MODELING AND TRAINING METHODOLOGY RATING OF AMATEUR BOXERS

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Abstract

This research aims to look at a facet of my personal experience as a trainer of champion boxers team of SK "Tirana". This study treats a component of experimental process developed mainly by 9-champion boxers' team of SK "Tirana" within the annual cycle, January 6th, 2020, until June 31st, 2020. Methods- This research analyzes not only a posh process, but a vital contemporary training activity moreover, having as its main purpose: modeling and cargo training rate during the macrocycles training, seeable of the necessities set forth by the training complex methodology of qualitative amateur boxers. The organization of coaching methodology with the relevant boxers group has been implemented during a close and reciprocal relevancy the method of periodization, planning and development of coaching in keeping with the training macrocycles as a solid unity, each of which maintains mutual close ties with one another and selects specific tasks. Modeling and planned load training rate during the training process with the amateur boxers has functioned on certain assumptions, which increase the amount of sports training, such as: Conclusion- **I** am convinced that within a limited space it's difficult to deal strictly with such a very important problem because the complex training methodology. However, something modest has been achieved. The research showed some quantitative and qualitative methodology on rating training complex as a viable and profitable activity, which accelerated the achievements of coaching indicators and also the results of team sports champion boxers SK "Tirana".
It distinguished some ideas, original concepts and practices that require to be carefully analyzed and evaluated by specialists of boxing. the thought of dividing training periods in several training stages, the thought of dismounting and converting preparatory types in keeping with their relevant training tasks, the assessment of loadings in line with the load coefficient and their distribution in step with the respective scales, relative settings of the regeneration period, of these matters increase the profitability of coaching and its creative features.

Keywords; boxers, practices, assessment

Introduction

This research aims to look at a facet of my personal experience as a trainer of champion boxers team of SK "Tirana". This study treats a component of experimental process developed mainly by 9-champion boxers' team of SK "Tirana" within the annual cycle, January 6th, 2020, until June 31st, 2020. This research analyzes not only a posh process, but a vital contemporary training activity moreover, having as its main purpose: modeling and cargo training rate during the macrocycles training, seeable of the necessities set forth by the training complex methodology of qualitative amateur boxers. Modern training methodology is entirely organized by the tools, methods and training load listed specifically and effectively, so as to realize the relevant objectives. It enables practical and scientific implementation of coaching activities, thanks to its training

tools and methods, specific for every sport discipline. (Dibra F., 2007). The organization of coaching methodology with the relevant boxers group has been implemented during a close and reciprocal relevancy the method of periodization, planning and development of coaching in keeping with the training macrocycles as a solid unity, each of which maintains mutual close ties with one another and selects specific tasks. Modeling and planned load training rate during the training process with the amateur boxers has functioned on certain assumptions, which increase the amount of sports training, such as: Objective composition; through a detailed cooperation between the athlete, trainer and specialist, increasing the scientific content of the training process;
• Practical implementation; associated with the optimal implementation in practice of the planned training activities;
• Assessment; realized by observing, evidencing and comparing the training activity systematically and analytically;
• The realization of the goals; associated with the important achievements of coaching indicators and also the sport results in step with their respective objectives.

The planned, rated, modern training process is predicated on various factors, emphasizing the supercompensation process, and also the time during which it's developed, because supercompensation may be a product of the delayed training effects.(L Metvejev 1972 ..). it's not created within hours and days. Experience shows that easy supercompensation is developed approximately within 30-35 days so as to boost one to 2 physical-motor skills, whereas the complex supercompensation is developed within a extended term, not but 2-3 months.

As mentioned above, as experience shows within the field of amateur boxing, the duration of macrocycles mustn't be shorter than two months and their amount not but two. Periodization with 3 genuine training macrocycles during the year provides the athletes with the chance to realize higher sports results for a extended period. (Kiseliov V.A, Cerenicinov V, 2013)

Unlike classical ways of designing the training process in three main periods (preparatory, matches and transitory), we organized this process consistent with each macrocycle, in periods and stages that make sport training affective and operational.a.

