

## **Preventing Injuries in Exercises Organized with Young Boxers**

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**Abstract:** Currently, various boxing competitions, tournaments and meetings are being held in Uzbekistan. It is also worth noting that Uzbekistan has found its place in the world of boxing. Despite this, we have to teach the coaches different ways to teach young players. At the same time, it is worth emphasizing how to properly organize self-management.

**Keywords:** Boxing, athletes, boxer's health, coach and doctor, training, training loads, medical control, growth, weight, resting state, lung capacity, heart rate.

Those who practice boxing are associated with great physical activity, so they can participate in healthy people with normal physical development. No one can start boxing without a preliminary medical examination and medical report. The coach and the doctor should be in close contact with the boxer to get his opinion about the health status of the boxer. Boxers who have been injured, who have experienced illness and operations, as well as those who are on long-term rest, may be allowed to train only with the permission of a doctor. The coach must select and distribute exercises in the training, taking into account the preparation.

Before the training, the coach should determine the feelings of the trainees, whether they are healthy, boxers who show any symptoms of illness are not allowed to train, they should be shown to a doctor immediately. The coach is obliged to check the shoes and suits of the boxers (in particular, to determine whether the boxer has bandages or swimming areas), and also requires that there are no objects in the suits of the participants, which can cause damage (metal clips, pins, etc.) . During the training, the teacher carefully monitors how the training is carried out. is obliged to narrate

Medical supervision is important. However, from the first day of class, recommend that all novice athletes constantly monitor their health and physical development. Self-monitoring is an important adjunct to medical monitoring. Self-control contributes to the fact that boxers are more aware of physical activity, exercise, and personal hygiene. Self-monitoring data is related to medical monitoring data, which helps the doctor and trainer to identify the specific types of physical condition of the boxer. Each boxer is recommended to keep a special diary of self-control, in which you should consider the following indicators:

- 1) growth;
- 2) weight;
- 3) chest circumference at rest during inhalation and exhalation;
- 4) vital capacity of the lungs:

5) heart rate, boxer's height can be measured by placing his back against the wall.

Heels, back, shoulders and head should be pressed against the wall. Next, place the edge close to the wall on the head and note where the head is pressed by hand. After that, measure the height from the floor to the head - this will be equal to the height of the athlete. The weight of a boxer is determined on any approved scale. The average weight of athletes was calculated according to the formula:  $\text{weight} = \text{height} - (105-100)$ . For example, if a boxer's height is 170 cm, then his weight should be equal to  $170 - (105-100) = 65-70$  kg. Some changes are possible, but they depend on the structure of the person and his age.

As the weight increases from one of the important indicators of the health and fitness level of the boxer, the weight stabilizes and its decrease occurs approximately the same for each class. Young athletes should never be allowed to lose weight artificially. Boxers need to be properly trained to use physical information without harming their health. Accelerated steam baths, starvation diets and weight loss before competition with excess, restrictions on fluid intake can cause cardiovascular and nervous system, digestive organs and lead to various diseases. Breast circumference is measured three times with a centimeter tape: 1) with the maximum position; 2) during maximal exhalation; 3) at rest. When measuring, the tape is applied from the back and in front of the nipples. The chest mobility index is measured by exhaling the difference between the maximum position and the maximum chest circumference.

The vital capacity of the lungs is checked using a speedometer. The average vital capacity of light athletes is 4500-6000 cm. The vital capacity of the lungs can be estimated depending on their weight: 1 kg of weight has an average of 60 cm of air. Heart rate is one indicator of how the body copes with physical activity. Counting the pulse, the fingers are placed on the body or the wrist, and after eating, the heartbeat, the pulse is counted within 20 seconds. Then the number obtained is multiplied by three, the product gives the number of heartbeats per minute. The pulse of a healthy educated person at rest should be 65-75 beats per minute. For athletes, a resting heart rate is not often found, and sometimes it is 32-40 beats per minute.

During physical activity, a boxer's heart rate can reach 180 beats per minute or more. However, after 8-12 minutes, after training, it becomes normal. A softer and more trained athlete than a good one, the kick will return to its original value faster. How often the heart beats and how quickly it recovers after the end of the lesson. In order to better manage themselves, listeners are advised to consider their well-being. For this, you need to regularly monitor sleep, appetite, take into account your desire to train, monitor your mood during and after training, etc. daily.

Injuries in boxing are not that big. The most common injuries are injuries to the hands and fingers, especially the thumb of the right hand. The reason for them is primarily the moment of impact in the wrong position of the fist and improper binding of the hands. To protect athletes with frequent hand injuries, the coach:

1) show the listeners how to tie their hands correctly and require boxers to make sure to tie them before conditional and freestyle fights, as well as before training boxing shells (paw );

2) to monitor the correct position of the fist during the impact;

3) monitor the health of shells and gloves;

4) forcing athletes to timely treat hand and finger injuries, even if they are insignificant did not happen;

5) exclude striking exercises for the injured hand from the lesson, because it should not be injured, more skin damage in the eyebrow area usually occurs due to boxers' violation of the rules. A blow to the head, elbow, or inside of the glove can cause skin damage

(connect). For such actions, the boxer is severely punished up to disqualification. To protect the athlete's eyebrows from injury, the following is necessary.

- 1) teach the boxer to correctly calculate the distance of the fight, so that the attack, counterattack and defense, he did not allow the so-called dangerous movement of the head prohibited by the rules;
- 2) use a mask that protects the eyebrow from accidentally or carelessly hitting the head when exercising;
- 3) lubricate the eyebrow ridges with a special ointment (gel) to prevent friction.

During training and competitions, special rubber or plastic teeth protect the teeth and mucous membrane of the mouth from damage. Facial injuries and nosebleeds are more common in novice boxers who have yet to compete, and it is reasonable to expect that they have mastered the defense. Preventing knockouts in boxers is especially important to prevent injuries in boxing. Knockout, attention should be paid to the lower jaw, under the spoon (in the area of the solar plexus), right and left defense. Most of the time, the knockout does not have any consequences. In any case, an athlete who has been knocked out must consult a doctor. If a boxer initially feels dizzy, nauseous or vomiting after a fight with heavy blows, pay attention to consulting a doctor immediately if necessary.

A boxer should prepare well for the competition. If you cannot participate in fights, if the regime is broken, or as a result of forced weight loss, the boxer's body is weakened, and there is a break in training.

The trainer must ensure that the ring, fighting gloves, equipment, etc. are suitable. The ring must fully meet the requirements of boxing rules. Bags and gloves should be old and round, not too tight. It is very important to control the fulfillment of the basic sanitary and hygiene requirements, provided to the workplace. It is strictly forbidden to work in a room with a stone or cement floor. The room should be cleaned and ventilated before each lesson. The floor in the hall should be washed, not smooth, and rubbed with wax or mastic. Room temperature should be 14-16 °C. After classes, all students must take a shower or wash themselves with warm water. Properly delivered medical supervision, organization and methodology of classes, a coach whose demands follow the rules of boxing, perfect condition of equipment and inventory, meets hygiene requirements. conditions significantly reduce the number of sports injuries in boxers. It will cause a sharp improvement in the training process.

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