Chapter 2
TRAINING
TRAINING WITH BEGINNERS

- Development of general fitness should be a priority for the beginner boxer, regardless of age and experience.
- In this particular stage, it is also important to develop coordination and speed. Development of coordination and speed training shall be implemented.
- Strength training with heavy weights is not recommended especially for young age boxers. Such training may interfere their physical development.
- Each training session should be planned accordingly to teach and train both physical and technical elements.
- Always start the teaching from simple tasks to complex tasks; the more complex the tasks, the easier it is to lose the attention and interest of the boxer.
- Should incorporate different games and plays for training sessions to create an enjoyable and interesting training environment.

Training Stages

When working with beginner boxers, the coach should keep in mind that the results will come in later stages and the whole training process should be divided into separate stages accordingly to boxer’s physical growth and age, fitness improvement, and technical skills acquisition.

- **Basic**
  - Expose beginner boxers to various movements and technical skills by conducting multilateral physical and technical training
  - Develop a harmonious body structure and correct body posture
  - Develop basic aerobic endurance
  - Develop speed, coordination, flexibility, balance and perception through the natural movements

- **Initiation**
  - Improve coordination, speed and endurance
  - Technique Development
  - Improvement in tactical skills
  - Development of psychological abilities
  - Develop competition strategy and tactics

- **High-Performance**
  - Achieve higher level of performance
  - Improve psychological abilities
  - Improve boxer’s boxing-related knowledge

- **Specialization**
  - Develop working capacities applying general and specific physical exercises
  - Develop and improve coordination, flexibility and aerobic endurance
  - Develop the correct technique execution
  - Improve concentration, determination, and motivation
  - Develop individual tactic with emphasis on defenses
Initiation Stage

TRAINING OBJECTIVES

● Overall, multilateral physical and technical training, by exposing the beginner boxer to various movements and technical skills
● Develop a harmonious body structure and correct body posture
● Develop basic aerobic endurance without exposing the beginner to stressful training loads
● Develop speed, coordination, flexibility, balance and perception through the natural movements

IMPLEMENTATION

● Introduction to the basic elements of boxing technique
● Implement the exercises of running, jumping, and throwing
● Strength training exercises with own bodyweight or partner, not with weight equipment
● Participate in technical sparring with different punches; emphasis on straight punches
● Participate in various boxing events; Emphasis on gaining experience, having fun and motivate to win, but do not put stress on winning
● Participation in various sports, sport games with simplified rules, such as basketball, football and other team sports
● Various exercises to generate interest of the boxer

Basic Stage

TRAINING OBJECTIVES

● Develop working capacities applying general and specific physical exercises
● Develop and improve coordination, flexibility, and aerobic endurance
● Develop the correct technique execution
● Improve concentration, determination, and motivation
● Develop individual tactics with emphasis on defenses

IMPLEMENTATION

● Fitness Exercises, such as running, skipping and etc.
● Exercises for coordination and flexibility, ex.) gymnastic exercise, basketball
● Endurance exercise with all team sports, long-distance running and march-running in different conditions.
● Strength exercises to overcome own or partner’s body weight
● Boxing technique learning and improvement of basic technical skills
● Participate in some exhibition bouts in accordance with individual capabilities
Specialization Stage

TRAINING OBJECTIVES

● Improve motor abilities which are dominant in boxing, such as coordination, speed, endurance
● Technique Development
● Tactical skills improvement
● Developing psychological abilities, such as anticipation, overcome anxiety, decision-making, and etc.
● Develop competition strategy and tactics

IMPLEMENTATION

● Specific boxing exercises, such as heavy bag punching, sparring, pad work and etc.
● Continuation of fitness exercise
● Exercises for coordination and speed
● Exercises for general endurance improvement
● Introduction of specific endurance
● Strength training with weights
● Participation in different competition against various opponents
● Increase volume and intensity of training workloads without reaching complete fatigue

High Performance Stage

TRAINING OBJECTIVES

● Achieve higher level of performance
● Improve psychological abilities, such as initiative, self-control, coping with stress in both training and competition
● Improve boxer’s boxing-related knowledge
● Willingness to win

IMPLEMENTATION

● Continuing exercises for motor abilities with emphasis on individual potential and needs
● Increase volume and intensity of training
● Exercise to improve individual’s physical abilities
● Continuing technical and tactical training
● Focus on winning
● Administer adequate recovery
GROUP COACHING

When coaching a group, it is essential for coaches to position him/herself where he/she can observe all boxers’ movement and actions and can be seen by all boxers.

When coaching a group of boxers who have different skill sets and physical characteristics, it is recommended to split groups based on the skill sets and physical characteristics. For example, advanced skill boxers with advanced, short-height kids with short-height, tall boxers with tall boxers, and by weight categories.
Teaching and Training Methods

Teaching Method

DEMONSTRATION METHOD
Demonstrate, step-by-step, using the exact physical procedures if possible. While demonstrating, explain the reason for and the significance of each step. To be effective, plan the demonstration so that coach will be sure to show the steps in the proper sequence and to include all steps. This method is recommended for teaching technique-related skills because it covers all the necessary steps in an effective learning order. The demonstration step gives learners the opportunity to see, hear.
Effective:
- Technique training
- Physical training

EXPLANATION METHOD
Explanation is use of statements to describe facts to clarify the questions or unclear contexts. To be effective using the explanation method in teaching, the coach or instructor must have clear understanding of the facts or subject that is going to be explained.
This method is different from the demonstration method. While the demonstration method is good to clarify or help understand physical procedures, explanation helps the learner to understand the subjects.
Effective:
- Tactical training
- Understanding of training program
- Understanding of Nutrition and Weight management

DISCUSSION METHOD
Discussion is an open forum in which coach and instructor express their opinions and facts, as well as learners also expressing their opinions. The discussion method is a natural opportunity for learner and coach to interact and build understanding.
The discussion method can benefit coach and athlete to share a variety of information including attitudes, opinions, insights and talents.
Effective:
- Tactical training
- Mental training
- Motivation

ANALYSIS METHOD
The analysis teaching method breaks down a complex topic or information into smaller parts to help the learner with a better understanding of the topic or information. To be effective, the coach must plan and pre-study the topic or information.
This method is recommended during the review of the boxer’s training, competition performance and the boxer’s development progress.
Effective:
- Technique training
- Physical training
- Training session review
- Competition performance review

VISUAL METHOD
Visual materials are very important tool in teaching. Depending on the different tool, the visual
method can teach athletes from physical aspect to mental aspects. The Coach must select the appropriate visual product, in order to increase effectiveness and meet the purpose. However, a disadvantage of visual method is the lack of interaction and possibly visual material is too general to focus on specific issues.

Effective:
- Technique training
- Physical training
- Tactical training
- Mental training

**Training Method**

Training methods, which are applicable in the training process, are divided into two groups, Uninterrupted and interrupted method. Uninterrupted method is training certain exercises without rest period in between sets. Interrupted method is training exercises with rest periods between sets.

Terminologies:
- Sets: group of repetitions
- Repetitions: number of exercise
- Rest period: rest time
- Heart rate: number of heartbeats per certain amount of time
- Work period: duration of exercise

**UNINTERRUPTED METHOD**

The essential principle of the uninterrupted method is the lack of rest period between exercises. Uninterrupted method can also be divided into two categories; with steady intensity and changeable intensity. Intensity refers to how much work or effort athletes put into the exercises. Intensity can be measured by the athlete’s heart rate. When heart rate is much higher (close to double) than normal heart rate referred intensity of the exercise was high, while heart rate is close to normal heart rate referred exercise was conducted at low intensity.

Uninterrupted Method with Steady Intensity

Conduct an exercise without changing difficulties or intensity. For example, long distances run on a course with soft surfaces, at steady pace.

Training Effects: Development of general endurance and strength endurance

Uninterrupted Method with Changeable Intensity

Conduct an exercise with constantly changing difficulties to change intensity. For example, long distances run on a course with uphill, downhill, soft surfaces and hard surfaces.

Training Effects: Development of general endurance and strength endurance in advanced degree
**Training Method (Cont’d)**

INTERRUPTED METHODS

The essential principle of interrupted method is the combination and ratio between intensity and duration of exercise and rest period.

REPETITION METHOD

The repetition method is a combination of three elements: duration of exercise, number of repetition of exercise, and rest period. In repetition training method, intensity of exercise shall be maximal, therefore, in order to achieve best outcome, exercise conducted should be familiar to the athlete.

Rest period in repetition method should be long enough for the athlete to achieve full recovery (close to normal heart rate). The reason that the athlete must achieve full recovery is because he or she will carry on the same exercise again with maximum intensity. Without full recovery, exercise with repetition method cannot be performed properly. In the repetition method, one set of exercise should be no more than 6 to 8 repetitions and shall be no more than 3 to 4 sets.

*Training Effects:* Development of speed, speed endurance, maximum strength and dynamic strength

INTERVAL METHOD

For interval method, the coach has to program the training session with carefully considering duration of exercise, intensity of the exercise and rest period. Unlike the repetition method, the athlete will not get enough rest periods to have full recovery. For example, short-distance running with maximum intensity for 30 seconds, rest for 30 seconds then start another short-distance running with maximum intensity for 30 seconds, next 30 sec rest, start running and etc. On the basis of training objective, the coach should select the proper duration of effort, duration of rest and number of repetitions.

*Training Effects:* Development of specific endurance, speed endurance, strength endurance.

**ORGANIZING TRAINING SESSIONS**

Facility

**Gym Equipment**

- Boxing Ring with Four Ropes
- Heavy Bags
- Maize Bag
- Double-ended Bags
- Speed Bags
- Different type of gloves
- Padded Floor Mats
- Wooden Ladders
- Wall Pads and Wall Mirrors
- Medicine Balls (Different Weights)
- Free Weights and Dumbbells (Different Weights)
• Tennis Balls
• Skipping Ropes (Jump Ropes)
• Electronic Scale
• Clock/Timer

Safety Guidelines

• Boxing Gym
  o Gym floor material should be non-slip materials
  o Proper lighting all around the gym
  o Proper ventilation in the gym is essential, not only for the odor around the gym, but also for the air quality and sanitary issues
  o Follow the proper local, regional, or national building codes
  o Separate dressing rooms for men and women
  o Boxing Ring must be placed a minimum 7 feet away from the walls
  o For each boxing rings, corners must be well padded, ropes and canvas must be in good condition
  o Heavy Bag must be hung securely
  o With multiple heavy bags, each heavy bag should be placed 7 feet from each other and away from the wall
  o All equipment must be securely tightened and hung on the wall or ceilings
  o All equipment must be in good condition
  o All athletes in the gym must wear gym shoes or flat-sole shoes

• Safety Approach by coach
  o All activities in the gym and locker rooms must be supervised the entire time by the coach or assistants
  o All equipment must be constantly examined throughout the day
  o Keep a note with the information about the athlete, including:
    ▪ Emergency contact information
    ▪ Boxer’s physical information (height, weight and etc.)
    ▪ Date of first medical exam
    ▪ Past injuries and sicknesses
    ▪ Current medical conditions (injuries, sicknesses, allergies)

• TRAINING EQUIPMENT OF THE BOXER
  • Headgear with cheek and chin protector
  • 12 to 16 ounces Boxing Gloves
  • Mouthpieces and hand-wraps
  • Cup protector (Men) and Breast protector (Women)
  • Personal Gear (Trunks, Vest, and Shoes)

• COACH EQUIPMENT
  • Focus Pads
  • Whistle
  • Body Protector
  • Stop Watch
  • Track Suit
  • Running Shoes
  • Coach’s Diary
Boxing Gym Equipment – How to Use

- **Gloves**
  - Training gloves are larger (usually 14-16oz each) and designed to protect the hand and the training partner during sparring; bag gloves are medium sized (usually 12oz each) and used for striking the heavy bags and light bags; MMA gloves are smaller (4-8oz) and are excellent for speed drills on the bags, and focus mitts

- **Heavy Bag**
  - **Purpose:** To increase sport specific strength, become aware of range, and practice circular foot movements combined with entries and exits around a central target.
  - **How to Use:** Hit the heavy bag with proper technique while maintaining range. Use a whip effect to punch the bag solid and return the striking arm back to ready position as quickly as possible. The bag should “wobble” and not swing too much. If the heavy bag has excessive swing, it is most likely because the punch is being “pushed” instead of “snapped”. With range, footwork, head movement, and of course, punching, use the bag as if it is a real opponent

- **Double End Bag**
  - **Purpose:** To improve sport specific accuracy, speed, timing and range with a less predictable target
  - **How to Use:** Strike the double end bag with quick punches, challenging yourself to remain defensively prepared with guard up in between punches/combinations. Commonly two elastic cords are used for extra random movement. The top elastic cord can be replaced by a rope to give a linear effect, to practice more side to side head movement between punches

- **Speed/Timing Bag**
  - **Purpose:** To condition the shoulders for endurance, improve repetitive speed and timing with the hands, and coordination with hands and feet
  - **How to Use:** Strike the speed bag lightly with speed. Start with jab hand and hit the bag 3 times then switch to power hand and hit 3 times. Continue to alternate back and forth between hands trying always to increase your speed. If possible bounce on feet while hitting the speed bag. Different drills can be used to include defense work with the speed bag.