Preparatory period:

- Introductory or adaptive stage (usually during the evaluative macrocycle)
- General preparation stage;
- Special preparation stage

b. Match period:

- Fist matches stage (early ones);
- Main matches stage (during the last two macrocycles of the annual cycle)

c. Transitional period

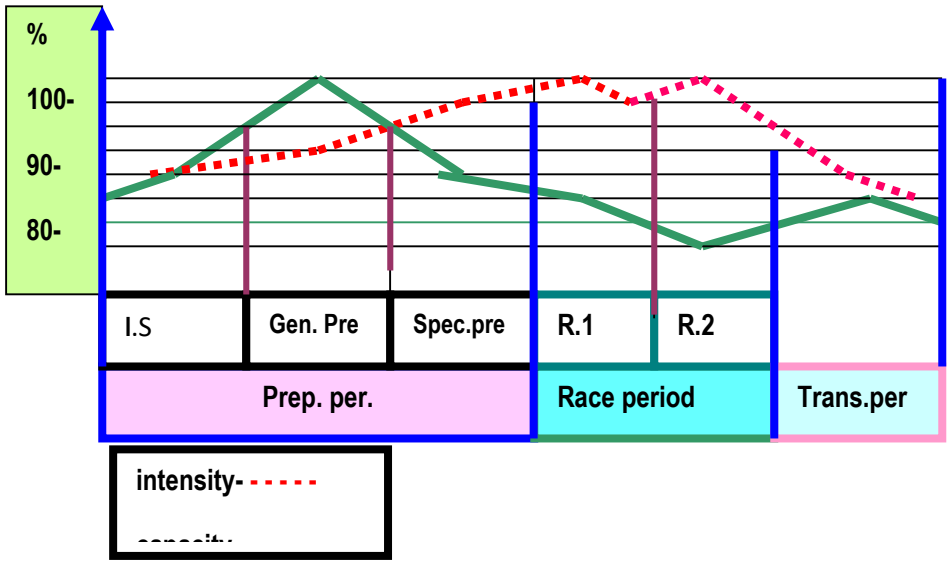
- 3-day stage (the first macrocycle);
- Weekly stage (the second macrocycle)
- 2 – week stage (the last macrocycle)

Each of those macrocycles components presents specific features, which we highlight briefly as following: Introductory stage; is thought to be a training facility, consisting of preparatory period, which main purpose is that the adapting of boxer’s system to face higher level loading during the new preparatory cycle. It lasts from 7 (seven) to 10 (ten) days and is organized on priority within the evaluative macrocycle.

the overall overall preparation stage; is considered a training facility, consisting of preparatory period. Its main purpose is that the general and progressive development of the boxer's physical and functional indicators, particularly the preparation of the general strength and aerobic endurance, technical-tactical options processing etc.
■ Special preparation stage; is thought to be a training facility, consisting of the preparatory period, which aims to develop special physical-motor indicators and adapt the boxer to face the intensive training loading during the matches period. It aims mainly a rapid and explosive strength development of the physical-motor special skills, especially within the growth of lactic anaerobic capacity etc.
■ the primary and second matches stage; is considered the most structure of macrocycle, consisting of the match period, which main aim is to realize the very best level of specific training indicators in keeping with the planned objectives and maintain them as long as possible because of their participation in sports matches. during this period, is recorded all-time low volume of the load, to the extent of 50-60%., compared with the maximal indicator. A high intensity of labor has been the first task, which increases the boxer's physical and functional standards and helps him achieve his sport shape.
■Transitional period; is thought to be a training facility, which main purpose is that the boxer's general renewal and psychological energies, treatment of injuries and maintaining general indicators of boxer's training, etc.

Training load effects reach the specified level, when during the implementation of every macrocycle, together with other periods and stages, are harmoniously coordinated with major structural elements of the load, especially the amount and intensity of operations, in step with a particular dynamic and alternative, in which:
▪ Preparatory period; is dominated by the a part of the capacity, with a lower capacity while its smaller part is dominated by a high intensity of labor.
▪Race period; is dominated by the capacity with a high intensity, whereas its smallest part is dominated by a lower capacity. During this era, the general capacity is dropped to 40 – 50% of the maximal level, so as to enable the intensive training. (Chart 1.)

