



WELCOME TO ONLINE ZONAL

DEVELOPMENT Program

DISCIPLINE - BOXING

TOPIC – SCHOOL BOXING & SCHOOL FIGHT

Speaker : MOHAMMAD ALI QAMAR

(HEAD COACH) INDIAN NATIONAL BOXING TEAM (ELITE WOMEN)

School Boxing

- **School Boxing is where 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 I.e. Single to combination punches**

Why School Boxing?

- **It is used to improve on guard Position, Footwork & leg and hand coordination**
- **To improve Offensive actions**
- **To improve accuracy in punches by rectifying the errors of technique**
- **Beneficial in developing muscle memory due to repetition**
- **Boxing combinations are practice for different ranges**
- **Combinations are developed for various type of boxers & situations**

School Fight

School Fight

- ▷ Partner work where the boxers practice different technical and tactical elements in a competition environment
- ▷ It trains the ability to solve a tactical situation.
- ▷ In School Fight boxers develop their defensive & counter actions.

3 different type of School fight

- ▷ Technical Skills training
 - Basic
 - Intermediate
 - Complex
- ▷ Free with some limits or tactical rules
- ▷ Free against specific boxer

Thanks!

QUESTION & ANSWER