- **Maize Bag**
  - **Purpose:** To develop and practice repetitive head movement drills
  - **How to Use:** Push the maize bag so that it swings forwards and backwards. Practice slipping and ducking the bag as it goes by. Remain in one position so that you must actively work on defensive movements that don’t involve footwork.

- **Focus Mitts**
  - **Purpose:** To simulate boxing in the moment, with instruction and feedback from a coach/training partner
  - **How to Use:** The coach/training partner will wear padded hand targets for the boxer to punch. The coach/training partner will call out combinations, movements and strategies for the boxer to perform. The focus mitts are an excellent way to introduce and practice counter punching and head movement in combinations.

- **Mirror**
  - **Purpose:** To self-evaluate skills
  - **How to Use:** Stand in front of a (preferably) full length, wide mirror and “shadow box” at different speeds and look for imperfections or areas of improvement in your stance, footwork, and skill mechanics. Reinforce what you are doing well and make corrections as needed

- **Jump Rope**
  - **Purpose:** Increase cardiovascular conditioning and increase rhythm and timing
  - **How to Use:** The right size jump rope for you is one that when you stand on the rope in
the middle of the length, the handles will reach to where your arm meets your shoulder. With each hand holding each handle, stand in front of the rope. Swing the rope forward, up from your feet to over your head, to the front of your feet and jump over the rope. Without stopping the rope, repeat over and over again for the allotted duration.

Preparing Training Program

**Daily Training Program**

The training program is an essential element to the development of the athlete. The training program can be planned by daily, weekly, monthly, and yearly and etc. The coach must monitor the athlete to progress and change the training program accordingly to their development.

Each of the training programs should include:

- Objective of the training session
- Training method
- Exercises
- Workload: Duration of exercises and rest periods between exercises and number of repetition
- Organization of the training (location, facilities, equipment)

Training programs must be well-organized and planned in advance to maximize the benefit, and each training session must include proper warm-up and cool-down sessions to avoid injuries and support recovery.

- Introductory – Warm Up
  - Stretching / Jogging
- Main – Training
  - Physical Training / Technical Training / Tactical Training
- Closing – Cool Down
  - Stretching / Jogging / Relaxation
**Example DAILY TRAINING PROGRAM**

<table>
<thead>
<tr>
<th>Name</th>
<th>Location</th>
<th>Date:</th>
<th>Equipment:</th>
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<tbody>
<tr>
<td>Joe Boxer</td>
<td>Gym</td>
<td>December/4/2013</td>
<td>-14oz gloves</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>-mouthpiece</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>-hand-wraps</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>-headgear</td>
</tr>
</tbody>
</table>

Objectives:
1. To learn/train straight rear hand punches
2. to learn/train defense against lead hand punches
3. to review/train straight lead hand punches
4. to develop endurance

<table>
<thead>
<tr>
<th>Exercises</th>
<th>Duration (min)</th>
<th>Intensity</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>I. General Warm-up</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jogging</td>
<td></td>
<td>Low</td>
<td></td>
</tr>
<tr>
<td>Stretching</td>
<td></td>
<td>Low</td>
<td>Upper and lower body</td>
</tr>
<tr>
<td>II. Specific Warm-up</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shadow Boxing</td>
<td></td>
<td>Med</td>
<td></td>
</tr>
<tr>
<td>Jump Rope</td>
<td></td>
<td>Med</td>
<td></td>
</tr>
<tr>
<td>III. Exercise</td>
<td>60</td>
<td></td>
<td>Rear straight punch to head</td>
</tr>
<tr>
<td>Demo of technique</td>
<td></td>
<td>Med</td>
<td>Lead and rear straight punches</td>
</tr>
<tr>
<td>Technique exercise</td>
<td></td>
<td>Low</td>
<td>With standing position</td>
</tr>
<tr>
<td>Defense exercise</td>
<td></td>
<td>Low</td>
<td>With standing position</td>
</tr>
<tr>
<td>Demo of technique</td>
<td></td>
<td>Low</td>
<td>Rear straight with movement</td>
</tr>
<tr>
<td>Technique exercise</td>
<td></td>
<td>Med</td>
<td>With movement</td>
</tr>
<tr>
<td>Combination of punches</td>
<td></td>
<td>Med</td>
<td>Lead and rear straight punches</td>
</tr>
<tr>
<td>Sparring with partner</td>
<td></td>
<td>High</td>
<td>Alternate attack &amp; defense</td>
</tr>
<tr>
<td>Boxing specific endurance</td>
<td></td>
<td>High</td>
<td>Heavy bag punching</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>5 rounds x 3 min</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 min rest between rounds</td>
</tr>
<tr>
<td>IV. Cool down</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jump rope</td>
<td></td>
<td>Med</td>
<td></td>
</tr>
<tr>
<td>Stretching</td>
<td></td>
<td>Low</td>
<td>Whole body</td>
</tr>
</tbody>
</table>

NOTES:
## WEEKLY TRAINING PROGRAM

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>OBJECTIVES</th>
<th>LOCATION</th>
<th>DURATION (minutes)</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>12/2</td>
<td>To learn/train lead straight punch to head</td>
<td>Gym</td>
<td>90min</td>
<td></td>
</tr>
<tr>
<td>Tues</td>
<td>12/3</td>
<td>To develop endurance and speed</td>
<td>Outdoor</td>
<td>60min</td>
<td></td>
</tr>
<tr>
<td>Wed</td>
<td>12/4</td>
<td>To learn/train defense against lead straight punch to head</td>
<td>Gym</td>
<td>90min</td>
<td></td>
</tr>
<tr>
<td>Thurs</td>
<td>12/5</td>
<td>To develop general endurance (jogging)</td>
<td>Outdoor</td>
<td>60min</td>
<td></td>
</tr>
<tr>
<td>Fri</td>
<td>12/6</td>
<td>To learn/train rear straight punch to head</td>
<td></td>
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</tbody>
</table>

**Notes:**
BOXING TECHNIQUES

Boxing Stance

A proper boxing stance enables a boxer to effectively move in the ring, and to both attack and defend while constantly remaining in a balanced position.

1. Boxer stands sideways, close to a 45 degree angle
2. Place feet shoulder-width apart
3. Distribute the bodyweight equally onto both feet
4. Bend your knees slightly down and inward
5. The body (trunk) rotates inward
6. Slightly raise the heel of the rear foot
7. Position lead hand up to the eye level
8. Keep the chin down and protect it by your lead shoulder
9. Pull rear arm elbow close to the body (nearly touches the rib area)
10. Keep rear arm fist up near the chin
11. Both fists are flexed inward slightly

Common Mistakes in Boxing Stance

- Feet too wide – hindering rapid movement
- Feet too narrow – disturbing the balance
- Both heels flat – hindering fluent movement
- Standing straight up – creating a bigger target for the opponent
- Lifting chin upward – bigger chance of getting hit on the chin, which is a knock-out point
Boxing Steps

Boxing steps – the way in which boxers move in the ring. The foot which stands closest to the direction of the movement starts moving first.

Common Mistakes in Boxing Steps

- Boxing stance with feet too narrow or too wide
- Flat footed movement
- Movement on heels
- Bodyweight not evenly distributed to both legs
**Forward Step**

1. Stand with boxing stance
2. Lift lead foot very slightly
3. Push body forward with rear foot
4. After toes of the lead foot touches the floor, slide rear foot forward
5. Keep the feet shoulder width apart and keep weight distribution on both legs

**Backward Step**

1. Stand with boxing stance
2. Lift rear foot very slightly
3. Push body backward with lead foot
4. After forefoot of the rear foot touches the floor, slide lead foot backward
5. Keep the feet shoulder width apart and weight distribution on both legs
### Left Side Step

**Stand with boxing stance**

<table>
<thead>
<tr>
<th>Orthodox (Right Handed)</th>
<th>Southpaw (Left Handed)</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Lift lead foot very slightly</td>
<td>• Lift rear foot slightly</td>
</tr>
<tr>
<td>• Push body to the left side with rear foot</td>
<td>• Push body to the left side with lead foot</td>
</tr>
<tr>
<td>• After toes of the rear foot touches the floor, rear foot follows</td>
<td>• After toes of the lead foot touches the floor, rear foot follows</td>
</tr>
<tr>
<td>• Keep the feet shoulder width apart and weight distribution on both legs</td>
<td>• Keep the feet shoulder width apart and weight distribution on both legs</td>
</tr>
</tbody>
</table>
Right Side Step

Stand with boxing stance

<table>
<thead>
<tr>
<th>Orthodox (Right Handed)</th>
<th>Southpaw (Left Handed)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lift rear foot very slightly</td>
<td>Lift lead foot slightly</td>
</tr>
<tr>
<td>Push body to the right side with lead foot</td>
<td>Push body to the right side with rear foot</td>
</tr>
<tr>
<td>After toes of the rear foot touches the floor, lead foot follows</td>
<td>After toes of the lead foot touches the floor, rear foot follows</td>
</tr>
<tr>
<td>Keep the feet shoulder width apart and weight distribution on both legs</td>
<td>Keep the feet shoulder width apart and weight distribution on both legs</td>
</tr>
</tbody>
</table>

Basic Boxing Punches

In the early stages of learning techniques, all punches, straight punches, hook, and uppercut must be practiced and mastered in standing position before training with boxing steps. Then practice the punches together with boxing steps. Teaching and training approach for punches must be in following sequence:

- Punch in standing position
- Punch with forward and backward step
- Punch with side steps.

Learn single punch with boxing stance then with movement, learn the next punch with boxing stance and movement. After mastering at least two punches with both standing and with movement, learn to use these two punches as a combination by standing, then with the movement.

Common Mistakes in Basic Boxing Punches

- Punching without rotating body
- Bodyweight shifted to the wrong side
- Lifting chin upward
- Chin not protected
- Head leaned forward, backward, or sideways
- Legs in wrong position before and after punching with steps
- Fists not rotated correctly
- Retract arm low or sideways after striking a blow
- Slow retracting hand to base position
**Straight Punches**

Straight punches are very useful against an opponent standing at long distance. Long distance refers to the distance between two boxers being far enough that the boxer cannot deliver the punch without stepping forward.

The straight punch is an important punch as it can be used to prepare for the main attack in a bout. It can also be used to measure the proper distance to the opponent, disturb the opponent’s actions and to score blows.

There are two types of straight punches, straight punch to the head and straight punch to the body. Also, these are divided into straight punch to the head or body using lead arm and straight punch to the head or body using rear arm.