Chart1: The waving of capacity and intensity during the macrocycle - training template (Dibra F. and Bushati, S., 2014)



Based on the requirements of the training process in the modern boxing, we organized several types of macrocycles such as:

- Adaptive macrocycle;
- Developing macrocycle;
- Amplifier macrocycle;
- Optimizer and preservative macrocycle

Adaptive macrocycle; lasted 45 training days. it absolutely was implemented at the start of the civil year training, from January 6th to February 18th, 2014.
As a brief macrocycle, which doesn't meet enough the event criteria, this training facility aimed mostly to recover the previous state of the boxer's training, so as to meet the tasks of the matches.
►**Developing macrocycle;** creates the opportunities for optimal development of the training indicators. Training load during this macrocycle is larger, with a developing character, leading to the creation of the boxer's general formation.
The developing macrocycle is framed in 92 days, with longer training cycles, to unravel tasks in various aspects of the boxer's preparation.
►**Amplifier macrocycle;** creates conditions for further development of comprehensive training bases of the boxer, within which the training loads become more intense. This macrocycle lasts 132 days. it's framed in longer training cycles, to unravel tasks in numerous aspects of the boxer's preparation.
► **Optimizer and preservative macrocycle;** lasts 92 days. During its development were organized three boxing sessions, where training with rest was alternated with caution. Macrocycle was closed with a transitional period, with it, the entire annual cycle training still. (Fig.1)

Fig. 1. The extent of training during the training macrocycle in 2014 annual cycle

Type of macrocycles	Training days	Weekly breaks	Mid-weekly break	Regen. Before Race	Regen. after Race	Racing day	Sum (days)
Adaptive	33	5	1	2	3	-	45
Developing	62	12	6	2	6	4	92
Ampliffies	83	14	7	2	6	4	130
Optimizer	48	9	8	8	6	13	92
Sum	205	38	21	14	21	21	359

The hasty problem for solution paved before periodization, planning and programming training activity has been the stipulation of the ratio of the most styles of training (general, special and specific preparation in percentage) and, through their training tasks with the identical label . For this purpose, we converted the ratio of the training types via an easy calculation, that of "rule trio", given the number of unspecified general tasks, planned during the microcycle and training mid-cycle.
Thus, when the input microcycle are scheduled to require place 18 unspecifies tasks, during the overall preparation are organized around 10 tasks: (18 x 60%): 100 ≈10 tasks; for the special preparation are organized around 5 tasks: (18 x 30%) : 100 ≈5 tasks, for the particular preparation are organized 3 tasks: (18 x 10) : 100 ≈ 3 tasks. during this way, we could determine the number of the precise training tasks during the training microcycles and macrocycles. during this process, each task is resolved through training units.
The training unit could be a planned structure, with special tools and methods, which solves a selected motor-physical task. Dibra F., 2007). (Fig. 2)

Fig.2: Training tasks according to microcycles and training types in component structures of each training macrocycle (Dibra F., Bushati S., 2014)

Types of training	Preparatory period			Match period		Transitional period
	Introductory stage	General Prep.st.	Special prep. st	First matches	Main matches	
General	60 % (10 tasks)	50 % (11 tasks)	35 % (7 tasks)	30 % (6 tasks)	30 % (4 tasks)	70 % (5 tasks)
Special	30 % (5 tasks)	30 % (7 tasks)	35 % (8 tasks)	30 % (7 tasks)	20 % (3 tasks)	20 % (2 tasks)
Specific	10 % (3 tasks)	20 % (4 tasks)	30 % (7 tasks)	40 % (9 tasks)	50 % (6 tasks)	10 % (1 task)
Sum	100 % (18 tasks)	100 % (22 tasks)	100 % (22 tasks)	100 % (22 tasks)	100 % (13 tasks)	100 % (8 tasks)

The training tasks are solved by training tools and methods, in line with the most sorts of preparation, in these particular groups, for the overall, special and specific preparation, which we've got reflected in numerous microcycle training. In accordance with the number of tasks and training units in line with the kind of preparation, we compiled training programs in keeping with microcycles for every stage and for each training macrocycle, where the scale of the load rating has been a vital task for the regeneration and continuing systematic training process with an entire physical and functional willing, knowing that:

▪ After an enormous load, the regeneration is realized after 48-72 hours;
▪ After an over average load, the regeneration is realized after 25-30 hours;
▪ After a median load, the regeneration is realized after 20-25 hours;
▪ After alittle load, the regeneration is realized 6-8 hours;
▪ After a really small load, the regeneration is realized after 25-30 hours (Dibra F., 2013).

