

THE IMPORTANCE OF ATTENTION IN THE PSYCHOLOGICAL TRAINING OF BOXERS

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Abstract

Physical exercise is of great significance in the mental development of children. They develop a number of processes, mental attributes and character traits of particular importance in the multilateral and harmonious development of young people. Performances of different levels in boxing are achieved as a result of the influence of training and competition factors in close correlation with psychological preparation. Psychological preparation in boxing is absolutely necessary as all personality traits of the boxer are required in the training and competition process. These traits manifest themselves in a variety of manners and according to one's strength of character and education. In the training process and in competition, attention and volitional qualities are indispensable as such are the main and permanent support to learn the elements of technique and tactics and to direct the fight to victory

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1. Introduction

The chosen theme is topical and falls within the area of the boxing development policy promoted by the National and International Boxing Federation. Although boxing is widespread in all corners of the world, there are few studies thoroughly investigating its practice, generalizing and interpreting it scientifically.

As an Olympic sport, boxing is a combat sport which requires its practitioners to be physically fit and mentally properly prepared. A good coach always focuses on the mental side of the athletes, starting as of the time of selection and addressing this mental preparation right since the start of the sport activity.

Boxing as a combat sport imposes a number of important mental and physical demands on its practitioners, and therefore this type of preparation must be addressed as of the very first moments of young people entering the training hall. It is a technically difficult sport, requiring progressive, sometimes even slow,

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learning. It is one of the most complete forms of sport, requiring its practitioners to be rigorously disciplined and to continuously train both when starting their sporting activity and afterwards.

2. Attention in boxing

In boxing, attention is the basis of the boxer's training. It is evident throughout the training and competition process, as well as in other daily activities. Attention is the mental function of higher nervous activity. It has the task of concentrating on objectives that are directed by the will and is directly correlated to the volitional qualities with which it is mutually conditioned.

Attention is defined as the ability to direct and focus mental activity on objects or phenomena that are thus more clearly and fully reflected. Attention can be divided into two types: voluntary and involuntary. Involuntary attention is triggered by various deceptive actions and movements of the opponent, ring referee, judge, timekeeper, coaches, audience, etc.

For example, excessive shouts of encouragement or reproach during the match or interventions by the ring referee are involuntarily perceived, for a short time as the main, voluntary attention is focused on the opponent. Also, during training, involuntary attention may be stressed by the noise made by the punching bag, the discussions of colleagues, which the boxer should not normally pay attention to, as he is mainly looking to solve the task of the concerned lesson. Voluntary attention is developed throughout training from the boxer's need to learn a good technique, to increase his specific motor skills, to have a proper behaviour.

By its nature and necessity, voluntary attention is long-lasting, following the different phases of preparation or of the fight in competition. For example, the focus in the ring fight, the defensive movement with one arm at the time of the blow with the other arm, the constant holding of the chin on the chest are actions which demand voluntary attention. Lack of voluntary attention to an opponent's manoeuvre will result in receiving powerful blows. In general, all actions taken by the boxer as a result of his own or his opponent's initiative require constant voluntary attention. When voluntary attention decreases, the concerned action is carried out on basis of automation, but correctness is impaired and the aim is only partially achieved.

3. Means of developing boxers' attention

In order to train attention, especially voluntary attention, it is necessary to use specific, varied, skilful exercises. In this manner we shall gain the most appropriate means of both physical and tactical training. Thus, the coach will seek to explain and demonstrate the elements of technique or motor action as attractively as possible, which greatly stimulates the attention of boxers. For



beginners, the coach will put them through a graded effort, introducing new elements in each lesson that stimulate attention, preventing boredom.

For beginners and advanced boxers, it is essential to use individual study through movements, punches and defences, working in pairs and consciously executed. In conditional sparring the attention is directed towards the execution of a certain theme given by the coach, thus facilitating the learning of technical or tactical procedures.

In lessons with gloves, simple or complex themes are given, even exercises to capture the attention by changing the position of the glove-palm and the striking distance. Such exercises may be accompanied by various audible cues from the coach in a loud voice marking their execution.

Advanced boxers can also use varied and interesting exercises to capture attention. For this purpose, many specific apparatus can be successfully used such as: bag, pucingbal, suspended stuffed balls, training bal. Example: bag work with interruptions at various signals such as: HARD, SLOW or WITH REVERSE RUN: hard, with moderate and slow pace and maximum pace. We can also give as an example: bag work with various serial punches started with the left arm, then with the right, these changes of series are executed at great speed to have the attention permanently concentrated. Attention is also well trained, when working in a variety of tempos and in a three-ball spiral.

Exercises with medicine balls, balls for field tennis, table tennis, basketball and jumping rope can be successfully used to gain attention. But the main means of educating specific attention are: lessons with gloves, individual and pair study, conditional, free fighting and tracking work.

A specific means of attention training, necessary both in regular training and especially for competition, is free sparring with two partners. This form of sparring aims to develop and improve the boxer's multilateral and specific reflex reactions and is performed in two 3-minute rounds, as follows: one starts sparring with the boxer after 60 seconds (on signal), turns 180° at speed and spars with the second boxer who is also standing in the ring. After sparring with the second boxer for 1 minute, he starts sparring with the other boxer again with a twist. Another way of improving the tension before the competition is tracking work. This is performed in 2 rounds of 3 minutes, so one boxer moves at varying speeds in all directions, while his partner follows him, keeping the same distance between them at all times. In each round the roles of leader and follower will change.

4. Conclusions

Knowing and observing the specific age characteristics is a pedagogical necessity, as it determines the manner in which the training is carried out, and determines the selection and use of training methods and means according to the specific characteristics and prospects of young people's mental development.



Practice has eloquently shown that failure to observe or ignoring them leads to the failure of training and education in the sports process.

The role of psychological training in boxing is more important than in other sports, as direct combat, through the use of punches and the specific process, makes maximum demands on the mental state.

Psychological training in boxing is absolutely necessary as the training process and competition require all the personality traits of the boxer. These traits manifest themselves in a variety of manners and according to boxer's strength of character and education.

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