In order to effectively train the boxer, the following sequence of teaching and training is recommended:

- Lead arm straight punch to the head in standing position
- Lead arm straight punch to the head with forward step
- Lead arm straight punch to the head with backward step and side steps
- Rear arm straight punch to the head in standing position
- Rear arm straight punch to the head with forward step
- Rear arm straight punch to the head with backward step and side steps
- Lead arm straight punch to the body in standing position
- Lead arm straight punch to the body with forward step
- Lead arm straight punch to the body with backward step and side steps
- Rear arm straight punch to the body in standing position
- Rear arm straight punch to the body with forward step
- Rear arm straight punch to the body with backward step and side steps

After a boxer masters the punches with movement, the coach should begin teaching basic defense against the punches that the boxer has learned. After mastering basic defense, coach should start teaching and training the counter attack.
LEAD ARM STRAIGHT PUNCH TO THE HEAD

1. From the boxing stance
2. Aim at the opponent’s chin with knuckles of the lead hand
3. Shift the body weight from rear leg to the lead leg
4. Rotate the body toward the rear side
5. Keep the chin down
6. Extend your lead arm straight out to the target
7. knuckles up and palm down
8. After hitting the target, retract the arm quickly along the same path as delivered
9. Return to the boxing stance
1. From the boxing stance
2. Aim at the opponent’s chin with knuckles of the lead hand
3. Body weight shift to the lead leg
4. Rotate the body to the lead side
5. Keep the lead hand up to protect the head and elbow to protect the body
6. Extend the rear arm straight to the target
   a. Knuckles up and palm down
7. After hitting the target, retract the arm quickly along the same path as delivered
8. Return to the boxing stance
LEAD ARM STRAIGHT PUNCH TO THE BODY

1. From the boxing stance
2. Bend the knees to have lead shoulder in line with the opponent’s body target.
3. Keep the eyes on the opponent’s target area
4. Body weight shifts to the lead leg
5. Rotate the hip and shoulder slightly toward the lead side
6. Lead arm extends straight out to the target
7. Knuckle is up and palm is down.
8. The chin is protected by the lead hand shoulder and a high rear guarding hand.
9. After hitting the target, retract the arm quickly along the same path as delivered
10. Return to boxing stance
REAR ARM STRAIGHT PUNCH TO THE BODY

1. From the boxing stance
2. Bend the knees to have lead shoulder in line with the opposing body target.
3. Keep the chin down
4. Keep the lead arm up and rigid to protect the head
5. Keep the eyes on the opponent’s target area
6. Body weight shifts to the lead leg
7. Rotate the body to the lead side
8. Lead arm extends straight out to the target
   a. Knuckle is up and palm is down.
9. After hitting the target, retract the arm quickly along the same path as delivered
10. Return to boxing stance
Hooks

Hooks are punches that are used mostly at medium distances. Medium distance refers to the distance between two boxers in a range where boxers don’t have to step forward to deliver the punches.

Similar to the straight punches, hooks also have four different types. Hook to the head using lead arm, hook to the head using rear arm, hook to the body using lead arm and hook to the body using rear arm.

Again, similar to the straight punches, in order to effectively train the boxer, the following sequence of teaching and training is recommended:

- Lead arm hook to the head in standing position
- Lead arm hook to the head with forward step
- Lead arm hook to the head with backward step and side steps
- Rear arm hook to the head in standing position
- Rear arm hook to the head with forward step
- Rear arm hook to the head with backward step and side steps
- Lead arm hook to the body in standing position
- Lead arm hook to the body with forward step
- Lead arm hook to the body with backward step and side steps
- Rear arm hook to the body in standing position
- Rear arm hook to the body with forward step
- Rear arm hook to the body with backward step and side steps
LED ARM HOOK TO THE HEAD

1. From the boxing stance
2. Body rotates to the lead side slightly
3. Body weight shifts to lead leg
4. Keep the rear hand up and close to chin and rigid
5. Swing the lead arm to the target without extending the arm straight (when swinging the arm, keep the elbow bent in close to 90 degrees)
6. Keep the eyes on the opponent
   a. Should be watching above the arm, not below
7. Knuckles point to the opponent, knuckles should never point upward or downward
8. After hitting the target, retract the arm quickly along the shortest path as possible
9. Retract quickly
1. From the boxing stance
2. Aim at the opponent’s chin with back knuckles of the lead hand
3. Body rotates to the rear side slightly
4. Body weight shifts to lead leg
5. Keep the lead hand up and close to chin and rigid
6. Swing the rear arm to the target without extending the arm straight
   a. When swinging the arm, keep the elbow bent in close to 90 degrees
7. Keep the eyes on the opponent
   a. Should be watching above the arm, not below
8. Knuckles point to the opponent, knuckles should never point upward or downward
9. After hitting the target, retract the arm quickly along the shortest path possible
10. Return to the boxing stance
1. From the boxing stance
2. Bend the knees until the shoulder is in line with target
3. Keep eyes on the opponent
4. Keep the rear hand rigid and close to the body
5. Body rotates very slightly to the lead side
6. Shift body weight to the lead leg
7. Swing the lead arm to the target without extending the arm straight
   a. Keep the elbows bent with 90 degrees angle or close
8. Knuckles point to the opponent, knuckles should never point upward or downward
9. After hitting the target, retract the arm quickly along the shortest path possible
10. Return to the boxing stance
1. From the boxing stance
2. Bend the knees down until the shoulder is on line with target
3. Body rotates to the rear side slightly
4. Body weight shifts to lead leg
5. Keep the lead hand up and close to chin and rigid to protect the head
6. Swing the rear arm to the target without extending the arm straight
   a. When swinging the arm, keep the elbow bent in close to 90 degrees
7. Keep the eyes on the opponent
   a. Should be watching above the arm, not below
8. Knuckles point to the opponent, knuckles should never point upward or downward
9. After hitting the target, retract the arm quickly along the shortest path possible
10. Return to the boxing stance
**Uppercut**

Uppercut is a punch that is used mostly at short and medium distance. Short distances refer to the short distance between two boxers. Boxers’ gloves almost or do touch each other. Again, the uppercut also has four different types, uppercut to the head using lead arm, uppercut to the head using rear arm, uppercut to the body using lead arm and uppercut to the body using rear arm.

Again, similar to the other basic punches, in order to train the boxer effectively, following the sequence of teaching and training is recommended:

- Lead arm uppercut to the head in standing position
- Lead arm uppercut to the head with forward step
- Lead arm uppercut to the head with backward step and side steps
- Rear arm uppercut to the head in standing position
- Rear arm uppercut to the head with forward step
- Rear arm uppercut to the head with backward step and side steps
- Lead arm uppercut to the body in standing position
- Lead arm uppercut to the body with forward step
- Lead arm uppercut to the body with backward step and side steps
- Rear arm uppercut to the body in standing position
- Rear arm uppercut to the body with forward step
- Rear arm uppercut to the body with backward step and side steps
LEAD ARM UPPERCUT TO THE HEAD

1. From the boxing stance
2. Bend the knees very slightly
3. Rotate the upper body to the lead side very slightly
4. Body weight shifts to the lead leg
5. Rear arm stays up and rigid to protect the head and body
6. Rotate the lead arm slightly to have knuckles point at the opponent
7. Extend the lead arm upward to the opponent’s chin
   a. Keep the elbows bent
8. After hitting the target, retract the arm quickly along the same path as delivered
9. Return to boxing stance
REAR ARM UPPERCUT TO THE HEAD

1. From the boxing stance
2. Bend the knees very slightly
3. Rotate the upper body to the rear side very slightly
4. Body weight shifts to the rear leg
5. Lead arm stays up and rigid to protect the head and body
6. Rotate the rear arm slightly to have knuckles point the down
7. Extend the lead arm upward to the opponent’s chin
   a. Keep the elbows bent
   b. Shift the bodyweight to the lead leg
8. After hitting the target, retract the arm quickly along the same path as delivered
9. Return to boxing stance
LEAD ARM UPPERCUT TO THE BODY

1. From the boxing stance
2. Bend the knees
3. Rotate the upper body to the lead side
4. Body weight shifts to the lead leg
5. Rear arm stays up and rigid to protect the head and body
6. Rotate the lead arm slightly to have palms pointing upward
7. Extend the lead arm forward and slightly upward to the target on opponent’s body
   a. Keep the elbows bent
8. After hitting the target, retract the arm quickly along the same path as delivered
9. Return to the boxing stance
10. REAR ARM UPPERCUT TO THE BODY

1. From the boxing stance
2. Bend the knees
3. Rotate the upper body to the rear side
4. Body weight shifts to the rear leg
5. Lead arm stays up and rigid to protect the head and body
6. Rotate the rear arm slightly to have palms pointing upward
7. Extend the rear arm forward and slightly upward to the target on the opponent’s body
   a. Keep the elbows bent
   b. Shift bodyweight to lead leg
8. After hitting the target, retract the arm quickly along the same path as delivered
9. Return to the boxing stance
BASIC DEFENSE

In the early stages of learning techniques, all defenses must be taught and trained after mastering particular punches. Each basic defense is designed toward to defend against specific punches. In order to teach and train basic defenses effectively, start the teaching defense in standing position, then with a partner. The partner can perform basic punches while the boxer defends him/herself using basic defense.

After mastering basic defense, the coach shall teach counter attack movement where the boxer defend against the partner’s punch then uses a basic punch to counter attack.

Common Mistakes in Basic Boxing Defense
- No eye contact with the opponent
- Eyes closed and/or mouth opened
- Defenses performed too early/too late
- Incorrect defense performed
- No protection against next punch by the opponent
- Defending movements are too wide or too low or too far
- Stiff movement
- Does not return to boxing stance after defense performed
DOUBLE ARM COVER

1. From the boxing stance
2. Bring the elbows and fists together, so they can almost touch each other
3. Keep the chin down
4. Keep your arms rigid
5. Return to the boxing stance
CATCH / BLOCK

1. From the boxing stance
2. Open the palm of the rear hand and move it forward to place it just in front of chin level to catch following punch
3. Keep rear arm rigid so that the glove is not forced back into the face
4. Catch the opponent’s punch
5. Return to the boxing stance

Defends against:
- Lead arm straight punch to the head
- Lead arm uppercut to the head
- Rear arm uppercut to the head
REAR ARM BLOCK

1. From the boxing stance
2. Rotate the body slightly to the lead side
3. Raise the rear forearm up and rigid, placing the fist at the temple, near the ear, similar to answering a telephone
4. Keep the lead arm rigid and up
5. Keep the eyes on the opponent
6. Return to boxing stance

Defends against:

- Lead arm hook to the head
1. From the boxing stance
2. Rotate the body to the preferred side
   a. Rotate the body to the rear side to block with the lead arm elbow
   b. Rotate the body to the lead side to block with the rear arm elbow
3. Block the punch with the forearm
4. Return to the boxing stance

Defends against:
- Lead arm straight punch to the body
- Rear arm straight punch to the body (use lead arm elbow to block)
- Lead arm hook to the body
- Rear arm hook to the body
- Lead arm uppercut to the body
- Rear arm uppercut to the body
SHOULDER BLOCK

1. From the boxing stance
2. Rotate the body to the rear side
3. Shift body weight to the rear leg
4. Keep the eyes on the opponent
5. Keep the chin down to hide behind the shoulder
6. Keep the lead elbow rigid near the rib area and the rear arm high around the chin area
7. Block the opponent’s punch with the lead shoulder
   a. Boxer should not lean forward
8. Return to the boxing stance

Defends against:

- Rear arm straight punch to the chin
DUCKING

1. From the boxing stance
2. Bend the knees down and inward
3. Keep the eyes on the opponent
4. The forearm and elbows protect the body.
   a. Make sure the head is above the opponent’s waistline.
5. Return to the boxing stance

Defends against:
- Lead arm straight punch to the head
- Rear arm straight punch to the head
- Lead/rear arm hook to the head
DUCKING (Slipping) TO THE LEAD SIDE

1. From the boxing stance
2. Bend both knees, the body and rear knee rotate to the lead side
3. Keep the eyes on the opponent
4. The forearm and elbows protect the head and body
5. Return to the boxing stance

Defends against:
- Rear arm straight punch to the head
DUCKING (Slipping) TO THE REAR SIDE

1. From the boxing stance
2. Bend both knees and rotate the body and lead knee to the rear side
3. Keep the eyes on the opponent
4. The forearm and elbows of the lead arm protect the head and body
5. Return to the boxing stance

Defends against:
- Lead arm straight punch to the head
- Rear arm straight punch to the head
- Lead arm hook to the head
- Rear arm hook to the head
SWAY BACK

1. From the boxing stance,
2. Shift the body weight to the rear leg
3. Keep both arms up for the protection
4. Use only the upper body to lean backward
5. Return to boxing stance

Defends against:
- Lead arm straight punch to the head
- Rear arm straight punch to the head
- Lead arm hook to the head
- Rear arm hook to the head
- Lead arm uppercut to the head
- Rear arm uppercut to the head
1. From the boxing stance
2. Bend the knees down
3. Move the upper body to the direction of opponent’s hook while bending knees down
4. Move the upper body to the opposite direction as opponent’s punch moves above the head
5. Return to boxing stance by standing up

Defends against:
   - Lead arm hook to the head
   - Rear arm hook to the head

STEPPING BACK
1. From the boxing stance
2. Quickly step backward

Defends against:
   - All basic punches

JUMP BACK
1. From the boxing stance
2. Jump backward
   a. Different than backward step, both feet should move together at the same time
3. Boxer should be in the boxing stance when landing

Defends against:
   - All basic punches
Combinations of Punches

Two or three punch combinations can be performed with good coordination skills. Combinations of punches can be performed in standing position or movement with a step forward or step backward. When teaching or training combination of punches, first teach and train in the standing position then with movements without partners. Coach should focus on the pivoting of boxer’s hips and shoulders between movements and on proper boxing position.