To determine the quantity of the load during training days we are mainly focused on "load coefficient" (Jorgoni A. 2005 Debar F., 2007). Load coefficient of daily training is calculated by the typical volume of coaching units, applied in military training days, each estimated as 100%:

▪ Huge load, with a load coefficient approximately 90-92 %;
▪ Over average load, with a load coefficient approximately 80-85 %;
▪ Average load, with a load coefficient approximately 70-75 %;
▪ Small load, with a load coefficient approximately 40-45 %;
▪ Very small load, with a load coefficient approximately 30-40 %

Unable to expand more, below we could provides a microcycle training for "the general preparation stage" during the preparatory period", which is a model for understanding other microcycles of every macrocycle structures.

A Microcycle – template for a general preparation
(Preparatory period)

►First day
(Over average load, 80-85 you look after load coefficient)
Morning (ante meridiem):
a. Special preparation:
▪ Shadow-boxing 1x3min
b. General preparation:
Exercises for strength and coordination: ▪ Jumping exercises (steps, bounce up and down, Indian dance, etc.), Sprint 10 x 50-60 m, with 80-90 you look after real options and stretching.
Afternoon:
a. Specific preparation:
▪ "Sparring" conditional upon partner 10 rounds,
b. Special preparation:
▪ Sack free exercises: 3 rounds,
c. General preparation:
Training for the complex development of power: ▪ filled exercise balls, dumbbells lying (triceps and biceps exercises), belly muscles , lat and spine muscles, stretching.

►Second day

(Average load, 70-75% of load coefficient)
Morning (ante meridiem):
a. Special preparation:
▪ "Shadow- boxing" simply with 3 x 3 min, stretching.
b. General preparation:
Training for aerobic development: ▪ Swimming 2 x 20 min, with 5 min. break,
Afternoon:
a. Special preparation:
▪ Exercising with a partner without boxing gloves 15-20 min.
b. Specific preparation:
▪ **Circular exercise Intervals in bags**: 2-3 rounds x 3min, straight hitting + "aperkut" hitting nonstop during the round, with 1 min. break between the rounds. Intervals change from 10sec, 15sec, 20sec, 30sec, in step with the trainer's suggestion
c. General preparation:
▪ Complex exercises for general power: Jump rope 10min, belly muscles, lat and spinal muscles (20 min.)

►Third day
Morning (ante meridiem)
(An average load approximately 70 you look after load coefficient)
a. General preparation:
▪ Exercises for strength with weights, with half pyramid method, coordinate exercises, exercises for belly and spinal muscles.
Afternoon:
a. Specific preparation:
▪ "Speed bag" (quick hitting në "dardhë"), 10-15 min.
b. Special preparation:
▪ Interval training: "free bag": 6 rounds x 3 min, mainly straight hitting and anti-hitting, straight hitting with rubber bands fixed at Swedish scale, bending 'V' shape let alone hitting.
c. General preparation:
▪ Exercises with filled ball, ball dribble, stretching 8-10 min.; Aerobic run 20 min.

►Fourth day
(Small load)
a. General preparation:
Aerobic training; 20-25 min; exercises for the belly and arms, stretching 15-20 min..

►Fifth day
(Huge load, 90-92 you look after load coefficient)
Morning (ante meridiem):
a. Special preparation:
"Shadow-boxing", 20-25 min.;
b. General preparation:
▪ Short run speed: 5 x 30m, 5 x 40m, 3-4 x 50m.
▪ Plyometric exercises, crossing barriers with two or one foot,
▪ Arm pumps (10-12 min), stretching.
Afternoon:
a. Specific preparation:
Complex circular exercises: Complex with 12 exercises, each lasting 15 seconds and changes within 5 sec., 1-2 times.
c .General preparation:
▪ Rope jump (10 min), ▪ General-weight exercises (push, break, foot-Flex), filled balls (throwing in numerous directions etc.); aerobic run 35-40 min.

►Sixth day
(Small load, 40-45 you look after load coefficient)
Morning (ante meridiem):
a. General preparation:
▪ Fartlek running 8-10 km combined in mountainous terrain, ▪ light stretching-20 min.
Afternoon:
a. Special preparation:
▪ Sparing partner 10-15 min.
b. General preparation:
▪ Circular complex nonstop training with 10-15 planned exercises: squat jump with knees near the chest, the rotation 360 degrees, arm pumps, belly muscles, somersault etc.

►**Seventh day**
▪ Break

Conclusion:

I am convinced that within a limited space it's difficult to deal strictly with such a very important problem because the complex training methodology. However, something modest has been achieved. The research showed some quantitative and qualitative methodology on rating training complex as a viable and profitable activity, which accelerated the achievements of coaching indicators and also the results of team sports champion boxers SK "Tirana".

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