

ZONAL DEVELOPMENT PROGRAM for BOXING COACHES



Boxing Technique

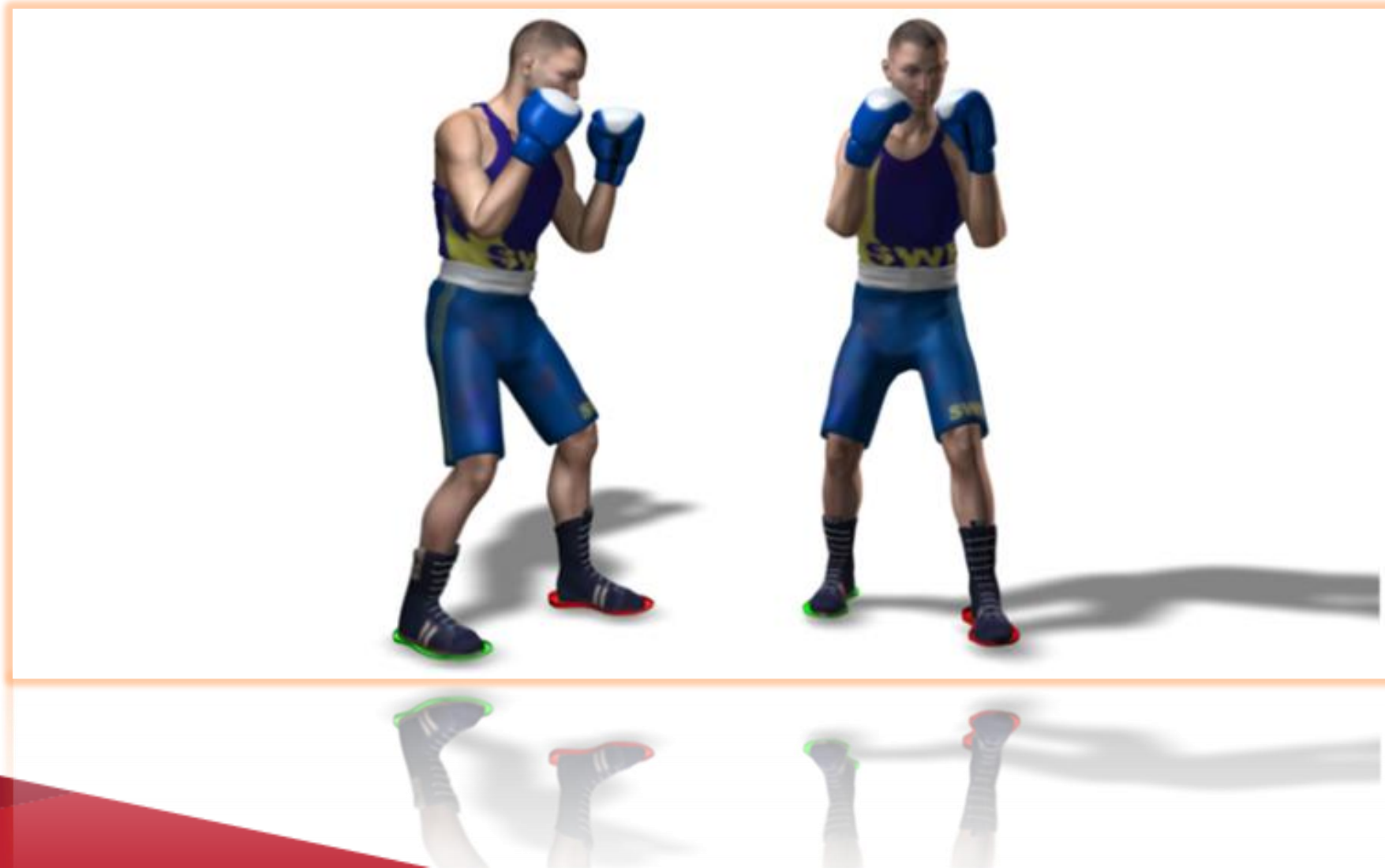
- Technique may be considered as the specific manner of performing a physical exercise.