TWO PUNCH COMBINATION EXAMPLES

- Lead arm straight punch to the head – Rear arm straight punch to the head
- Lead arm straight punch to the body – Rear arm straight punch to the head
- Lead arm hook to the head – Rear arm straight punch to the head

THREE PUNCH COMBINATION EXAMPLES

- Lead arm straight punch to the head – Lead arm straight punch to the head – Rear arm straight punch to the head
- Lead arm straight punch to the head – Rear arm straight punch to the head – Lead arm straight punch to the head
- Lead arm straight punch to the head – Rear arm straight punch to the head – Lead arm hook to the head

Feints

Feints are fake movements using the hands, body, legs and head in order to trick an opponent. Feints can be a single movement using any body part or a combination of several body parts.

- Feint should be considered as a preparation of attack
- Feint should come before performing any punches
- Feint can be performed while moving forward, backward or sideways
- Feint must be a very quick movement and the following action also must be quick
- The boxer should practice feinting continually.
  - Use a mirror to check the quickness and effectiveness

Example of Feints:

- Constantly extend slightly and retract lead arm to pretend performing lead arm straight punch to the head
- Flex the knee of the lead leg to pretend stepping forward

Boxing at Various Distances

Depends on the boxer’s strengths and weaknesses or opponent’s strengths and weaknesses, boxers can choose to compete using different distances tactically. Distances can be determined in three; long distance, medium distance and short distance. In these different distances, different punches and movements are made to successfully land blows.
**Long Distance**

Long distance is the range that the distance from the opponent is far enough that the boxer cannot deliver the punches without stepping forward. Therefore, when the boxer wants to deliver punches in long distance, he/she has to step forward.

Mostly straight punches are used when boxing at long distance. Therefore, long range is preferred mainly by tall boxers with long arms. Long range boxing usually occurs at the center of the ring and boxing in long distances, movements are more visible to the judges.

**Medium Distance**

Medium distance is the range that you can deliver the punches without moving forward. Therefore, when boxers fight at medium distance against each other, straight punches without full extension of arms or hooks are used.

This style requires boxers with more movement, because punches can be exchanged without the extra effort of moving forward. Therefore, this style is recommended for boxers who are physically well prepared and have good fitness levels.

**Short Distance**

Short distance is the range that boxers’ gloves almost touch each other’s. In short distance boxing, boxers can only exchange short range punches such as short hooks or uppercuts.

This style is mainly preferred by boxers who have short heights and are physically strong. Also, similar to the medium distance boxing, boxing at short distance also requires good physical preparation and fitness level.

**PHYSICAL TRAINING**

Physical training develops the motor abilities, such as endurance, strength, speed, and coordination that are crucial for boxers. Physical training must be conducted adjacent to technique training. Physical training is very important training for athletes.

**Endurance Training**

Endurance is the ability to carry on physical work for longer periods of time with certain intensity without diminishing the work’s effectiveness. It is also referred as fitness or energy.

General Endurance Training Exercises - examples
- Long distance running with low and medium speed
- Long distance swimming
- Skipping (Jump roping)
- Any exercises with various training methods – interval etc
- Team games

Boxing Specific Endurance Training Exercises - examples
- All bags punching, punching to the other boxing equipment
- Sparring
- Shadow Boxing
- Pad work with coach
Strength Training
Strength is the ability to apply forces to physical objects using the muscles. Physical strength is also referred as muscular strength. It is easy to connect strength training with weight training. However, in the early stages of training, weight training with heavy weights is not recommended.

General Strength Training Exercises (See Appendix A for examples)
- Exercises using own bodyweight or partner’s
- Throwing medicine balls
- Various forms of jumps, multi-jumps, hops, bounds
- Upper Body
  - Chin-up/Underhand Pull-down
  - Pull-up/Overhand Pull-down
  - Bent Row
  - Push-up/Chest Press (dumbbell/barbell)
  - Decline Push-up/Incline Press (dumbbell/barbell)
  - Triceps Dips (chair)
  - Bicep Curls (dumbbell/barbell)
- Lower Body
  - Squats
  - Good Mornings
  - Calf Raises
- Core
  - Sit-ups
  - Leg Raises
  - Side Bends
  - Lower Back Extensions

Boxing Specific Strength Training Exercises- examples
- Shadow boxing with very light weights
- Shadow boxing on soft surfaces (legs strength)
- Shadow boxing and other exercises in water with light weights
- Punch exercise with heavier gloves
- Exercises with rubber resistance.

Speed Training
Speed is the ability to perform movements in the fastest way in the shortest time. Speed training can be done to develop reaction time, quick movements and frequency of movements.

General Speed Training Exercises- examples
- Short distance (20 - 60 meters) running
- Running and physical exercises with repetition training method – sprints
- Skipping (Jump Rope) with acceleration
- Alternating starts in various body position
- Team games and plays
Boxing Specific Speed Training Exercises- examples
- Pad work with the coach
- Shadow boxing with different pace on the coach’s signal.
- All bags punching with different pace, based on the coach’s signal
- Boxing technique exercises with partner from lower weight category
- Shadow boxing in limited movements space

**Coordination**
Coordination is the ability to control movement of own body in space and time and it includes balance, spatial orientation and rhythm. During the coordination training, the coach must consider that some people are less coordinated and show slower progress than people who are naturally coordinated. Coordination skills can be improved. Therefore, try to encourage athletes who make slower progress in coordination development.

**General Coordination Training Exercises**
- Walking with arm swings*
- Walking and performing straight punches*
- Weave In – Weave Out*
- Tennis ball exercises (with or without partner) – Throw and Catch
- Balance exercises
- Games (Soccer, mini-hockey, Basketball or volleyball)
- Roll forward, backward and to both sides
- Summersault, jumps etc.
- Skipping (Jump Roping) in various ways – skipping backward, on one leg etc.

**Specific Exercise**
- Shadow boxing in different boxing stance
- Sparring against boxers with different boxing stances (orthodox boxer – southpaw boxer and vice versa)
- Boxing steps with punches (same arm and leg, different arm and leg)
- Various technical combinations

* Please refer to Appendix A: Strength & Coordination Training Exercise Examples

ADVANCED TRAINING

**Isometric Training**
Isometric training is set of exercises performed without any visible body or muscle movement, also known as static exercises such as stretching. This training program is used to develop stronger muscles through resistant. Isometric training will improve the strength, but for the better result, the strength training should be combined with dynamic strength exercises such as weight training.

Four (4) to six (6) isometric exercises can be integrated in one training session.

Basic principle of isometric exercise is not on the volume, frequency or repetition of the exercise. Rather it is more focused on the duration of the exercises. Isometric exercise can work on the overload principle. Gradually increase the weight or resistant to increase intensity of the exercises.
ISOMETRIC TRAINING PROGRAM

- Exercises can be done without any kind of machines or equipment in anytime and anywhere
- Optimal strength and power can be developed using four (4) to six (6) repetitions with 20 – 40 seconds per repetition with proper rests between each repetitions
- Resistance in exercises can use boxers’ own body, existing structures and weights
- Allows more muscle fibers to work than normal strength exercises. More activation of muscle fibers allows boxers to develop stronger muscles of whole body
- Exercise can be done in any place, any time and any position
- Vary the intensity, duration and repetitions of exercise based on the boxers’ capabilities

PLEASE REFER TO “APPENDIX C: ISOMETRIC TRAINING” FOR ISOMETRIC EXERCISE EXAMPLES

Plyometric Training

Plyometric training is set of exercises performed to develop strength in different parts of the body with fast and powerful sequences and movements. It is based on exercises made with the boxers’ weight and do not involve any additional weights. Two or three plyometric exercises can be integrated in one training session and preferably to be done in the morning to have less muscle fatigue.

Basic principle of plyometric exercise is progressive overload which, when followed, has shown much success in developing dynamic strength, power.

Overload

Training must place a demand or overload on the body’s system for improvements to occur. As the body adapts to the increased training load, more training load must be added.

To experience the adaptations stimulated by the overload principle, training load must not be increased quickly otherwise, the body will not adapt and will breakdown. Overload must be carefully controlled and ensure with steady rate of success and avoids the dangers of overtraining.

PLYOMETRIC TRAINING PROGRAM

- Optimal strength and power can be developed using six (6) to ten (10) repetitions per exercises with three (3) sets / cycles
- Build and incorporate different circuit training program
- Flexibility exercises should be included in warm-up
- Coaches must consider the specific needs of the boxer when selecting training exercises
- Exercises are formulated with bounds, hops, jumps and twists
- Exercises enable boxer to change direction, body movements and positions
- Vary the intensity, duration and frequencies of exercises. Training emphasis must be under coach’s control
- Improvement of speed can be obtained by performing boxing movements quicker than usual speed

PLEASE REFER TO “APPENDIX B: PLYOMETRIC TRAINING” FOR PLYOMETRIC EXERCISE EXAMPLES
Overtraining

Overtraining occurs when the exercises exceed the boxers’ capacity of physical and psychological limit. Overtraining can be occurred for example due to inappropriate training loads (intensity and volume) which are not adapted to boxer’s limits, inappropriate selection of training exercises, bad structure of short-term and long-term training plan, wrong number of competitions planned for boxer and etc. It is important for coaches to avoid overtraining boxers.

PHYSIOLOGICAL SIGNS OF OVERTRAINING
• Sleep disturbance, restlessness an excitability
• Loss of coordination
• Increase sensation of thirst
• Loss of appetite
• Headaches, nausea, increase muscle soreness
• Loss of competitive desire

PSYCHOLOGICAL SIGNS OF OVERTRAINING
• Feels despair and decreased self-esteem
• Sensibility to environmental and emotional stress
• Fear of competition and resistant to challenge

In order to avoid the overtraining, knowledge of the boxer is critical, allowing the coach to see a problem before it gets out of the control and continuously monitor the boxer’s heart rate and behaviors.

Prevention is the key to avoid overtraining. With good planning, effort, a structured, fun and beneficial sport program shall be constructed and training session must be carefully monitoring or recorded to learn about the boxer and providing enough rest are vital to reducing the incidence of overtraining.

TACTICAL TRAINING

Tactics are the strategies used in competitions. Coaches can build and plan tactics based on the boxer’s style of boxing, strengths and weaknesses; the opponent’s boxing styles and his/her strengths and weaknesses. (see styles described in the next section: Boxing Against Different Character Boxers)

Boxers can benefit from tactics, because good tactics will allow boxers to use less physical effort and techniques in bouts. This will allow boxers to stay in good condition physically and psychologically.

However, tactics are not the sole responsibility of coaches. Coaches and boxers can discuss and share experience and knowledge to build strengths and tactics that fit the boxers. These tactics must be trained during training sessions for the boxers to remember and carry out during the competitions.

