

Recognising the opening for landing the blows. It is the ability of a pugilist to react quickly and correctly for carry on attacks on an opponent.

Anticipating the opponent attacks for defensive & counter actions on an opponent.

# Improvement of Reaction Speed





## Movement Speed

- It is the ability of a pugilist to execute any movement with high speed.
- It can be measured by time taken to complete that movement. i.e. total time taken by a pugilist to execute jab or any combination on an opponent target area.
- Movement speed depends on Explosive Strength.
- Mastery of the techniques & tactics.

# Improvement of Movement Speed

- Development of techniques from rough co-ordination, fine co-ordination, stabilization & variation.
- Practicing the movement under easier conditions from easier to difficult to critical conditions.
- Use of equipment's for the required physical quality for successful execution of that technique.
- Explosive strength also improves the movement speed.
- School boxing
- Development of defensive actions
  - Self confidence
  - Intelligence
- School fight-Will Power
- Movement specific psychological training to the boxer by alternating the conditions i.e. easier-difficult-critical.
- Sparring variations

## Acceleration Speed

- It is the ability of a pugilist to achieve high speed from a stationary or moving position. It depends upon Explosive strength, Technique & Movement Frequency.
- In boxing a pugilist of Tempo model accelerates the combination of punches in successive attacks on an opponent for scoring more points.
- Spurt Attacks- Maintaining or Improving the speed of each spurt.

## Improvement of Acceleration Speed

Combination of punches with increasing speed on punching pad, punching bag for a short duration rounds.

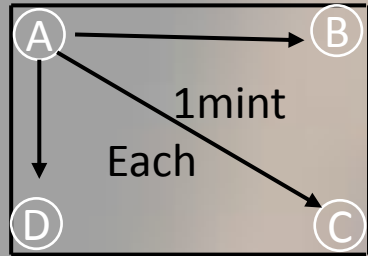
## Speed Endurance

- Ability to perform movements with high speed under the condition of fatigue.
- In boxing repetitive movements are performed with highest possible speed even when the pugilist is tired or running out of energy in closing minutes of the round.
- It has to be maintained or improved as the progression i.e. 1<sup>st</sup> seconds of the round to last seconds of the 1<sup>st</sup> round to 2<sup>nd</sup> from 2<sup>nd</sup> to 3<sup>rd</sup> round.

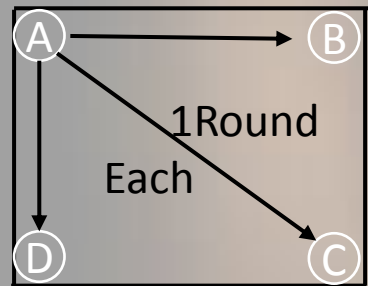
## Improvement of Speed Endurance

- Interval Method(Extensive & Intensive Interval)
- General--Running for defined distance.(200 to 800 meter running with short sprints)-maximum movement 3 × 1 × 3 × 1 × 3(activity change).
- Wall Pad
- Punching Pad
- School Fight
- Specific-Combination of punches on punching bag for 10, 15, 20, 30, 45 seconds of round.

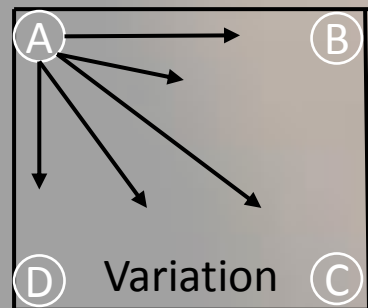
# Sparring Sessions



- Boxer A will sparr with B, C & D boxer for 1mint each-will box 3 to 4 rounds.



- Boxer A will change his sparring partner B, C & D after each round of 3 mints each.



- Coach will change the sparring partners as per the aims.



*Thanks one & all...*