Boxing Technique

- Model= A generally accepted standard of perfect technique
- Must be biomechanically sound and physiologically efficient
- Good technique= High efficiency
- Technique should not be confused with style
- The individual pattern of performing a skill represents the style
- The technique of a champion is not necessarily the model to follow

Boxing Stance



Footwork

1. Plain steps
2. Pivots/Side-steps
3. Pendulum steps
4. Diagonal steps

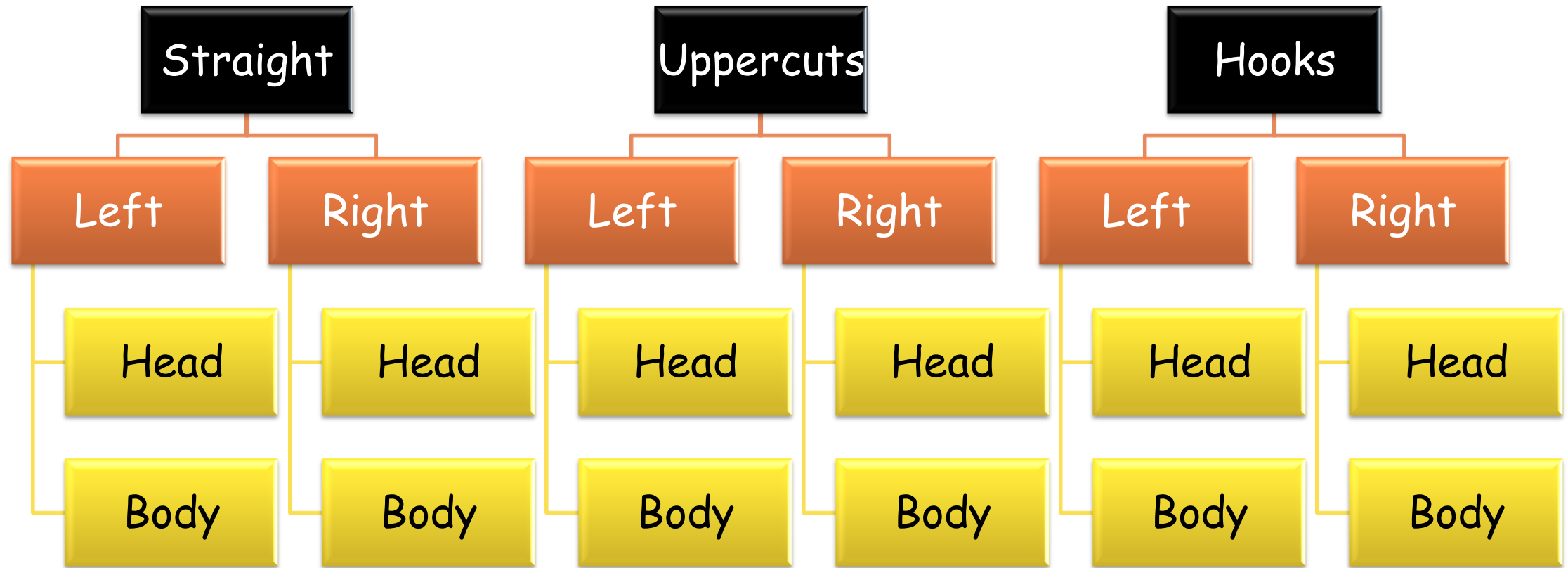