In competition, coaches and boxers must remember that they must use different tactics accordingly. In order to make adjustment to tactics in the ring:

• Be relaxed, don’t be too tense
• Never underestimate or over-impressed by an opponent
• Act confident in the ring; avoid any display of discomfort or tiredness
Carry the hands high at all times, appropriately to the situation in the ring
Keep your chin down by watching your opponent through eye brows
Spot an opponent’s mistakes or weaknesses as soon as possible
Don’t apply unnecessary movement to waste the energy
Keep on balance at all times, punch only when opponent is within your range and when you see an opening
Start and finish a combination with the lead hand
Deliver dynamic punches with different movements
All punches can be performed as a counter punch while in defense
Move around at all times, especially when the opponent sets for a punch
Your opponent is also getting tired
Don’t give up – it only takes one punch to turn the contest around

Boxing Against Different Character Boxers

Coaches and boxers should be aware that every boxer has different characteristics and the application of the correct tactics against these opponents can increase the chance of winning the bout

Against The Tall Opponent
- Keep moving to both sides
- Draw the lead and move in to shorter distance
- After moving in to shorter distance, use different punches to the head and body, such as hooks and uppercuts

Against The Short Opponent
- Do not step backward in a straight line, use sidesteps and work to the sides
- Use straight punches and uppercuts
- Footwork must be executed quickly
- Step back when opponent tries to land a punch, then deliver a counter punch
- Constantly move backward to box at long distance
- Constantly deliver punches
  - If the punch lands on opponent, follow up with another one
  - If the punch misses, clinch

Against The Opponent Continuously Using Lead Arm Straight Punch
- Keep the body low
- Move under the opponent’s straight punches
- Weave to either side
- Use different punches to the body

Against The Heavy Puncher
- Keep moving
- Make it difficult for the opponent to get set to deliver punches
- Launch a surprise attack
- Do not exchange punches, move away immediately
- Move around the ring in all directions
**Against The Counter Puncher**

- Force him/her to lead (punch) by feinting, then use counter attack
- When opponent uses counter punch, try to re-counter
- Try to impose an offensive style and constantly attack to disallow opponent to counter punch

**Against The Opponent with Opposite Stance**

- Force him/her to lead
- Circle to the opponent’s blind side, to stay away from dominant hands
- Always set lead foot outside of opponent’s lead foot, it will make easier to avoid opponent’s attack
- Use your rear arm to protect your head and trunk
- Strike by lead arm very often
- Use double punches, striking by rear arm, when You attack

**Tactic on the Ropes and The Corner**

When trapped on the ropes or in the corner, the boxer must learn to escape quickly.

- Use the space inside the boxing ring in order not to get trapped on the ropes or corner
- Apply dynamic attack and try change the position with your opponent
- Counterpunch with combinations and sidesteps to either side
- Draw the opponent to you and use the feints to mislead him/her then quickly get out of the corner
**Example Option #1** – Defensive Blue Boxer blocks, sidesteps, and turns Red Boxer to the ropes

**Example Option #2** – Defensive Blue Boxer rolls out, sidesteps and turns Red Boxer onto ropes
Example Option #3 - Defensive Blue Boxer blocks, counters with a hook, sidesteps and turns Red Boxer onto the ropes
SPARRING

Safe Sparring Practices

Sparring is an important part of preparing a boxer for competition. However, if a coach does not prepare and supervise a sparring session properly, sparring can be dangerous and discouraging to the boxers involved. It is critical to have goals and guidelines in place to ensure that sparring sessions are safe and productive for all boxers involved.

Goal Setting (Examples: Introduction vs. Development, skills vs. strategies; etc.)

It must be made clear to boxers that the purpose of sparring is to learn and practice. Both boxers involved must understand they are there to help each other and that even a much more experienced boxer can have a productive session with a less experienced one if goals are established for each boxer. At the beginning of each session remind each boxer of the safety guidelines and discuss goals for each. If a more experienced boxer is working with a less experienced one, make sure the more experienced one understands the concept of working with the less experienced boxer. The experienced boxer should not be encouraged to lower their skills but rather maintain excellence for their skills while using a lower intensity for speed, strength and tempo.

Preparing Boxers for Their First Time

It is important to prepare boxers for their first time sparring. Most boxers feel nervous and tense the first time they box and often aren’t sure what to expect. Words of encouragement and a clear explanation of what to expect will help alleviate some of the initial anxiety. It is a good idea to put a first time boxer in with a more experienced boxer who is able and willing to work with the new boxer to help make it a positive experience. A coach should make sure a first time boxer understands the safety rules of a sparring session and is wearing safety gear and gloves necessary for a safe session. A coach may want to be inside the ring when a first time boxer spars so they can stop the action often and give instruction. Expect the inexperienced boxer to get tired quickly and limit the number of rounds they go. Don’t hesitate to end a sparring session early if for any reason the first time boxer does not seem to be handling sparring well. It is a good idea to take a beginning boxer in a slow progression of drills and controlled sparring before involving them in open sparring.

Safety Rules & Safe Environment

The following safety rules will help maintain a safe experience while sparring.

1. Sparring must always be supervised by a registered coach.
2. Boxers should wear mouthpieces, protective cups, headgear, and size appropriate (training) gloves (by age, weight, experience), while sparring.
3. Boxers should always spar in a controlled manner.
4. Sparring should be stopped and evaluated at any time a sparring session gets one-sided
5. Safety is always the number one priority during sparring and competition
Types of Sparring

Drills
Boxing drills that emphasize form and function are an important first step in preparation for open sparring and competitive boxing. Beginning boxers especially need to get comfortable throwing and blocking basic punches in drills that simulate actual sparring. Drill involved a controlled number of punches thrown and blocked. The emphasis in drill is not necessarily in making contact but to practice form and technique.

Examples:
- Jab/Block drills - where partners take turns throwing jabs at one another
- Defense drills - where partners alternate throwing punches and blocking and slipping punches
- Two punch combination drills - where partners alternate 1-2 combinations at each other
- Shadow boxing sparring - where boxers punch in close range and work on footwork skills and ring strategy without actual contact.

Technical Spar
Technical Sparring is similar to drills with an emphasis on actual contact. Technical Sparring might include the same exercises as drills, but the emphasis is on a more realistic simulation where boxers actually try to make contact, bringing the boxers one step closer to actual competitive boxing while maintaining a focus on form and technique. With technical sparring the drills, practices will get progressively more complex with boxers practicing various punch combinations that include hooks and uppercuts and defense for those punches. Additionally Technical Sparring can include working on footwork and movement as well as working on techniques like keeping one’s distance or fighting in close.

Examples:
- Straight Punch sparring - Boxers throw only straight punches in any
- Body punch sparring - Partners only throw punches to the body.
- Combination - Boxers focus on throwing combinations of punches.
- In close sparring - Boxers focus on staying close to their partner to work on infighting.
- Movement work - Boxers focus on movement, pivots and footwork.

Open Spar
Open sparring should only be allowed after boxers have had some experience with drills and technical sparring. Open sparring involves boxers throwing all punches similar to what they would do in a real competition. Goals should still be established for each boxers so that they work on areas of needed improvement and keep the focus on improving their technical skills. Safety should always come first when conducting open sparring.

Monitoring Sparring Sessions
Sparring sessions should always be supervised by a coach or other experienced adult. Unsupervised sparring sessions or even supervised sessions where boxers go all out can be the most dangerous part of boxing. A consistent emphasis on developing skills is critical to keeping it safe. Coaches should give instruction to the boxers involved throughout the sparring session to keep the sessions focused on pre-established goals. If a boxer takes a hard blow during a sparring session, stop the sparring and make sure the boxer is okay before continuing. If a sparring session starts to look one-sided, a change in goals may be in order or it might be a good idea to stop the session if one boxer is too fatigued to continue. Never let a boxer take sustained punishment during a sparring session. Encourage boxers to work on speed and technical skills as opposed to power during sparring sessions.
It is clinically proven that custom-molded mouthguards are the best option to reduce the risk of sports-related concussions. Athletes wearing store-bought (over-the-counter) mouthguards are more than twice as likely to suffer mild traumatic brain injuries (MTBI)/concussions than those wearing custom-made, properly fitted mouthguards (May/June 2014 issue of General Dentistry).

This is why USA Boxing has teamed up with Impact Mouthguards. Unlike a “boil and bite” guard, Impact custom mouthguards are hand handcrafted with an easy do-it-yourself molding system which allows for the perfect fit so you to breathe easily, communicate clearly and even hydrate while it is in place between rounds. Impact’s CFS “Custom Fit System” ensures flawless comfort and unmatched protection with multiple layers of shock absorbing EVA material.

USA Boxing Members Save 15% Off.
Use Promo code “USABOXING” at checkout.
Log on now: www.ImpactMouthguards.com
Appropriate Sparring Schedules

Quality is much more important than quantity when it comes to setting sparring schedules for boxers. A general rule is that intensity and duration are inversely proportionate, which means when intensity goes up, the amount of allotted time goes down and vice versa. When working on endurance boxers should generally box a few more rounds than their competition. If a boxer is competing for 4 rounds then going 5-6 rounds in sparring can be beneficial. Rounds should be the same or slightly longer than competition rounds. When the purpose of sparring is to increase punch volume then consider using a “counter” to tally the number of punches thrown, encouraging more each round. Once the amount of punches has been increased to a satisfactory level, then keep tally of punches “in range” that actually connect.

Finally, acknowledge only legal scoring connections, making the sparring session as realistically competitive as possible.

- Monday – Lesson with repetitive Drills ex. Boxer A throws Jab, Boxer B slips left-throw left uppercut to body, and Boxer A throws Jab, Boxer B slips right-throw right uppercut to body
  - Any level can work with any level as long as skill integrity is maintained
- Tuesday – Technical Spar with alternating roles each round where Boxer A throws random jabs, and Boxer B has all jab defenses plus counter uppercuts to Boxer A’s body
  - Basic Boxers with Basic or Intermediate Boxers
  - Intermediate with Basic or Advanced
  - Advanced with Intermediate
- Wednesday – Open Spar with 100% skill excellence, 50-75% speed/strength/tempo
  - Basic with Intermediate
  - Intermediate with Basic or Advance
  - Advance with Intermediate
- Thursday – Technical Spar same as Tuesday, or Drills as an extension from Monday, emphasizing corrections from observations made during Wednesday’s Open Spar
- Friday – Open Spar with an emphasis on the skills and/or strategies from this week’s themed lesson, with 100% skill excellence, and 50-100% speed/strength/tempo depending on the season and intensity of upcoming competitions (first returning to gym vs. prepping for an advancing tournament)
TRAINING WITHOUT EQUIPMENT

Many training sessions can be done without having gym equipment or training equipment. ENDURANCE

TRAINING
- Long distance running on any surface
- Swimming
- Games and plays
- Gymnastic exercises in various conditions and places.

STRENGTH TRAINING
- Lifting and carrying wood, stones or a partner
- Pull-ups on tree branches or any bars
- Climbing Trees
- Obstacles jumps

SPEED TRAINING
- Short distance (20 – 60 meters) running on any surface - sprints
- Running with various, different training methods
- Exercises with using little things – stones, cones etc.
- Sprints with obstacles, for example sprints among the trees.

COORDINATION TRAINING
- Balance exercises for example one leg balancing
- Mirror Games (athletes mirroring each other’s movement)
- Exercises – for example opposite arm circles (Right arm swings backward while left arm swing forward and vice versa)
- Balance exercise on rocks and other obstacles

Same as training in the gym, boxers should be where the coach can see and observe everyone’s movement and in close proximity to where the boxers can hear the demonstration and explanation of the exercises.

ATHLETE MOTIVATION
- Help develop self-esteem
- Help develop self-confidence through small successes
- Help develop courage
- Point out his/her strengths
- Use the positive opinions of his/her peers and environment about him/her
- Use awards and negative evaluation appropriately with 50:50 ratios
- Establish objectives which are obtainable
- Adjust workload to individual’s capabilities
- Gradually increase the difficulties of training exercises
- Support the athletes more when they are not successful
- Teach to use defeats as motivation to increase efforts
- Teach him/her how to take defeat with dignity
- Do not give up on a boxer who loses the bout. The boxer can learn from defeats and gain experiences through defeat
- Get the family and his friends etc. involved in the training process and have a parent to help you in motivating the athletes
**RECOVERY**

Recovery is a very important part of the training even at the beginner stage. In the early stages of the training, it is important for athletes to recover from sleep, relaxation and active rest rather than using special tools or methods. When athletes can maximize their recovery effort, it helps athletes to have adequate preparation to perform future tasks and achieve success.

Following are good recovery tools for boxers:

**SLEEP**
Sleep is the best recovery tool for any athlete and it expedites the recovery process better than any other recovery tools. 8 - 10 hours of sleep is adequate for boxers.

**ACTIVE REST**
Active rest such as swimming, walking, table tennis, bicycle ride performed in very low intensity etc. could help athletes to recover physically and psychologically.

**RELAXATION**
Music, television and using any media sources while physically resting can help relaxation, lower psychological tension and create a positive attitude.

**MASSAGE**
Massage manipulates the body with pressure to relax muscles in the body. It can be applied to whole body or sore areas. Massage can be applied by others or oneself. There is limitation to the muscle groups that can be massaged, if the athlete massages himself or herself. Massage can be applied before a bout as a part of warm-up and after a bout to accelerate the recovery process. Massage can be applied in the same way before and after warm-up. Properly performed massage can speed up the recovery process by approximately 30%.

**SAUNA**
Sauna is a small room or place with temperature at 60°C to 100°C (depending on humidity). Sitting in a sauna can induce relaxation of muscles, increase blood flows and release of the waste toxic through the skin with sweat. Even though a sauna is a good tool for relaxation, it can be a harmful. Extended stays in a sauna can cause dehydration and heat stroke. The best way to use sauna is not to stay in for a long-period of time, 15-20 minutes at a time is ideal and to regularly sip water or sports drinks while staying in the sauna.

**ICE PACKS**
Application of ice packs will keep boxers alert and fresh and help recover from any sore muscles. Advantage of ice pack is that it can be used during the competition bouts and sparring. Applying to the back of the neck between rounds would benefit the boxer in recovery.
EVALUATION

Training Sessions

As part of training preparation all coaches must plan his/her work. After completion of the work, he/she should analyze and evaluate, if the objective was achieved or not, to find the reason for the achievement or failure. Evaluation is a wonderful instrument for the development of quality of the training and coaching ability. Evaluation does not complete the training session, evaluation should be utilized and referred to the next training sessions and so on, to improve and prepare better training sessions for the boxers and coach him/herself. Therefore, the coach should find an answer for the following questions:

- Was the objective of the training session achieved?
- Was the appropriate workload selected?
- Was the exercise too difficult or too easy?
- Was the training session organized properly (Equipment, group, and etc.)
- Were there any Injuries during the training?
- Boxer’s Feedback positive or negative
- Communicate with the boxers accordingly
- Training session conducted according to the plan
- Training session interesting
- Did you use proper training methods to develop motor activity?
- Correct training method used for techniques taught

Technical Development

Proper execution of techniques is important in boxing. In order for coaches to conduct accurate evaluation of a boxer’s techniques, he/she may use a video camera to record the assessment session.

Evaluation of techniques in the early stages of training is very important, because boxers may acquire and build wrong habits or movement, and if the coach overlooks these wrong movements in early stages, it will be difficult to correct them in the later stages. Therefore, the coach must pay particular attention to every movement and evaluate carefully and conscientiously.

After evaluation, the coach should discuss the boxer’s problems in the execution of techniques, teach them the correct ways, and encourage them to become better. When evaluating the boxer’s techniques, the coach should pay particular attention to the following:

- Boxing stance
- Position of feet
- In boxing stance
- Boxing steps
- Position of arms
- Accurate execution of arm movement in punches
- Proper guarding with arms
- Does arm retract along the same paths after punches
- Rotation of the body
- Use of proper defense against different punches
- Accurate execution of movement in defense
Physical Development

In order to evaluate physical development of athletes, the coach should implement assessment tools. The coach can conduct simple physical tests. This physical test should be conducted in the very beginning stages of athlete’s training, possibly the first week of training. Assessment of physical condition of the athlete in the beginning part of the training will allow coaches to design training programs effectively. Evaluation of physical development can be assessed three (3) to four (4) times a year.

Evaluation of physical development will monitor endurance, strength, speed and coordination of the athletes. In order to acquire accurate results, the assessment method must be the same as previous assessments. For example, if coach used 100m sprint running as an evaluation method for speed in a previous assessment, 100m sprint running should be the method for evaluating speed in future assessments.

The test result must be recorded and kept for a long period of time, preferably until the athlete retires. Recorded test results can be compared not only with the athlete’s old record, but also it can be compared with different athletes’ test results. The coach can analyze the test result to find the strengths and weaknesses of the athlete, adjust the training program and share with athletes to motivate the athletes and keep up their interest.

Physical Development Evaluation Methods Examples: Endurance
- Long distance (1100 yards) running

Strength
- Push-ups in 1 minute
- Chin-ups
- Sit-ups in 1 minute

Speed
- Short distance (50 meters) sprint running

Coordination
- Obstacle Running – for example envelope running.

See Appendix A for Physical Training Examples
Tactical Development

Due to the nature of boxing, where boxers are lone fighters against his/her opponent in the ring, it is important for boxers to learn tactical aspects in boxing. Evaluation of tactical development can be evaluated by using different methods.

One of the assessment methods can be utilization of visual methods, such as films and video tapes. While watching these visual tools, coach can ask questions to boxer about his/her thoughts about tactical approaches that were made and that can be used.

Other than using visual method, coach can assess boxer’s tactical development by placing him/her in sparring against partners who use different styles of boxing. Conduct sparring without any tactical instruction and have boxer make his/her own tactics during the sparring session, coach can evaluate tactics used by boxer in sparring session to evaluate use of different tactics and execution.

Prior to conducting an assessment, the coach must plan and prepare the evaluation criteria such as:

- Does a boxer fully understand the tactics taught?
- Does a boxer quickly and correctly identify opponent’s boxing style?
- Does a boxer manage to make an adjustment to the tactics?
- Does a boxer know which tactics can be used against his/her opponent?
- Does a boxer properly execute the tactics?

ADVANCED TECHNIQUES – USA

USA Olympic boxing style is diverse because of the cultures, ethnic backgrounds, teaching methods, philosophies and styles taught by a wide range of American coaches. A major element observed in the USA style is the athleticism of the boxer. Athleticism allows the boxer to utilize his/her speed, power, strength, quickness and agility. These attributes are nurtured by the coaches within the USA Boxing Program.

A unique factor of USA boxing is the unlimited domestic competitions provided by Silver Gloves, Golden Gloves, National Police Athletic League, Armed Forces and the Junior Olympic Programs. These programs contribute to the American boxer as they develop required experience such as techniques and tactics to be successful in competition at an early age.

Boxing Stance

Majority of US boxers box with a balanced boxing stance then the boxer prepare his/her attack by using lead hand straight punches then follows with different combination of punches and work to attack from variety of angles with movements.

Balanced boxing stance, boxer has feet at shoulder width, weight distribution evenly between feet. This allow boxer to move in the ring with greater ease in every direction without coming off balance.

In the initial stage, boxing stance of the boxer is determined by his/her physiological characteristics and coaching philosophy. Over the course of development, boxers adjust based on the factors and the situations in the competitions.
**Classic**
- Stand 45 degrees side way with your non-dominant hand’s shoulder forward
- Keep both feet shoulder width apart with lead foot forward
- Slight bent both knees
- Slightly raise the heel of rear foot
- Keep the lead foot flat on the floor
- Tilt the chin slightly forward
- Lead hand up at eye level with elbow covering the rib cage on lead side of body
- Rear hand up at eye level with elbow covering the rib cage on rear side of body
- The bodyweight is distributed slightly more to the rear foot
- While shifting bodyweights more to the rear leg, slightly lean the upper body forward to create the balance

**High (Double) Guard**
- From the basic stance
- The bodyweight is distributed more on rear leg
- Knees are slightly bent
- Slightly raise the heel of rear foot
- Pull in elbows tight to the body, covering the ribs and body
- Both hands and arms cover face and upper body

**Half Guard**
- Stand slightly on 45 degree angle with lead side shoulder forward, presenting a smaller target
- Place feet same as basic stance, distribute weight equally to both feet
- Slightly elevate heel of rear foot
- Slightly elevate the lead shoulder
- Rear hand is held against the lead side of the face as a defensive shield with lead arm elbow on the rib cage
- Lead hand is held across the stomach above the belt line, just below the rear arm elbow, but can be elevated slightly on boxer’s choice
- Rear hand catch or block any punches coming toward both/either the rear side and/or the lead side of the face
Footwork

In the previous part of the Coaches Manual, we have discussed about basic boxing steps. The boxer must master of making forward, backward, left and right steps with good coordination and balance, in order to have advanced level of foot work / foot movement.

Since the boxer fights in the limited space in the ring, boxer must learn to make a round movement as shown in diagram before learning additional feet movement.

**Bouncing**

- Up and down on balls of the feet, alternating bouncing on left then on right (the same motion as jumping rope)
- Feet can go side to side or in and out
- Move in all directions on balance
  - It is very important to maintain the balance
Step & Slide
• From the boxing stance
• Step with lead foot and slide rear foot to the direction of lead foot
• Maintain balanced stance throughout the movement
• Return to the boxing stance

Step & Hop
• From the boxing stance
• Step with lead foot and as boxer slides the rear foot in the direction of lead foot
• Make a small hop with lead foot
• Return to the boxing stance
• Maintain balance stance throughout the movement
**Shuffling**
- From the boxing stance
- Shuffle both feet by slightly bouncing and sliding in the desired direction
- It is important to maintain the balance

**Attacks**

Advanced attack consists of combinations of different elements such as movement, feints and different punches. When the boxer masters the basic element of punches, movements, feints and defenses, coach shall combine the boxing elements and try different variations according to the tactics, situations and boxer’s characteristics (strengths and weaknesses).

**Combination of Punches**

- Short series of punches – attack with combination of hooks and uppercuts constantly in short distance against the opponent
- Long series of punches – attack with combination of straight punches constantly in medium to long distance against the opponent
- Accentuated punches – not all punches are thrown with maximum strength and speed, among the series of punches, boxer choose to throw one or two punches with maximum strength and speed
**Attack with Preparation**
- Preparation includes any maneuvering action to draw opponent’s movement. These includes feints, drawing out or maneuvering actions
- When boxer create an opening, immediately attacks the opponent

**Attack without Preparation**
- Boxer observes an opponent’s movement to seek for opening
- When boxer sees the opening, immediately attacks the opponent
- Using proper combination of punches to take advantage of the opening

**Counter**
- Counter to the Head
  - When opponent shows a move to perform lead hand straight punch to the head
  - Quickly perform the lead or rear hand straight punch to the opponent’s head to the side where he/she is performing the straight punch
  - Simultaneously, move the head away from opponent’s punch
- Counter to the Body
  - When opponent shows a move to perform lead hand straight punch to the head
  - Quickly perform the lead or rear hand straight punch to the body toward the opponent’s side where he/she is performing the straight punch

**Counter Attack**
- Responsive action after performing defense move against opponent’s attack

**Defenses**

**Passive Defense**
- Boxer takes no immediate actions and remains observing the opponent after the opponent’s attack

**Active Defense**
- Boxer takes immediate action after opponent’s attack with either counter attack or anticipated action
Types of Defensive Move

Defense Action can be divided into three categories.

- **HAND DEFENSE** - Uses hands, arms and shoulder to either block or parry opponent’s attack  
  - Hand Defense Double Arm Cover  
  - Catch / Block  
  - Arm Block / Elbow Block / Shoulder Block  
  - Parry

- **BODY DEFENSE** - Uses the upper body without moving the lower body to make defensive moves  
  - Ducking  
  - Rotation  
  - Swaying Back

- **LEG DEFENSE** - uses foot movement to move away from the opponent’s attack range  
  - Step Back  
  - Jump Back

Additional Defense Moves

BOBBING AND WEAVING

- From the boxing stance  
- Bend both knees while simultaneously step to the direction of on-coming punch  
- Move below the opponent’s punch (head must be lower than opponent’s punch, must keep the eye contact with opponent)  
- Turn the waist to either left or right, in order to set up the counter  
- Perform the counter punch  
- Return to the boxing stance
PIVOT OUTSIDE

- From the boxing stance
- Anchor the lead foot in position, take rear foot to the 90 degrees behind while rotating the whole body
- Maintain the balance and return to the boxing stance

PIVOT INSIDE

- From the boxing stance
- Anchor the lead foot in position, take rear foot to the 90 degrees front while rotating the whole body
- Maintain the balance and boxing stance
FEINTS

- Hiding boxer’s intention by deceptive action
- Different types of feints should be applied for certain tactics and situations
- Feints must be quick and provoking
- Feints should be made in appropriate distance
- Feints can be also used for close-in of the distance, boxer uses feints to get closer to opponent by moving forward or drawing opponent to move closer or make opponents to move backward toward the rope or corner
- To make opponent to take any attack action that will create an opening for the counterattack
TYPES OF FEINTS

• Head Feint
  • Move the head forward and retract
  • Move the head side to side

• Eyes Feint
  • Look to opponent’s abdomen area
  • Look to opponent’s feet

• Arm Feint
  • Extend lead arm slightly to opponent’s head or body and retract, imitates the attack movement

• Body Feint
  • Move the upper body (shoulders) toward the opponent or sideways to imitate the intention of striking a blow, and return to original position

• Leg Feints
  • Flex one or both knees slightly to lower the body then stand back up, pretend that the boxer is making an preparation for the attack movement
  • Anchor one leg on the floor, while the other leg move to the different directions

COMBINATIONS OF FEINTS

Each type of feints can be applied individually or combined with two or more elements. Ex.) Hand with Eyes or Leg with Hand and etc.

When performing feint movements, boxer must think about own defense, anticipate for any of opponent’s counter-attacks. Meanwhile, a boxer must also think about his/her action after the feint. Feints should be used as preparation actions for a main attack.
Training Plan Development

A one year training plan is developed to forecast and prepare the training schedule based on the boxer’s target competition. Purpose of training plan is to enable coaches to plan ahead for the upcoming training and competitions. However, the most importantly, training plan is developed to organize and manage better training process for the boxer and prepare boxer for the major and/or target competition according to his/her goal.

When developing a 1-year training plan, one of the factors to consider is timing between one competition to next, coach must calculate the timing and provide adequate amount of rest and preparation for the boxer. Also, coach must analyze the competition calendar carefully to take in consideration the level of competitions scheduled throughout the year and design the training program and prepare boxing for each training period and cycles.

One of the methods that U.S. coaches use to develop 1-year training plan is dividing one year into two to four training cycles based on the level of boxer and competition schedule. End of each cycle, boxer will participate at the tournaments or competitions that can help achieve boxer’s goals.

<table>
<thead>
<tr>
<th>1st Cycle (January)</th>
<th>3rd Cycle</th>
</tr>
</thead>
<tbody>
<tr>
<td>PC</td>
<td>SC</td>
</tr>
<tr>
<td>SC</td>
<td>PrC</td>
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<td>C</td>
<td>R</td>
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<td>PC</td>
<td>GC</td>
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<td>GC</td>
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<td>PrC</td>
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<td>C</td>
<td>R</td>
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<table>
<thead>
<tr>
<th>2nd Cycle</th>
<th>4th Cycle (December)</th>
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<tr>
<td>PC</td>
<td>SC</td>
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<tr>
<td>SC</td>
<td>PrC</td>
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<td>C</td>
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<td>PC</td>
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<td>PrC</td>
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<tr>
<td>C</td>
<td>R</td>
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</tbody>
</table>

- PC: Pre-Conditioning Period
- GC: General Conditioning Period
- SC: Specific Conditioning Period
- PrC: Pre-Competition Period
- C: Competition Period
- R: Rest Period

Each cycle consists of six (6) periods, Pre-Conditioning, General Conditioning, Specific Conditioning, Pre-Competition, Competition and Rest. In each periods, the boxer trains with different training goals and objectives to prepare for each competition at the end of cycle and Target competition toward the end of the
1-year plan.

**WHEN DEVELOPING 1-YEAR TRAINING PLAN:**

- Must be aware of when and where the major and target competition are held
- Start to schedule from Target competition day to the first day (work backward)
- Participate in small or medium tournament before and between the major competitions to control and monitor (evaluate) boxer’s preparation level and progress
- Select tournament according to boxer’s preparation level. Harder tournament may have negative effect on boxer’s psychological level
- Training program and schedule shall change accordingly by increase or decrease the intensity, mix of different training exercises to keep boxers’ interest and motivational level as well as fitness at high level

**Pre-Conditioning Period**

Training goal of the pre-conditioning period is the preparation of boxer physically to move on to the next level of training which is general conditioning period. Therefore, in this period, many training activities includes exercises that enhance and develop boxer’s cardiovascular fitness, body strength, basic boxing techniques, tactics and psychological training to help boxer to be able to focus and concentrated on the training schedules.

Duration of pre-conditioning period in a training cycle can be one week to three weeks depending on the competition calendar and the boxer’s preparation level. Number of training sessions and training hours can be adjusted accordingly by the coach, however it is not recommended to train more than three hours in one training sessions and three sessions per day.

<table>
<thead>
<tr>
<th>EXERCISES</th>
<th>DURATION</th>
<th>TRAINING LOADS</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Warm-up</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shadowbox</td>
<td>15min</td>
<td>Low intensity</td>
<td>Focus should be placed on movement, technique, and relaxation. Focus on Flexibility.</td>
</tr>
<tr>
<td>Light Stretching</td>
<td>10min</td>
<td>Light to Moderate</td>
<td></td>
</tr>
<tr>
<td>2. Main Training</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 Mile jog</td>
<td>14-20min</td>
<td>Low to moderate.</td>
<td>Gradually increase speed thru 40 yard distance. Walk back to starting point and repeat.</td>
</tr>
<tr>
<td>5-40yd sprints</td>
<td></td>
<td>Moderate to high.</td>
<td></td>
</tr>
</tbody>
</table>
3. Cool-Down

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Duration</th>
<th>Training Loads</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stretch</td>
<td>10-15min</td>
<td>Moderate</td>
<td></td>
</tr>
</tbody>
</table>

**General Conditioning**

Training goal of the general conditioning period is to raise and enhance and development of boxer’s cardiovascular training level and strength training level. Furthermore, advanced boxing technique, tactics and exercises are trained during general conditioning period. Continuously the boxer’s psychological development and preparation training will be conducted with tougher and harder training schedule.

Duration of general conditioning period in a training cycle is same as pre-conditioning period and it is one to three weeks depending on the competition calendar and the boxer’s preparation level. Again, the coach shall be responsible to set up the intermediate intensity training program with number of hours and sessions per day.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Duration</th>
<th>Training Loads</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Warm-Up</td>
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<td></td>
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<tr>
<td>• Dynamic warm-up</td>
<td>25min</td>
<td>Moderate</td>
<td>Designed for warm-up, flexibility, explosive strength, and agility</td>
</tr>
<tr>
<td>• exercises</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Main Training</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 2rds shadowbox</td>
<td>3min:1min</td>
<td>High</td>
<td>Focus on technique. Simulate situations.</td>
</tr>
<tr>
<td>• 4rds light sparring</td>
<td>3min:1min</td>
<td>Low to moderate</td>
<td>Combo sequences.</td>
</tr>
<tr>
<td>• 2rds heavybag</td>
<td>3min:1min</td>
<td>High</td>
<td>Combo sequences.</td>
</tr>
<tr>
<td>• 2rds double end bag</td>
<td>3min:1min</td>
<td>High</td>
<td>Work:Rest = 10sec:10sec</td>
</tr>
<tr>
<td>• Interval bag</td>
<td>10min</td>
<td>High</td>
<td></td>
</tr>
<tr>
<td>3. Cool-Down</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>• Stretch</td>
<td>10-15min</td>
<td>Moderate</td>
<td>Flexibility</td>
</tr>
</tbody>
</table>

**Specific Conditioning Period**

In specific conditioning period, training program such as muscular and energy fitness training shall become more intensified. Long distances running training exercises in previous two training periods are replaced with interval running programs and strength trainings are enhanced by development of individualized weightlifting program, such individualization will allow strengthen specific muscle groups that needs and must be developed.

Moreover, training programs for boxing techniques and tactics are more specified and focus individuality to the endurance, strength, speed and coordination. Coach must carefully evaluate boxer’s psychological aspect by monitor his/her ability to handle and overcome the increased workload.
Increased workload and boxers who overcome the difficulty can gain confidence and concentration. Specific conditioning period with high intensity training programs can be carried on for about one to three weeks depending on the competition calendar and the boxer’s preparation level.

<table>
<thead>
<tr>
<th>Exercises</th>
<th>Duration</th>
<th>Training Loads</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm-Up</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jump Rope</td>
<td>2min</td>
<td>Low Intensity</td>
<td>No rest</td>
</tr>
<tr>
<td>Jump Rope</td>
<td>2min</td>
<td>Moderate</td>
<td>No rest</td>
</tr>
<tr>
<td>Jump Rope</td>
<td>2min</td>
<td>Moderate +/-</td>
<td>90sec rest</td>
</tr>
<tr>
<td>Jump Rope</td>
<td>5min</td>
<td>High +/- with high knees, rhythm, direction</td>
<td>5min rest</td>
</tr>
<tr>
<td>Main Training</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sparring (4x3min:1min)</td>
<td>15min</td>
<td>High</td>
<td>- Start at 10, 20, 30 ... up to 100yds then decrease 100, 990, 80 ... down to 10</td>
</tr>
<tr>
<td>Pyramid Sprints</td>
<td>15-25min</td>
<td>High</td>
<td></td>
</tr>
<tr>
<td>Stretch</td>
<td>10min</td>
<td>Moderate</td>
<td></td>
</tr>
<tr>
<td>Cool Down</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Video review</td>
<td>30min</td>
<td>Low</td>
<td>Review sparring/competition video to allow boxer to learn through the visual process</td>
</tr>
</tbody>
</table>
**Pre-Competition**

Pre-competition period is toughest training period of all. All training exercises shall be conducted at maximal intensity. Running programs are replaced with short distance sprint training exercises with mix of maximal aerobic endurance (also known as VO2Max) training exercises. In strength training exercises, the boxer will use lighter weights and perform each repetition as quick as possible to develop fast twitch muscles in the body.

All technique and tactical training exercises shall be formatted individually with the elite level training programs. Tactics training are consists of intense sparring and bags and pads work with coaches. The boxer must take consideration that sparring and training programs must be performed with similar intensity and effort as he/she would do in competitions and this will bring positive psychological effect on boxer.

Pre-competition period usually starts one week to three weeks before the competition starts until the day before the competition. Boxer must not train with maximal intensity until the day before the competition, this will make boxer fatigued for the competition and will not allow him/her to perform with full capacity. Therefore, when the coach programs the pre-competition period training plan, intensity and workload of the training exercises must be reduced as competition dates approaches and instead, coach shall put more emphasis on competition strategies and tactics, relaxation and resting.

<table>
<thead>
<tr>
<th>Exercises</th>
<th>Duration</th>
<th>Training Loads</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Warm-Up</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shadowbox</td>
<td>8-10min</td>
<td>Moderate</td>
<td>Athlete at peaking towards competition</td>
</tr>
<tr>
<td>Jump Rope</td>
<td>2x4min</td>
<td>Moderate to high</td>
<td></td>
</tr>
<tr>
<td><strong>Main Training</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mitt/pad work</td>
<td>2x3min</td>
<td>High</td>
<td>1min rest will follow all rounds. Training will focus on strategies established prior to start of training for the day</td>
</tr>
<tr>
<td>Heavy Bag</td>
<td>2x3min</td>
<td>High</td>
<td></td>
</tr>
<tr>
<td>Partner Drills</td>
<td>2x3min</td>
<td>High</td>
<td></td>
</tr>
<tr>
<td>Mitt/pad work</td>
<td>2x3min</td>
<td>High</td>
<td></td>
</tr>
<tr>
<td><strong>Cool-Down</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stretch &amp; movement</td>
<td>10-15min</td>
<td>Moderate &amp; relaxed</td>
<td></td>
</tr>
<tr>
<td>Coach and boxer will</td>
<td>20-30min</td>
<td></td>
<td></td>
</tr>
<tr>
<td>discuss strategy and tactics used during training.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Competition Period**

The competition period that starts and ends with the tournament or competition schedule. During this period, coach shall program a training plan with low-intensity exercises that will allow boxer to stay loose and warmed-up for the upcoming
bouts in competition schedule.

**Rest**

After the tournaments or competitions, coach shall allow boxer to rest for about a week. This period is intended to allow boxers to have relaxation time and treat and care for any injuries in the tournament or competition. Additionally, while boxers are having rest time and relaxing, they are expected to spend small time training for low intensity endurance exercises such as jogging, long-distance running and jump roping (skipping).

**Psychological Preparation**

Psychological preparation, which includes motivation, self-esteem, sportsmanship, effective communication and discipline of the boxer which plays significant role in their participation in boxing. For example, if the boxer’s motivation is high, he/she will continue in a sport with the interest and excitement, however with low motivation likely they will drop out of sport or slow their improvement.

**PSYCHOLOGICAL PREPARATION IN GENERAL**

- Coach must understand why boxers are participating in sports to enhance self-esteem by discuss about goals and explain their responsibilities to the sport
- Boxer determines the goal with assistance of coach
- Set attainable goals
- Regularly discuss situation involving ethics in boxing
- Coach must have realistic expectations
- Skills learned and training should make boxing fun
- Provide rewards and encouragement
- Individual attention to each boxer will increases motivation
- Prepare and practice for media presentations

**PSYCHOLOGICAL PREPARATION IN COMPETITION**

- Motivate by making boxers aware of their progress, both in training and competition
- Plan and format the training and competition enjoyable
- Help boxer understand the meaning of success; “Winning isn’t everything”
- Give continuous encouragement
- Emphasize sportsmanship
- The boxer must have mutual trust – respect, confidence – cooperation with coach
- Practice psychological routines, such as focus on positive result or use positive key words that motivates such as “Faster”, “Stronger”, “Now” and etc.
- Visualization (Self-Imaging)
  - Mental preparation – begins a long time before the competition
  - Visualization is powerful tool
Take tension away but learn to work under pressure
• Turn Pressure into positive energy for great result
• Train as in competition
• Find what works in order to relax
• Every boxer develop techniques that work for individual

**Tactics**

Tactics are used to gain advantage with least amount of effort in a manner that will give the best chance for a successful outcome of the bout. Tactics can change based on individual and opponent, skills and experience. The scoring system also plays a part in tactics. For example, body blows may not be well-recognized by judges and many boxers try to use fewer body blows. However, body blows should not be eliminated from boxers’ strategy since it is still important factors in the game plan.

**GENERAL TACTIC:**

- Gain knowledge about opponent
  - By watching opponent at the competition and/or video
  - Draft scenarios of opponent’s tactics
- High Tempo – boxing in high tempo through all rounds
- Knock-out – seek to land strong blow on opponent to win a bout by knock-out
- Defense – Mainly concentrate on the defense and wait for opponent’s mistakes
- Universal – adapt and execute tactics based on the situation
- Irregular tempo – boxer controls tempo of the bout, either faster or slower
- 3rd round – boxing aggressively on 3rd round or boxing defensively (if winning)
- Combination – combination of two or more tactics

Some of the recent tactics that have been shown by U.S. coaches and boxers during the competition are:

- Occupy the center of the ring and keep opponent closer to the rope and corners
- Make moves opposite side of opponents’ power-side
- When opponent uses speed and movement
  - Cut-off ring to restrict or limit the opponent’s movement (do not follow)
  - Increase tempo of offense to do so, opponent will use more energy
  - Patience to bring and/or make opponent come to you
- Make a step on the outer part of opponent’s lead foot – will slower the opponent’s reaction and movement
- Make initiative punch as precise as possible, successive combination depends upon the previous punch
- Use boxer’s best attributes and take advantage on opponent’s weaknesses
- Observe and analyze how referee officiates the bout and judges’ scores are high or low
SUMMARIES OF ADVANCED INTERNATIONAL STYLES

Advanced Technique – (CUBA)

Boxing style influenced by its own cultures including music and dancing, Cuban boxing style is characterized as rhythmical with well-coordinated movements, carrying technical abilities with good tactical knowledge, that are similar as dancing. From its original root, boxing style has developed in many different ways by incorporated, combined and well-mixed best aspect of the boxing advanced countries. For example, Cuban boxer’s punching skills and its strength has been adopted from European boxing style, while body and feet movements were adopted and developed from the USA Boxing Style. Furthermore, Cuban boxing style has adopted the ex-soviet union’s methodologies of preparation for training and competitions. (To learn more about Cuban training systems see the Suggested Reading, “AIBA Coaches Manual”)

Advanced Technique – (RUSSIA)

Russian boxing style, originated from Soviet Union style of boxing, has been kept many core characteristics from its origin, famous for its skillful boxing style with accurate punches to the opponent’s target areas. Style has gradually changed its style and orientation from the power boxing to the boxing with active movement, aggressive boxing to now the universal style of boxing which carries combinations of all previous boxing styles. From the past to today, Russian boxing style is still the one of the dominant boxing style, with the advanced techniques and skills influence many neighboring countries.

Technical preparation of boxers are very important skills than others in Russia, however these techniques are individualized by the physical skills and physiological aspect of the boxer, therefore physical preparation and physiological aspect of the boxer also play important role in Russian boxing style.

In advanced level of Russian boxing, boxers alternate their boxing stances and apply different punching, movement and defense technique by shifting the distribution of bodyweights, the boxer uses balanced or bodyweight shift to lead leg or rear leg depending on the tactics and situations in bouts. Additionally, boxers use lead hand for feints and other preparation and main attack follow with one accented strong blow with rear hand or series of blows. (To learn more about Russian training systems see the Suggested Reading, “AIBA Coaches Manual”)

Advanced Technique – (EUROPE)

Europe is a continent that consists of many countries and its boxing style has been influenced by countries like England, France, Germany, Italy, Poland, Russia and others. Each country developed its own system of training camps, competitions, analysis, evaluations, control and monitoring of the sports
trainings. However, after the World War II, these styles have been mixed and the coaches from each country added different elements from their knowledge and experiences, specifically aimed to improve individual boxer’s skills and preparations.

European coaches work to develop the boxer’s technical and tactical skills based on the individual boxer’s physiological and physical skills as well as psychological preparation level. The boxer executes a series of short and dynamic punches with good leg movements and combinations of punches after their defense actions. (To learn more about European training systems see the Suggested Reading, “AIBA Coaches Manual”)
**INDIVIDUALIZATION**

When a boxer enters into advanced/elite level, most coaches start to create an individualized training sessions for a boxer. Individualization of training allows boxer to overcome any strengths and weaknesses and to develop boxer’s individual abilities.

Individualization training plan must be developed in yearly bases, modified and upgraded frequently, intensity and workload shall be based on the improvement of boxer’s level.

**Purpose of Individualization Training:**
- Increase learning an understanding of the skills
- Improve general and specific physical, technical and tactical preparation
- Improve psychological preparation
- Increase level of preparation according to the competition calendar

**Steps To Develop The Individualized Training Plan:**

**Phase 1**
- Analyze boxer’s strength
- Analyze boxer’s weakness
- Get to know the boxer more (spend more time and have more conversation)
- Know the boxer’s short-term and long-term goals

**Phase 2**
- Create an individualized training program together with a boxer
- Create an individualized training program, specifically for competitions
- Create a program to improve physical skills
- Create a program to improve technical – tactical skills
- Create a program to improve psychological skills
- Create a program to build boxer’s character

**Phase 3**
- Introduce and discuss with a boxer about the individualized training program
- Explain and discuss with a boxer about the goal and benefit of the program
- Allow boxer to understand the program and his/her boxing skills and performance

**Phase 4**
- Evaluate the program based on the training and competition performance
- Modify and upgrade the program based on the evaluation result
In compliance with the set-objectives for the individual training plan, coach must select appropriate exercises, volume, intensity and workload to maximize the training plan and training effect.

**Individualization of Training for Young Boxers**

When individualizing training program for junior and youth boxers, coach must take into consideration of the following:

**Natural Characteristics and Growth of Boxers**
- Know and understand the physical and motor limitation of the age being coached
- Understand the general sequence of development found in junior and youth boxers
- Know and understand the developmental stages of junior and youth boxers and how they relate to sports as either limits or prerequisites to performance

**Experience Appropriate to the Development**
- Prepare seasonal objectives that reflect the physical and motor development of boxers
- Select specific skills and activities that allow boxers of various levels to experience success
- Use a variety of activities to help boxer of various level of ability develop specific skills

**Analysis of Performance Related to the Development**
- Understand how the developmental level of boxers determines their performances
- Establish performance goals that reflect the developmental levels of the boxer
- Prepare season end evaluation that reflect the boxer’s progress relative to their developmental level

**Identification and Utilization of Methods for Development, Training and Conditioning**
- Know the appropriate level of conditioning for boxer of the age being coached
- Be aware of appropriate levels of training/conditioning needs based on the age and development level
- Recognize the activities that provide the basic level of conditioning
- Distinguish between beginning and advanced levels of training and conditioning
- Sometimes too many objectives are defined for training plan then teach and train for exposure rather than mastery of each skills
- Distribute practice across several objectives. Then devote sufficient time to each objectives so that a meaningful learning and mastery of skills can be occurred

**Analysis of the Boxer’s Interest and Abilities to Boxing**
- Help the boxer arrive at realistic assessment of their abilities
• Have a sense of boxing’s over-all state so the boxer can be made aware of opportunities and benefit available to them from participation

Control and Monitoring of Training

Control and monitoring of training is integral part of whole training process. Without control and monitoring stages, both the coach and the boxer cannot improve with their performance. Control is evaluation of the training programs and its result on boxers. Control of training can be managed through different assessments and measure the boxer’s boxing-related skills level after the training programs. The coach will be able to evaluate the improvement of the boxer’s skills based on the result of the control of training and modify the training program according to boxer’s status leaned in controlling process.

Monitoring of training is one of the daily activities of the coach. The coach will monitor a boxer’s performance in every training session and will record in coach’s diary. A coach will use the accumulative record of boxer’s training performance and utilize it in the control process of training. Coach can also recommend a boxer to have his/her own diary to record the performance and monitor the training progress.
In Order To Monitor The Training Effectively, A Coach Must:

- Set the guideline and standard measure for all-boxing related performances
- Analyze a boxer’s ability to follow instructions by the coach
- Analyze a boxer’s weakness areas in all-boxing related aspects
- Communicate with a boxer about the performance
- Record continuously, even outside of the gym activities

After conducting a control process, the coach must analyzes the training plan, the workload level, the boxer’s adaptation ability of the training tasks and assessment result. With the conclusion drawn from analysis, the coach must make appropriate correction to the training plans.

Importantly, control and monitoring process is the continuation process which must be conducted throughout boxer’s career in the ring. This is not one time or frequent activity and must be done daily and continuously.

See “APPENDIX D: EVALUATION OF BOXERS’ ABILITIES” FOR CONTROL AND MONITORING EXERCISE EXAMPLES

SUGGESTED READINGS FOR TRAINING

- Periodization Training for Sports-2nd Ed., 2005, Bompa/Carrera, HKP
- Strength Training Anatomy 3rd Ed., 2010, Delavier, HKP
- Stretching Anatomy, 2012, Delavier/Clemenceau/Gundill, HKP
- Developing Agility & Quickness, 2012, NSCA/Dawes/Roozen, HKP
- Plyometrics, 2013, Chu/Myer, HKP
- The Ultimate Boxer, Understanding the Sport and Skills of Boxing, Christy Halbert, Ph.D, 2002 ISI Publishing
- Workouts from Boxing's Greatest Champs, Gary Todd 2005, Ulysses Press
- Explosive Power & Strength, 1996 Donald Chu, Ph.D Human Kinetics Publishing
- Sports Speed, George