Punches

1. Straight - to the head and body
2. Uppercuts - to the head and body
3. Hooks - to the head and body

➤ Combination of punches

- Punches in movement

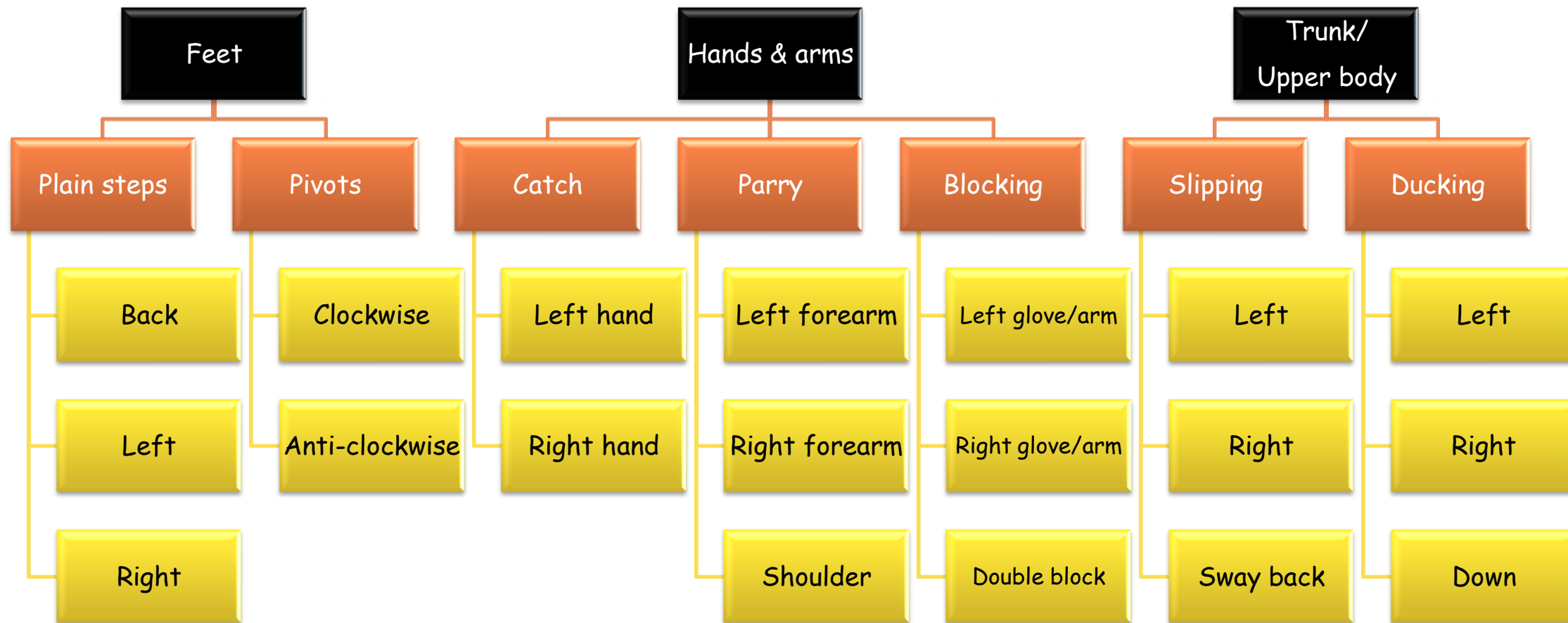
Punches



Defences

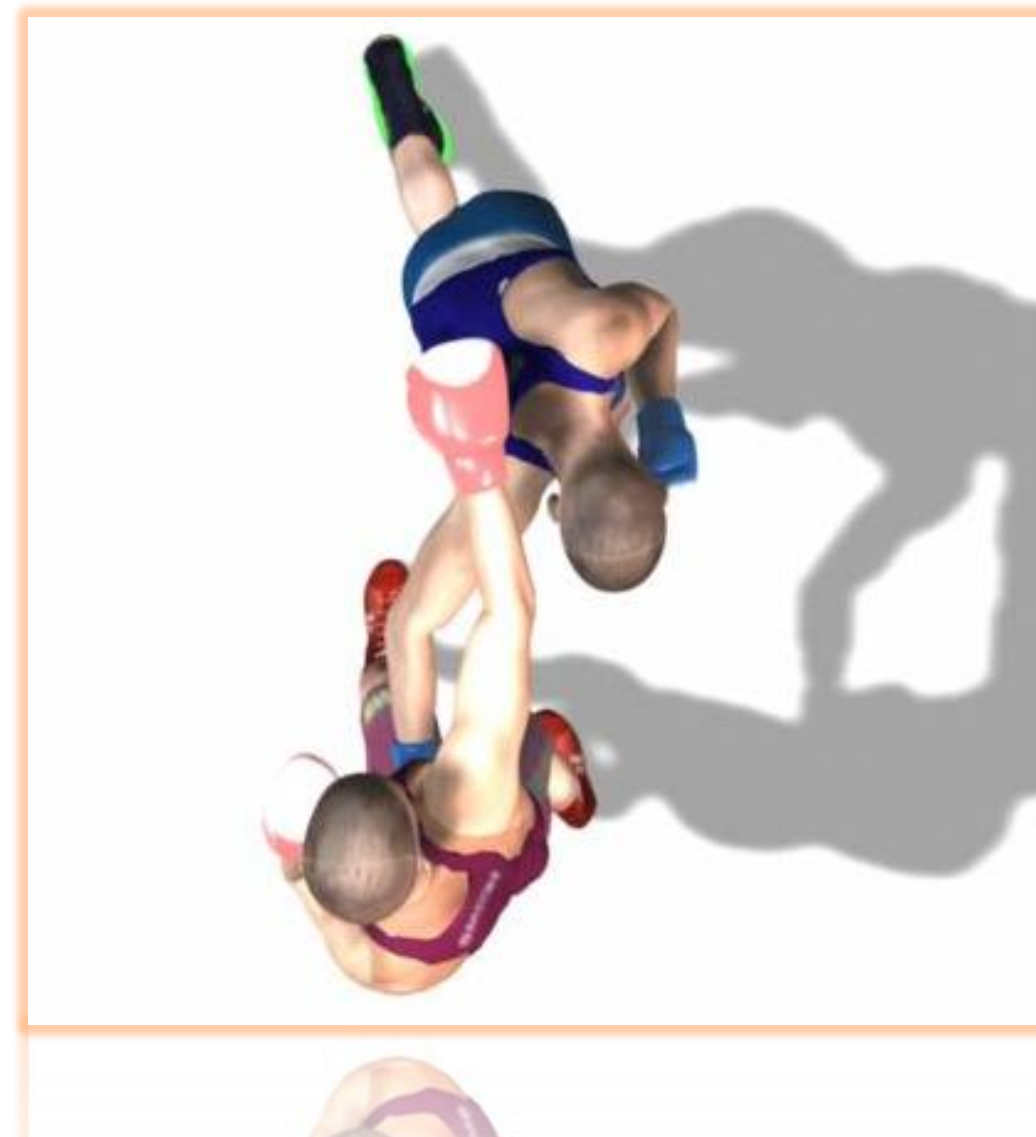
- are taught after every punch
1. With the feet – Step backward, lateral step, pivots/side-steps
 2. With the hands and arms – catch, block, parrying
 3. With the trunk – slipping, ducking, sway back

Defences



Counterpunches

- Direct Counter
- Counter-attack
(after a defensive action)

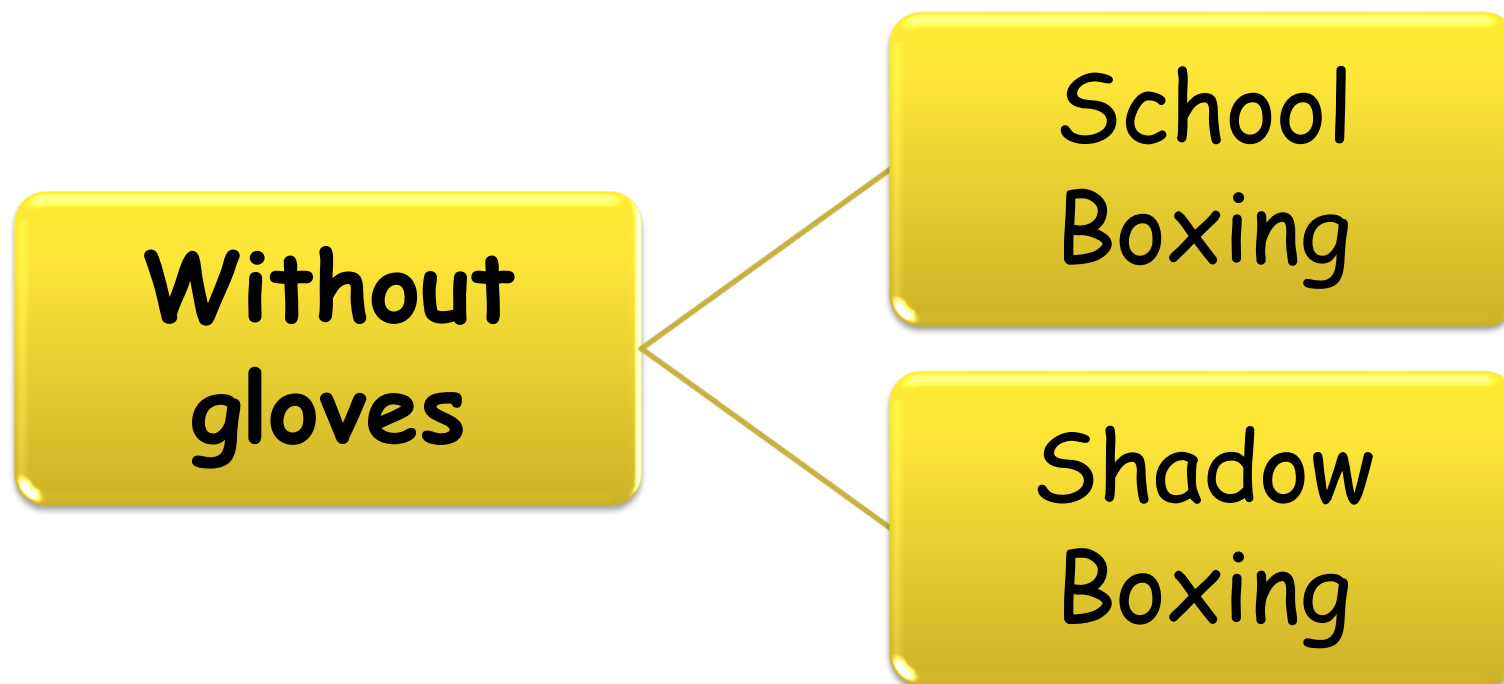


Three distances

- Long - one or more steps from opponent
- Medium - punching distance
- Short - physical contact



Training Methods:



Training Methods:

