



Best Practices TRAINING MANUNAL

[v. 01.1]

Confidence. Competition. Humility.

TRAINING PILLAR STAFF:

Chadrick Wigle (Section Leader), Yvonne Caples, Elizabeth Leddy, Richard Chen, Jeffery Mays

GTF CONTRIBUTORS:

Bill Billingham, Yvonne Caples, Richard Chen, Don DeVerges, Jack Joynt, Elizabeth Leddy, Stuart Lyon, Jeffery Mays, Allen Nace, Jim Roach, Luke Runion, Henry Silva, Chadrick Wigle

FACILITATED BY:

Lynette Smith, USA Boxing Asst. Executive Director
DJ Walton, USA Boxing Board of Directors

INTRODUCTION

About the Grassroots Task Force

Brought together in 2013 by the National office, the Grassroots Task Force is a working group of volunteers assembled by USA Boxing to provide performance and financial benefits to the 1,500 registered boxing clubs. Our sole purpose is to support our membership by providing valuable information that will enhance every aspect of running an amateur boxing program. To learn more about the GTF or to volunteer, please contact:

Grassroots@USABoxing.org

Preamble

The Training Pillar of the Grassroots Manual has been developed with the understanding that no empirical “best” exists when it comes to the sport of boxing. Efficacy is the only standard that matters and methods will vary from coach to coach and fighter to fighter. The primary purpose of the Grassroots Training Pillar is to share successful boxing methodologies with new and seasoned coaches alike. This manual focuses on the standardization of fundamentals while allowing for individual coaches to develop their own unique competitive style.

As the saying goes, “Styles make fights.” Styles vary because fighters and coaches vary. Each has their particular preferences and aversions. Every fighter possess his own specific set of strengths and weaknesses. Often, success is a matter of matching the athlete with the coach whose training method can best develop that athlete’s innate abilities. Ten different coaches can teach the jab ten different ways. If the jab is effective, then the instruction is valid.

In our sport, words mean nothing without a person to bring them to life. Please feel free to adopt what you consider useful in any order you wish. The choice of how to proceed is completely yours.

Manual topics include:

- » Coaching, training, and teaching methodologies
- » Techniques, tactics and strategies
- » Athlete motivation
- » Competition preparation
- » Developing the team’s support structure
- » The Art of Boxing as recreation for all ages and demographics
- » detailed guides for skill analysis, day/week planning, and sparring sessions
- » Advances techniques and tactics from around the world

A TRIBUTE TO SARGE

The Training Pillar of the Grassroots Manual is dedicated to the coaches who helped contribute to USA Boxing's success. It is our humble hope that our work helps in some small way to contribute to the continuance of the storied legacy of USA Boxing.

The United States amateur boxing community received a devastating blow on March 14, 1980 when 14 boxers, along with their coaches and administrative staff, perished in a plane crash on the outskirts of the Warsaw International Airport in Poland. Lost among them was Coach Thomas "Sarge" Johnson (pictured with the 1976 Olympic team, front, middle right).

Commenting on the loss, "Sugar" Ray Leonard said, "He was one of the kindest, fairest men I've known. He was just beginning to get the recognition he deserved. He was really the one who put together those five gold medals."

While this manual is dedicated to all the coaches that have built USA Boxing, the Grassroots team would like to extend special recognition to Coach Sarge Johnson. May his shining example inspire you, the future makers of champions, to even greater success and glory for Team USA.



TABLE OF CONTENTS

1 CHAPTER 1: COACHES

DEFINITIONS Page 1

- The Coach
- The Second
 - *Eligibility*
 - *Duties of the Second*
 - *Prohibited Activities*

SKILLS AND RESPONSIBILITIES Page 3

COACHING STYLES Page 3

- Authoritarian Coaching (Autocratic Style)
- Co-operative Coaching (Democratic Style)
- Casual Coaching

THE COACH INSIDE THE SPORT SYSTEM Page 4

- Code of Conduct for Coaches
- The Sport System (flow chart)
- Positive Relations Inside the System

PREVENTING COACH BURNOUT Page 7

- Tips
- Prehab Exercises, Stretches, and more
- Develop a Personal Vision/Purpose Statement

THE COACH-PARENT/VOLUNTEER RELATIONSHIP Page 10

- Parent/Volunteer Education
 - *General*
 - *Specific*
- Parents/Volunteers as Valuable Assets

SUGGESTED READINGS FOR COACHES Page 12

2 CHAPTER 2: TRAINING

TRAINING WITH BEGINNERS Page 14

- Training Stages

GROUP COACHING Page 17

- Teaching and Training Methods

ORGANIZING TRAINING SESSIONS

Page 20

- Facility
- Equipment
- Preparing Training Programs

BOXING TECHNIQUES

Page 26

- Boxing Stance
- Boxing Steps
- Basic Punches
- Basic Defenses
- Combinations of Punches
- Feinting
- Boxing in Various Distances

PHYSICAL TRAINING

Page 58

- Endurance
- Strength
- Speed
- Coordination

ADVANCED TRAINING

Page 60

- Isometric Training
- Plyometric Training
- Overtraining

TACTICAL TRAINING

Page 62

- Boxing against different character boxers change to different boxing types
- Boxing on the ropes and in the corner

SPARRING

Page 67

- Safe Sparring Practices
- Types of Sparring
- Monitoring Sparring Sessions
- Appropriate Sparring Schedules

TRAINING WITHOUT EQUIPMENT

Page 71

- Endurance Training
- Strength Training
- Speed Training
- Coordination Training

ATHLETE MOTIVATION

Page 71

RECOVERY

Page 72

EVALUATION

Page 73

- Training Sessions
- Technical Development
- Physical Development
- Tactical Development

ADVANCED TECHNIQUES – USA

Page 75

- Boxing Stance
- Footwork
- Attacks
- Defenses
- Training Plan Development
- Past USA Boxing Elite Super Stars

SUMMARIES OF ADVANCED INTERNATIONAL STYLES

Page 91

- Cuba
- Russia
- Europe

INDIVIDUALIZATION

Page 92

- Purpose of Individualization Training
- Steps to Develop the Individualized Training Plan
- Individualization of Young Boxers
- Natural Characteristics and Growth of Boxers
- Experience Appropriate to the Development
- Analysis of Performance Related to the Development
- Identification and Utilization of Methods for Development, Training and Conditioning
- Analysis of the Boxer's Interest and Abilities to Box
- Control and Monitoring of Training

SUGGESTED READINGS FOR TRAINING

Page 94

3 CHAPTER 3: COMPETITION

PRIOR TO THE COMPETITION

Page 96

DURING THE COMPETITION

Page 97

AFTER THE COMPETITION

Page 100

RULES AND REGULATIONS

Page 100

SUGGESTED READINGS FOR COMPETITIONS

Page 100

4 CHAPTER 4: ADDITIONAL ASPECTS IN BOXING

MEDICAL **Page 102**

- Injuries
- Injury Prevention
- Treatment for minor injuries
- Treatment for severe injuries

CONCUSSION AWARENESS **Page 105**

NUTRITION **Page 107**

WEIGHT MONITORING **Page 117**

BREATHING **Page 118**

SUGGESTED READINGS FOR ADDITIONAL ASPECTS **Page 120**

5 CHAPTER 5: THE ART OF BOXING

THE SPORT AND THE ART OF BOXING **Page 122**

DISTINCT POPULATIONS **Page 122**

- Age
- Recreational Group Instructor
- Recreational Private Instructor
- Boxing Training for Mixed Martial Arts

6 CHAPTER 6: STEP-BY-STEP GUIDES

TRAINING SUGGESTIONS BY AGE GROUP **Page 125**

HOW SAFE IS OLYMPIC STYLE BOXING? **Page 128**

INGREDIENTS & RECIPES FOR ... **Page 129**

- A Day Plan
- Drill Design/Sparring Session

EXAMPLE LESSON PLANS **Page 130**

- Day Plan
- Week

- **Example Skill Checklists**

APPENDIX

Appendix A: Strength & Conditioning Training Exercise Examples

Appendix B: Plyometric Training Exercise Examples

Appendix C: Isometric Training Exercise Examples

Appendix D: Physical Development Evaluation Examples

Appendix E: Coaching Tools (Blank Drill Sheets, Day Plan, Week Plan)

Appendix F: Coach's Prehab Exercise Examples

Appendix G: Sample New Boxer Handouts

Appendix H: Medical Forms

Chapter 1

COACHES



DEFINITIONS

The Coach

The coach is a teacher, a role-model and a friend in boxing who will organize, supervise and conduct the training to help to reach the athlete's best potential.

"All coaching is, is taking a player where he can't take himself."
– Bill McCartney (American Football Coach)

"I think parenting and coaching or teaching are the same thing. And they are the two most important professions in the world."
– John Wooden (Basketball Coach)

"A good coach will make his players see what they can be rather than what they are"
– Ara Parasheghian (American Football Coach)

The Second

When the coach enters into the Field of Play (FOP), he/she shall be referred to as the Second. The Second has to be a coach who takes care of a boxer before, during and after the bout. He/she must follow the USA Boxing Rules and Regulations. The second's first priority is the safety of the boxer.

Eligibility of the Coach and/or Second (as per USA Boxing Technical Rules)

- Only USA Boxing certified Coaches can work as Seconds in all USA Boxing Competitions.
- A registered Boxer may serve as a second, and remain on the floor if two certified coaches are present, or may mount the ring apron if there is only one certified second
- Each Boxer will be entitled to be accompanied to the ring by up to three (3) Seconds. However, only two (2) Seconds may mount the apron of the ring and only one (1) may enter the ring.
- ***(Only for international AIBA AOB competitions)*** Any Coach active in professional boxing will not be allowed to be a Coach and/or Second in AIBA Competitions at any level unless this Coach has resigned from any involvement in professional boxing for a period of at least six (6) months and is certified by AIBA as a registered Coach. ***(this does not pertain to domestic events, including Nationals)***

The Duties of Seconds are as follows:

- Seconds must leave the ring and the apron prior to the start of each round, and must remove seats, towels, buckets, etc., from the platform of the ring.
- Seconds must be in possession of a towel and may use it to indicate retirement by throwing the towel into the ring at any time except when the referee is counting
- Seconds can only use a transparent water bottle.
- In the case of a cut, the Seconds can use:
 - Avitene [™] – is a hemostatic agent (a substance that promotes *hemostasis*; stops bleeding) for blood coagulation and comes in two (2) forms; powder or sponge. It is stable at room temperature and is not sensitive to light. Apply the sponge directly to the cut with direct pressure, or suspend the flour in 0.5% saline solution and use a sterile cotton swab with direct pressure.
 - (Flexible) Collodion – used as a topical protectant, applied to the skin to close small wounds, abrasions and cuts, and to keep medications in contact with the skin. It is found in a variety of products. **NOTE:** be sure to use medical/first aid grade collodion; **DO NOT** use theatrical collodion.
 - Thrombin Solution – is a hemostatic agent for blood coagulation. You will need a prescription from a doctor, and it must be refrigerated. Use a sterile cotton swab to apply with direct pressure.
 - Microfibrillar Collagen – same as Avitene [™]; see above
 - Gelfoam [®] – is a Thrombin solution based dressing used to stop bleeding in open wounds and helps to form a clot
 - Surgicel [®] - is a hemostatic agent in the form of an absorbable knitted fabric, prepared by controlled oxidation of cellulose
 - Adrenaline 1/1000 – is a hemostatic agent for blood coagulation. You will need a prescription from a doctor. It must be stored at room temperature and is light sensitive. Apply with a sterile cotton swab and direct pressure.
 - Ice bags, No-Swell, Vaseline and Swabs are permissible.

Prohibited Activities

- Seconds will not be permitted to shout, to clap to the Boxer and/or the Referee, to encourage or incite spectators by words or signs during the progress of a round. Seconds will not be allowed to touch the ring during the Bout, or disturb the competition.
- Seconds' seating area must be 3 feet away from the ring corner within 6 feet squared. Seconds will not be permitted to walk off Second's designated area as a protest for disagreed actions against the Referee.
- Seconds will not be permitted to act in an unsportsmanlike manner
- The use of any communication device will not be permitted in the FOP

SKILLS AND RESPONSIBILITIES

Skills

- In order to effectively communicate with boxers and all other people involved in the training process, communication skills are necessary.
- In order to effectively transfer the knowledge and help the understanding of boxer, teaching skills are necessary. Teaching skills include demonstration, explanation, and leadership skills.
- In order to effectively plan and conduct the training, prepare boxers for the competition, organization skills are necessary.

Responsibilities

- The first and most important duty of the coach is the safety of the boxer. The coach must ensure the boxer is healthy at all times.
- Must provide a safe environment to the boxer for training, competitions, travel, and other boxing related activities.
- Appropriate teaching approach must be applied in a non-abusive way. Not all boxers have the same learning capacity.
- Plan and prepare training programs prior to the training sessions. Competition schedule shall be considered during the planning.
- Communicate with boxers and all others who are involved.
- Evaluate the training program, boxer's progress, and boxer's performance during the competition.
- Must know and follow the USA Boxing Competition Rules and Regulations, and obey the Code of Conduct.

COACHING STYLES

Authoritarian Style

Coach makes all the decisions related to the training and all other aspects in boxing. The boxer is expected to follow the command, listen, and comply. This allows boxers to be greatly disciplined and structured. However, this coaching style can also prevent the boxer from developing his/her own thinking skills.

Co-Operative Style

Coach makes decisions based on the suggestions and opinions from the boxer. The boxer has an input on training process and all other aspects in boxing. This allows coaches to build an excellent relationship with the boxer. However, this style requires coach to be highly knowledgeable and experienced to work effectively.

Casual Coaching

Coach has a small input on the training and other aspects of boxing. Boxers are allowed to run his/her own training program with their pace and condition. This allows boxers to enjoy their training and helps to develop thinking skills. However, this style may slower boxer's development in technical and physical aspects of boxing.

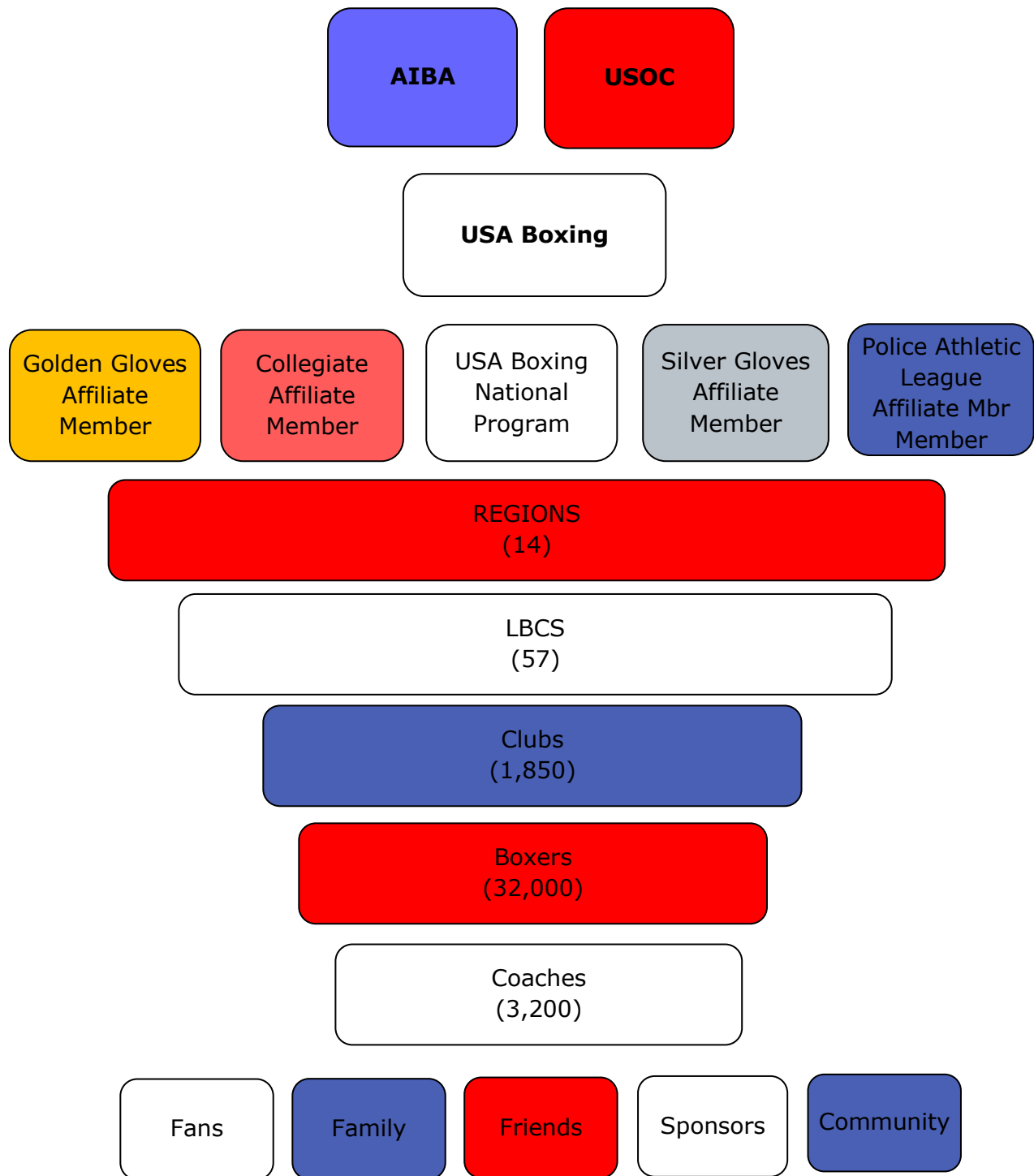
THE COACH INSIDE THE SPORT SYSTEM

The individual coach is one single variable in the entire Sport System. Below you will find a basic code of conduct to be used when interacting with all tiers of the sport system; from international governing body to the community, and in particular the athlete. It is your responsibility to be a positive contribution to all areas of the sport system that you are involved with, including other teams' coaches, staff and athletes.

Code of Conduct for Coaches

- The coach shall strive to acquire and implement the most current knowledge of the rules, strategies, and teaching methods of the sport
- The coach shall structure a safe environment for the athletes during practices, competition, travel, and other boxing functions
- The coach shall work closely with parents and community members to promote an understanding of the role of athletics in the total educational experience
- The coach should have the welfare of the athlete as the primary concern when making decisions that relate to the care of injuries, rehabilitation, and return back to activity.
- The coach shall promote effective communication with boxers, officials, fellow coaches, parents, and community members.
- The coach shall serve as a leader and model in the development of appropriate conduct for the athlete both within and beyond the sport setting.
- The coach shall use strategies in practice and competition that reflect a standard of fairness to all competitors and that are designed to encourage play within the letter and spirit of the rules.
- The coach shall keep the concepts of winning and losing in proper perspective.
- The coach shall enforce all policies with fairness, consistency, and an appreciation for individual differences.
- The coach shall be knowledgeable of all United States Amateur Boxing, Inc. (USA Boxing) policies and shall ensure that the regulations governing eligibility are upheld.

THE SPORT SYSTEM (flow chart)



Positive Relations Inside the System

It is no secret that the coach of a successful boxing club needs to have connections within the sport. In order to bring boxers into competition, to hold a boxing show, or to conduct your boxing gym you must communicate with other LBC coaches, officials, athletes, promoters, media, parents, sponsors, and many others. It is extremely important to your club's continuation. As if this weren't enough responsibility to make coaching a full time job, now add to your Contact List the city officials, extraneous trainers (strength and conditioning, diet, etc.), land lords, bill collectors, and all the incoming callers! Paperwork alone is a hefty load- and involved with each athlete and potential athlete who crosses your threshold!

This seemingly unmanageable task list could become entirely impossible (read: "NO BOXING!"), if you as a coach are not able to form positive relationships with most of these people. Just as your athletes are representative of your teaching methods, your conduct in all of these business relationships is representative of your organization as a whole. Some suggestions on how to conduct yourself in these daily interactions between yourself as coach, and all of the other entities your position requires contact with are as follows.

- Speak professionally and respectfully in all of your communication
- Delegate tasks that have become overwhelming to a second, trusted party.
- Keep communications flowing with Regional Boxing Coordinators, and keep yourself up to date on the happenings in your Region.
- Be courteous to Doctors, Officials, Volunteers, Police Officers, and others who have agreed to help run the Boxing Event, even if it is not hosted by you.
- Be gracious to every Coach who has brought an athlete to the competition- even if it is not your competition. Encourage all of your team to do the same.
- Take any Regional Meetings/ Clinics offered seriously; attend them yourself whenever possible, but certainly encourage any volunteers/ parents who are willing and able to attend.
- Understand that the more positive relations you have carefully developed, the more potential for you and your athlete to experience Growth and Success.
- Consider the greater good of your Organization, Boxing as a sport, and your personal sanity if you should have a strong disagreement with anyone in the sport.
- Should you need to take action over a disagreement/broken USA Boxing rule, please direct your situation appropriately:
 1. Disputes over Bouts (Protests) must be submitted to the Supervisor (Chief Official) immediately. Judgments are not protest-able but rule/procedure violations are
 2. Grievances for violations against a person are placed before the judicial committee of the LBC
 3. Grievances against the LBC or which would put the LBC in conflict of interest are filed with the USA Boxing Grievance committee
 4. Grievance procedures are on the website or obtainable through the office
- Even if the matter is not able to be resolved in your favor, as you see it, make like a boxer; stay strong and carry on. There is never any good that comes from holding a grudge, and although you are free to do so inwardly, consider what you are teaching your athletes and others close to you with outward behaviors.
- Create positive feedback for your athletes by reporting to the local press, radio, and TV channels all of their upcoming events and recent accomplishments that may reflect positively on your club and the sport.
- Put up a white board in your gym for members to see upcoming event dates, and also allow free writing on the board to give positive feedback to the gym and to other members, as well as to announce personal goals and even friendly call-outs, requests, and criticisms.

Positive Relations Inside the System (Cont'd)

- Dare to use Social Media Networks to keep your team 'in the loop' with gym activities as well as to allow them to easily promote their club, self, and team mates in a positive light to many people, without too much effort and time. Social media sites can also increase the feeling of interconnectedness within the gym, encourage personal responsibility, and help grab interest from potential new members.
- Hold gym gatherings when possible in order to better get to know each other outside of your daily grind. Summer barbeques, holiday parties, and group celebrations will help build long term relationships and friendly business interactions.

TIPS FOR PREVENTING COACH BURNOUT

- Elect Team Captains from among your stable of boxers. These team leaders must be well trusted and capable of completing the tasks you ask of them. Consider giving this person a key to the gym, so they may be of greater assistance. Team Captain's job may be to assemble the team for group exercise, gym cleaning, special events, or fund raising activities. They also may be able to arrange personal training for new comers this way, without you having to open and keep watch over the gym.
- Keep an eye out for parents who show interest in the gym and in the sport, especially those with active boxers in your gym. Keep communications open, and offer them the opportunity to give back to the gym by helping the management and/or athletes.
- Let people close to you know what areas you are needing assistance in- be it transportation to competitions, media outreach, funding for equipment, or organizing and facilitating workouts.
- Stay active in your interests outside of boxing, even create one or two, if need be!
- Make sure that you schedule yourself some time off each week to relax and sleep in, especially if you are not able to stick to a regular sleep pattern around your training sessions.
- Consider scheduling time when the gym is closed each year- whether for a few weeks or an entire month. This can be important time for family, gym repairs/ cleaning, and even a reprieve for student athletes who really need to be told when to take a break. The 'break' could coincide with a part of school break.
- Enjoy what you do! Remember that teaching the sport is a labor of love, that you are helping many more than you could ever know with your time, effort, and commitment, and that you are loved and appreciated for it!
- Don't try to do too much, though! Enjoy the help of others, even when it is imperfect, and know your own limits in the way of finances, social networking, patience, time, equipment, and resources. Try to do every competition in the nation, for every athlete in your gym... and see how quickly you begin to consider coaching hockey...
- Set a good example for your athletes and Community, with a positive mind set, and a healthy, fit, fed, rested, and drug free body.
- Give yourself credit! You are taking on a large amount of responsibility and physical effort. And, you are working with a notoriously difficult group of young athletes. Sometimes they may need your council and life advice. You are more than a Coach, you are a parental figure and mentor. The success of helping just one kid in life far outweigh medals, awards, and trophies- but be sure to give yourself some credit for those, as well! Way to go, Coach!

Pre-hab Exercises, Stretches and more

Many coaches work countless rounds with professional fighters and amateurs alike- holding equipment such as focus mitts, body targets, uppercut targets, heavy bags, and medicine balls. Remember that you are not only COACHING, but you are PARTICIPATING IN, the most physically demanding sport there is. Please treat your body as you would have your athletes treat theirs. Pay attention to warming up, cooling down, cardiovascular fitness, diet and nutrition, stretching, and also RECOVERY! Some ideas for recovering from/preparing for another long day at the gym are as follows.

- Open the gym a bit early and warm up by lifting some weights, using simple moves that strengthen your "coaching muscles" such as bicep curls, "Y,T, W's", bicycle crunches, weighted standing side bends, weighted walking lunges- or whatever else you enjoy. Start walking/ running on the treadmill or skipping rope, calisthenics, or stretching out as people start to show up for practice. This gives you an opportunity to collect your thoughts, and also see who shows up to work, without you forcing them! When the athlete comes in and sees the coach working, they KNOW they'd better get to it!
- Before holding the mitts
 - Hold a section of PVC or wooden dowel across your shoulders and perform a few sets of trunk rotations and side bends.
 - Perform about ten arm circles; forward and backwards, and ten windmills in each direction to help loosen up the shoulders
 - Perform ten gentle rotations in each direction of the ankles, knees, hips, and neck
 - Stretch the hamstrings and quads, the calves, the back, the wrists, and hands
- Make sure to drink water often throughout the rounds
- Take a hot bath in Epsom Salt, and ice areas such as sore knees, elbows, and low back
- Consider seeing a chiropractic doctor and/ or massage therapist. There may be one in your area who can see you at a reduced rate, due to your nonprofit status, as applicable. But, even so... See a health professional.
- See your physician regularly, especially if you do punch-mitt style training with your boxers. Be sure to wear a mouth guard when holding mitts or especially in a "Coach sparring" session.
- Kinesio Taping can help you function with a troublesome elbow, knee, or other nagging injury. A chiropractor may be able to supply this care, and certainly can adjust your elbows, wrists, knees, and neck if they can't tape the injury.

See **APPENDIX F** for Coach's Prehab Exercise Examples

Develop a Personal Vision Purpose Statement

A purpose statement can be the lighthouse beacon on the other side of a rocky sea. When everything is good, everything is good. Sometimes when results aren't going to way you planned or expected, coaching can seem like a burden. A Coach's Purpose Statement can be a daily reminder as to why you do what you do, what you are good at, and a focus on what kind of athlete you prefer to work with.

Fill in the blanks on the sample purpose statement and use that as a template to create your own purpose statement (see the Example below *):

My name is, (A) **Coach Chad**, and I (B) **teach** boxing in a manner of **Co-operative Coaching**. I am an expert in/my assets are **Communication Skills**, **Skill Analysis/Repair**, **Mitt Work**, and specialize in **College Boxing**, working with **young adults**. I **teach** boxing because **I love the sport**.

A. Name

B. Trainer, teacher, Corner, Cutman

C. What are my best skills (what works for me, what makes me unique)?

*Communication Skills / Mitt Work / Experience / Skill Analysis/Repair
Knowledge / Ring Control / Leadership / Network/Coach Relations*

D. My specialty?

*College Boxing / Fitness /recreational / Competitive amateur /
Youth fitness / Prep / Youth / Junior / Senior / Traditional West Coast Boxing Elite /
Counter Punching / Master*

E. Why coach boxing?

Give back to community / I'm Good at it / I love of the sport / etc...

F. How do I teach?

*Authoritarian (coach makes all decisions; creates discipline and structure for boxer)
Co-operative (coach makes decisions based on boxer suggestions; allows independent growth of boxer)
Casual (coach has small input; develops boxer's thinking skills but may slow technical/physical aspects)*

G. Who do I enjoy coaching the most? (You can be specific or general) *Young*

*Adults / Seniors / Middle aged Professionals / Teenagers Recreational /
Boys / Girls / Children / Men / Women*

THE COACH-PARENT/VOLUNTEER RELATIONSHIP

Parents and other volunteers can be an extraordinary asset to any athletic team. The more peripheral duties a coaching staff can delegate to support assistants, the more time and energy the coaches have to focus on the safety and development of the team. Boxing is primarily an individual sport and it may be a challenge for a coach to delegate when he/she is used to doing all the work themselves. The investment of setting a structure will pay off in the end. Volunteers can be family members, outside professionals/interns, or others from the community that would like to lend service.

Parent/Volunteer Education

Consider having a “New Boxer” package for the athlete to take home after they sign up with your gym. It can include handouts with General Information and Boxing Specific Information. Suggest they share it with a family member, significant loved one, or good friend. This supportive partner may be the key to the boxer’s longevity in the sport, and that person should know how to best assist by learning as much as they can about boxing.

General (nutrition, general boxer homework, role of the Parent/Volunteer)

- Welcome Letter with the Team Mission Statement, and overview of special opportunities (scholarships, travel, annual club events), a description of the differences between amateur and professional boxing, a list of team/coach accomplishments, testimonials from past athletes, coaches, or sponsors, and what is possible for an entry level athlete to accomplish with dedication and focus
- Par-Q, and General Liability Release & Waiver (if they have not already been signed)
- Payment options, cost, hours of operation, etc.
- Practice Information: what to wear, equipment to bring, times of practice, use of unsupervised gym equipment regulations, website suggestions for hand-wrapping instruction, etc.
- Homework (off-day conditioning, psychology preparatory questions [ex. Goal Setting], at home stretches, and nutrition [New Food Pyramid]),
- An invitation to bring someone into the gym for support, listing the ways a volunteer can be involved
- Optional: copies of studies and boxing/combat sport specific literature

Specific (usaboxing.org; what to expect in the gym, at event (Local/Tournaments)

- visit www.USABoxing.org to learn more about boxing and stay up-to-date on national and international news about the USA Boxing teams
- What to expect in the gym (first day practice, first partner drills, first spar, monitoring weight, etc.)
- Glossary of terms (LBC, Region, etc.)
- how to register with USA Boxing online
- what to expect at competition (bring registration information [print out of proof of online registration, two (2) passport size photos, birth certificate], how to weigh in, see the doctor, eat, meditate, warm up, partner drills/mitts, walking to the ring [the referee must be in the ring before you enter], checklist with the referee, what the four (4) commands mean, good sportsmanship guidelines, the rest period [water revival, breathing, motivation and technical instruction], list of fouls, definitions of warnings/cautions/disqualifications, what to do when the opponent gets knocked down, what to do if the boxer gets knocked down, the decision, see the doctor/retrieve the USA Boxing passbook)
- Tournaments vs. club shows (similar to what to expect at competition but for multiple days in a row, etc.)
- list of weight classes, ages, categories, and minutes per round of matches

Parents/Volunteers as a Valuable Asset

Here are some suggestions for the supportive partner that wants to volunteer. Notice that the tasks are in a hierarchy order. New parents/supportive partners can work their way up through the ranks of duties as they learn the gym system. The new parent that may be introduced to boxing for the first time, should not be in the ring with boxers acting as a mock referee. They will be most valuable with a simple and necessary task like filling water bottles. Once another new parent comes in, they can all move up.

The duties should start with individual, non-interaction tasks and promotions into boxer-interaction tasks. It can be a reward and promotion system to work with the athletes. Here are some suggestions for Support Duties (note: that with a small support structure volunteers may have multiple tasks):

- Water Bottles & Spit Pails - maintaining full water bottles and empty spit buckets, cleaning them out at the end of the night/week/etc.
- Equipment – organizing equipment at the end of the night and informing the proper people of worn out or dangerous equipment (gloves, headgear, cups, etc.)
- Educational Handouts – maintain files of useful information (my plate & new food pyramid; conditioning homework for beginner, intermediate, advanced, seasoned boxers; flexibility exercises; mental/meditation drills; handouts for parents [as above]; etc.)
- New Visitor Forms – everyone that enters the gym receives a release & waiver before stepping on the gym floor and a Par-Q before they exercise
- Exercise and Weight Monitor – may oversee the exercise and conditioning area for safety and monitor time with a stop watch, and track pre/post weights of the competitive boxers (this is a monitor position; instruction is not given by the volunteer unless the volunteer is qualified to give exercise or nutrition advice)
- Time Keeper – monitors time of sparring match, listening to mock referee/coach for “box, stop, break” or “time”
- Punch Counter – with counter in hand, tally the amount of the desired effect (ex. Sparring: punches thrown, punches landed, etc.; punches on bag, etc.)
- Training Water (Mock Second) – gives water to boxers during spar sessions
- Mock Referee – the volunteer enters the ring with sparring boxers (must understand rules of the game for the boxers in the ring at that time, and additionally know fouls and instructional gestures)
- Guest Coordinator – find a new guest speaker (see Boxing Specific Volunteers below) from the community to come in and present to the team on their expertise
- Athlete Support – be available for athletes to come to in confidence to discuss concerns (ex. Sport pressure, academics, bullying, etc.)
- Assistant Coach – learn basic boxing teaching skills and assist with the coaching staff in the gym
- Certified Official – be able to apply experiences in the gym to local competitions, representing your club, LBC, and USA Boxing as a positive contributor to the boxing community

Boxing Specific Volunteers

Occasionally have guests come to the gym to present or assist. This could be a local referee to participate with sparring so the boxers have an authentic experience of what a boxing match may look like. This guest official may even give a 5-10 minute lecture about fouls, warning, cautions, disqualifications, and how the matches are judged/scored. The guest could be a leader in the community like the running coach from the local cross-country club, a conditioning trainer from a nearby gym, sport psychologist from the university, or a nutritionist to discuss what to eat and how to make weight healthily.

Parent & Volunteer Acknowledgment

Here are some suggestions to say 'Thank-you' to the peripheral people on your team that give so much and ask for so little:

- Have an annual meeting that celebrates the volunteer staff with a ceremony and awards
- Have team items available; t-shirts, jackets, bumper stickers, etc.
- Respect the individual volunteers but publicly showing gratitude, and encouraging the teammates to do the same
- Include them on team activities, trips, etc.
- Communicate clearly with them about their responsibilities, and how much you appreciate their participation. Communication is key; when the volunteer feels genuinely respected and appreciated, the reputation of the club will grow
- Add an Honorable Mention section to your website, with a special "Thank You" for their contributions
- Ask questions and get to know your volunteers. They may have a unique skill set that you may not have considered, that can be more valuable to you and more rewarding to them than anything you've already thought of.

SUGGESTED READINGS FOR COACHES

- Successful Coaching-4th Ed., 2012, Rainer Martens, Human Kinetics Publishing
- Sport Psychology for Coaches, 2008, Burton/Raedeke, Human Kinetics Publishing
- Periodization: Theory and Methodology of Training 4th Ed., © 1999, Bompa, Human Kinetics Publishing
- Blink: The Power of Thinking without Thinking, Malcolm Gladwell, 2007, Bay Back Books
- How We Decide, Jonah Lehrer, 2010, Mariner Books
- My View from the Corner, Angelo Dundee/Bert Sugar, 2009, McGraw-Hill
- Boxing, 1950, United States Naval Institute, Paladin Press

Chapter 2

TRAINING

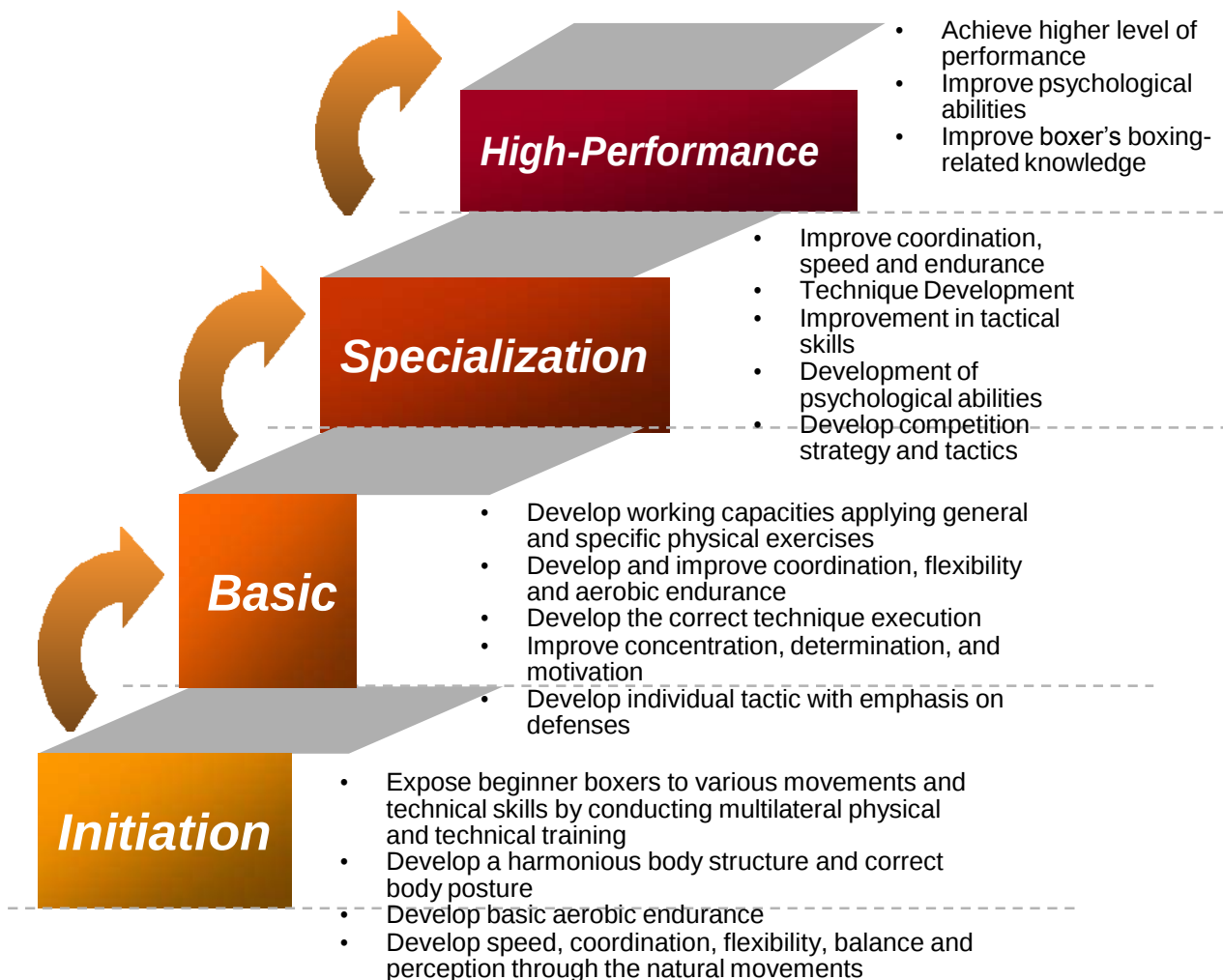


TRAINING WITH BEGINNERS

- 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 stage accordingly to boxer's physical growth and age, fitness improvement, and technical skills acquisition.



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

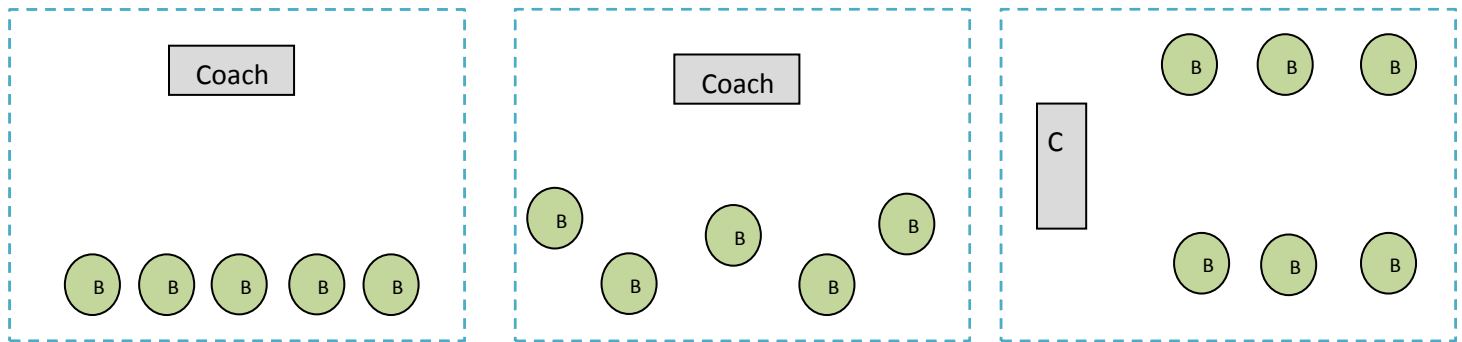
- Achieve higher level of performance
- Improve psychological abilities, such as initiative, self-control, coping with stress in both training and competition
- Improve boxer's boxing-related knowledge
- Willingness to win

IMPLEMENTATION

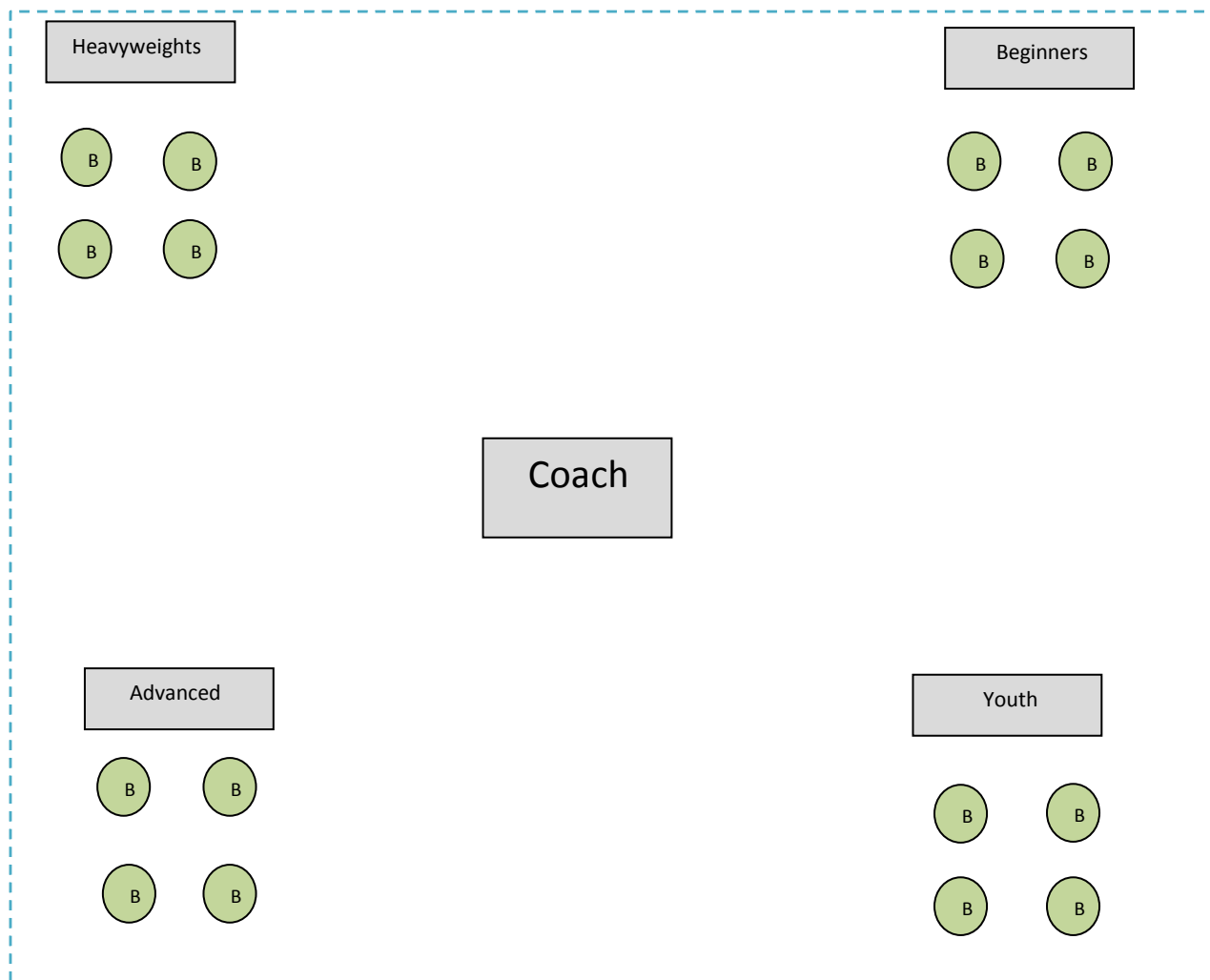
- Continuing exercises for motor abilities with emphasis on individual potential and needs
- Increase volume and intensity of training
- Exercise to improve individual's physical abilities
- Continuing technical and tactical training
- Focus on winning
- Administer adequate recovery

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

Name:	Location:	Date:	Equipment:
Joe Boxer	Gym	December/4/2013	-14oz gloves -mouthpiece -hand-wraps -headgear

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

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

WEEKLY TRAINING PROGRAM

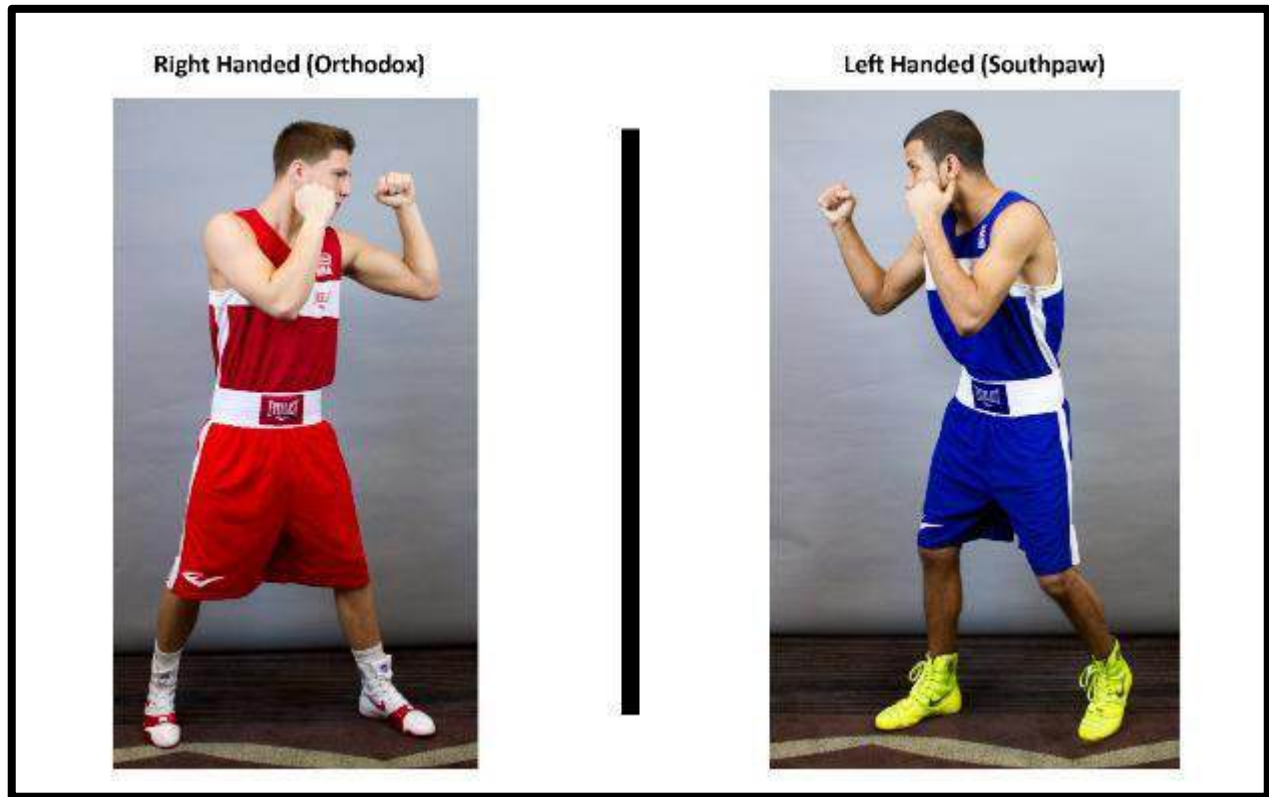
Name: Joe Boxer		Week of (Date): 12/2/2013			
DAY	DATE	OBJECTIVES	LOCATION	DURATION (minutes)	COMMENTS
Mon	12 /2	To learn/train lead straight punch to head	Gym	90min	
Tues	12/3	To develop endurance and speed	Outdoor	60min	
Wed	12/4	To learn/train defense against lead straight punch to head	Gym	90min	
Thurs	12/5	To develop general endurance (jogging)	Outdoor	60min	
Fri	12/6	To learn/train rear straight punch to head			

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 Stance View from Different Angles



Boxing Steps

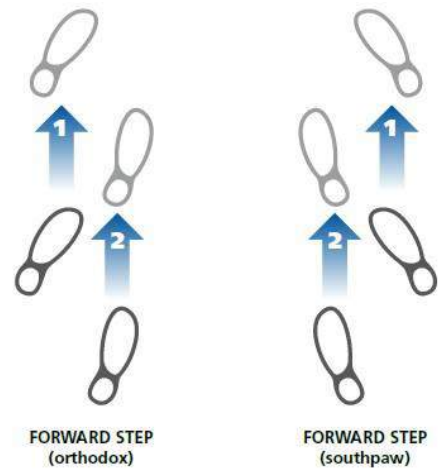
Boxing steps – the way in which boxers move in the ring. The foot which stands closest to the direction of the movement starts moving first

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

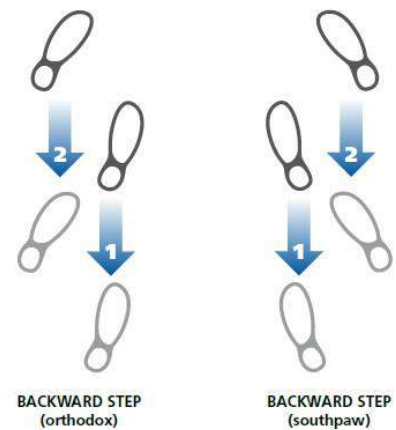
Forward Step

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

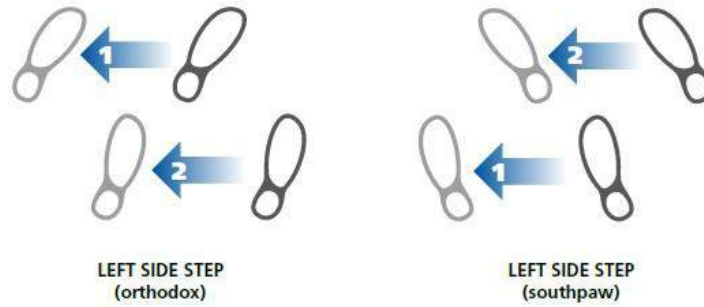


Backward Step

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

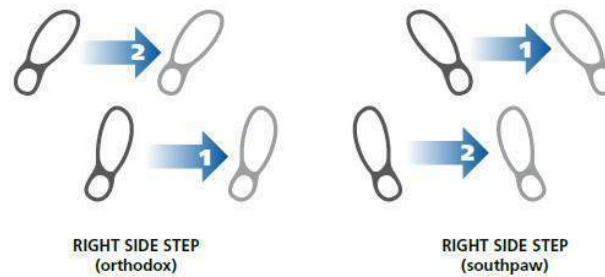


Left Side Step



Stand with boxing stance	
Orthodox (Right Handed) • Lift lead foot very slightly • Push body to the left side with rear foot • After toes of the rear foot touches the floor, rear foot follows • Keep the feet shoulder width apart and weight distribution on both legs	Southpaw (Left Handed) • Lift rear foot slightly • Push body to the left side with lead foot • After toes of the lead foot touches the floor, rear foot follows • Keep the feet shoulder width apart and weight distribution on both legs

Right Side Step



Stand with boxing stance	
Orthodox (Right Handed)	Southpaw (Left Handed)
• Lift rear foot very slightly • Push body to the right side with lead foot • After toes of the rear foot touches the floor, lead foot follows • Keep the feet shoulder width apart and weight distribution on both legs	• Lift lead foot slightly • Push body to the right side with rear foot • After toes of the lead foot touches the floor, rear foot follows • Keep the feet shoulder width apart and weight distribution on both legs

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

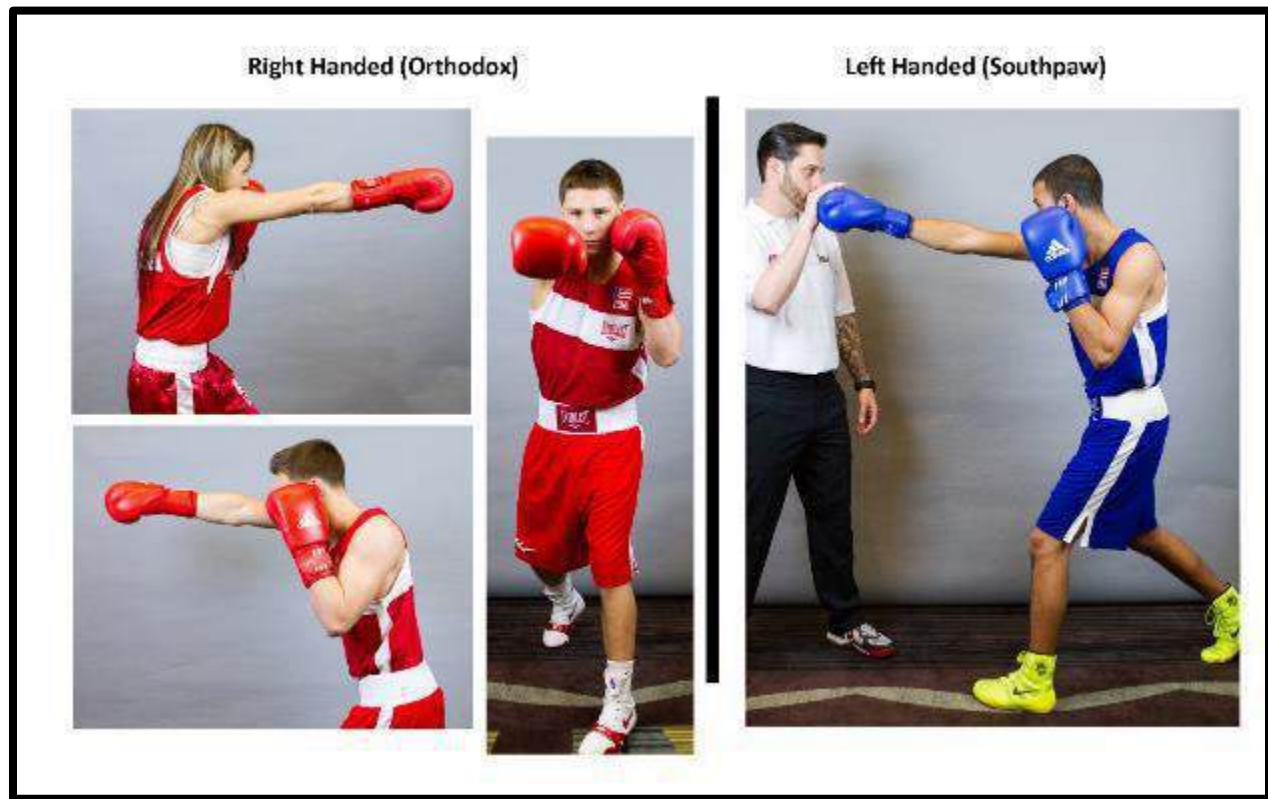
After a boxer masters the punches with movement, the coach should begin teaching basic defense against the punches that the boxer has learned. After mastering basic defense, coach should start teaching and training the counter attack.

LEAD ARM STRAIGHT PUNCH TO THE HEAD



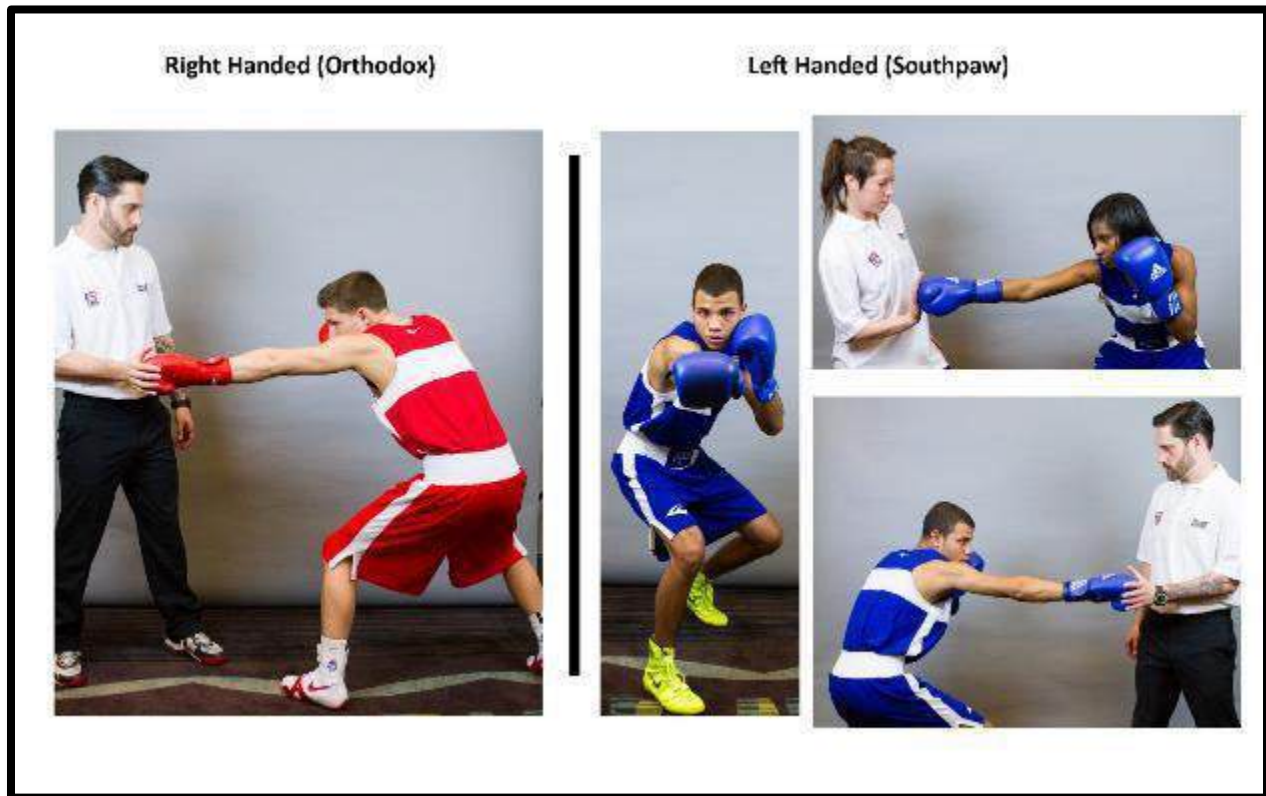
1. From the boxing stance
2. Aim at the opponent's chin with knuckles of the lead hand
3. Shift the body weight from rear leg to the lead leg
4. Rotate the body toward the rear side
5. Keep the chin down
6. Extend your lead arm straight out to the target
7. knuckles up and palm down
8. After hitting the target, retract the arm quickly along the same path as delivered
9. Return to the boxing stance

REAR ARM STRAIGHT PUNCH TO THE HEAD



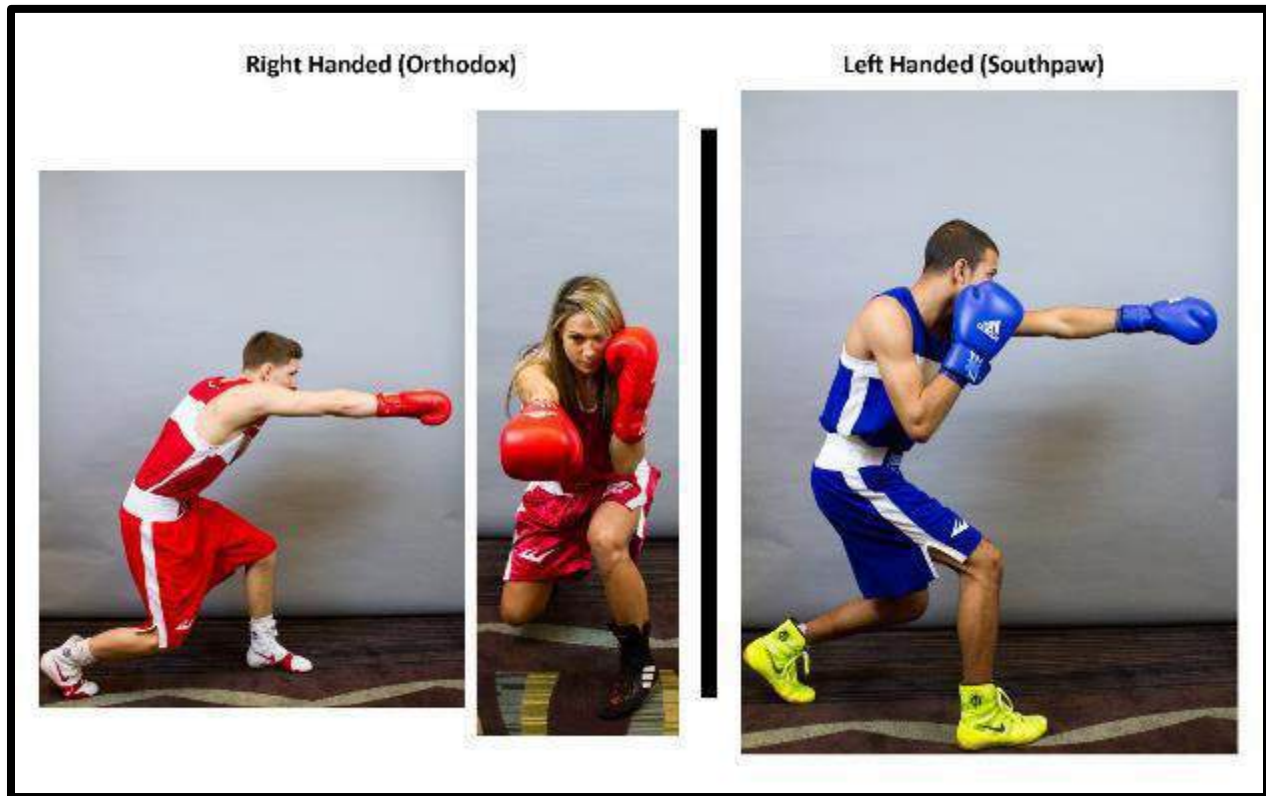
1. From the boxing stance
2. Aim at the opponent's chin with knuckles of the lead hand
3. Body weight shift to the lead leg
4. Rotate the body to the lead side
5. Keep the lead hand up to protect the head and elbow to protect the body
6. Extend the rear arm straight to the target
 - a. Knuckles up and 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

LEAD 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

REAR ARM HOOK TO THE HEAD



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

LEAD ARM HOOK TO THE BODY



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

REAR ARM HOOK TO THE BODY



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

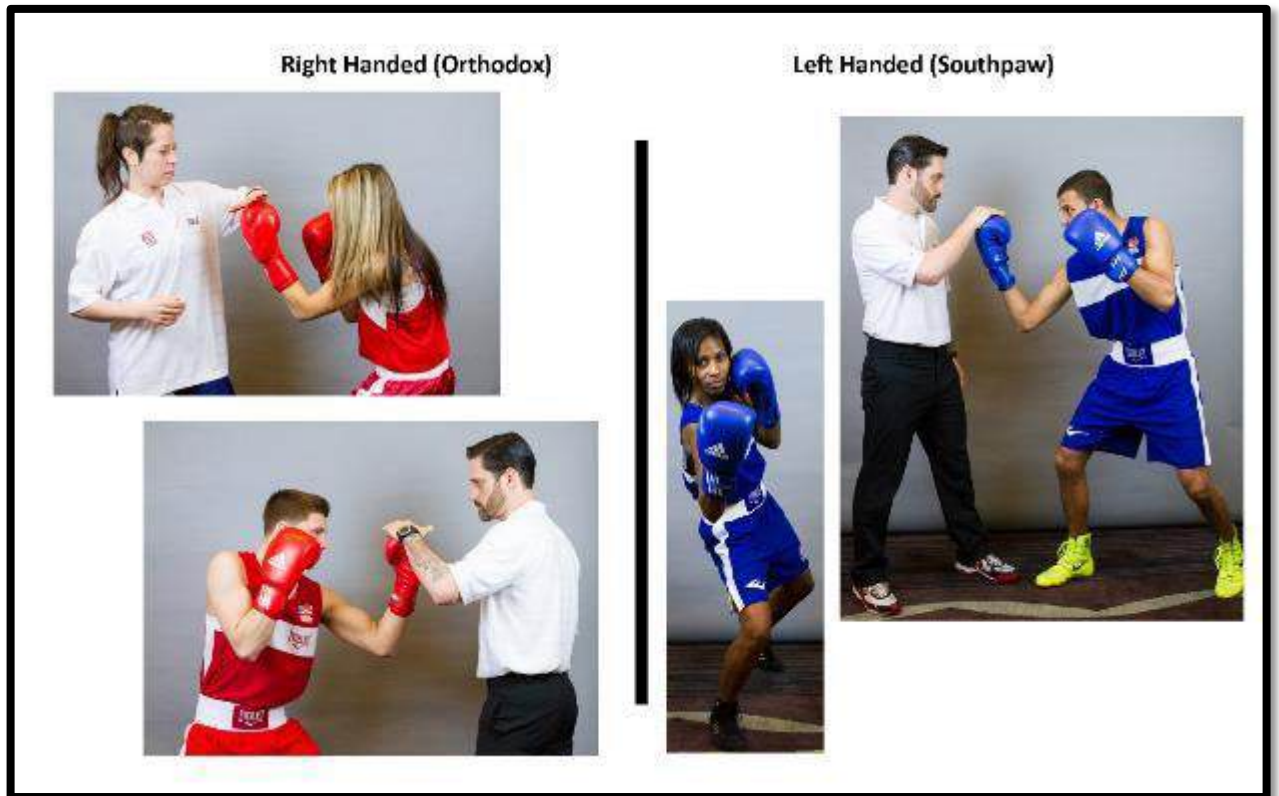
Uppercut

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



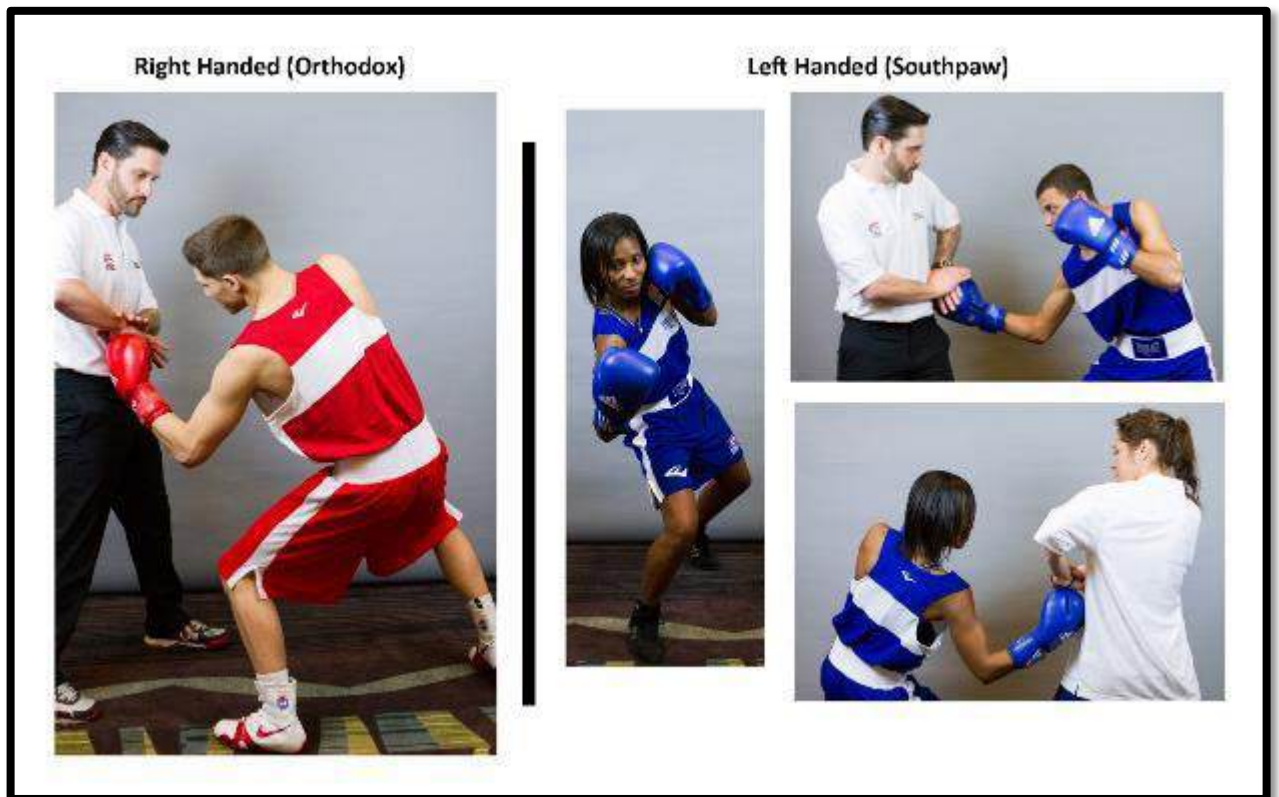
1. From the boxing stance
2. Bend the knees very slightly
3. Rotate the upper body to the lead side very slightly
4. Body weight shifts to the lead leg
5. Rear arm stays up and rigid to protect the head and body
6. Rotate the lead arm slightly to have knuckles point at the opponent
7. Extend the lead 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

ELBOW BLOCK



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

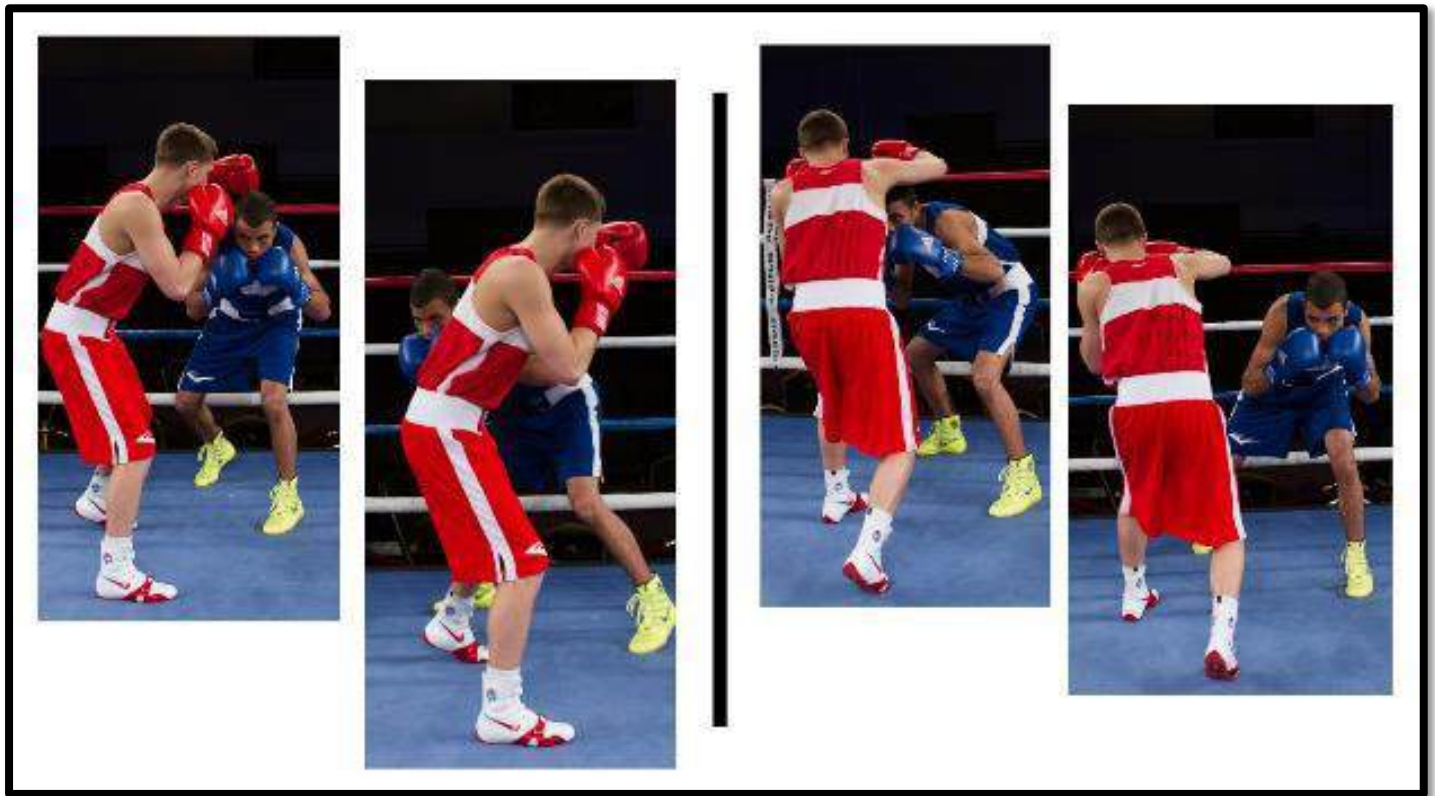


1. From the boxing stance,
2. Shift the body weight to the rear leg
3. Keep both arms up for the protection
4. Use only the upper body to lean backward
5. Return to boxing stance

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

ROTATION (Roll)



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 body – 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 exceeds 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.

impact

custom mouthguards

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

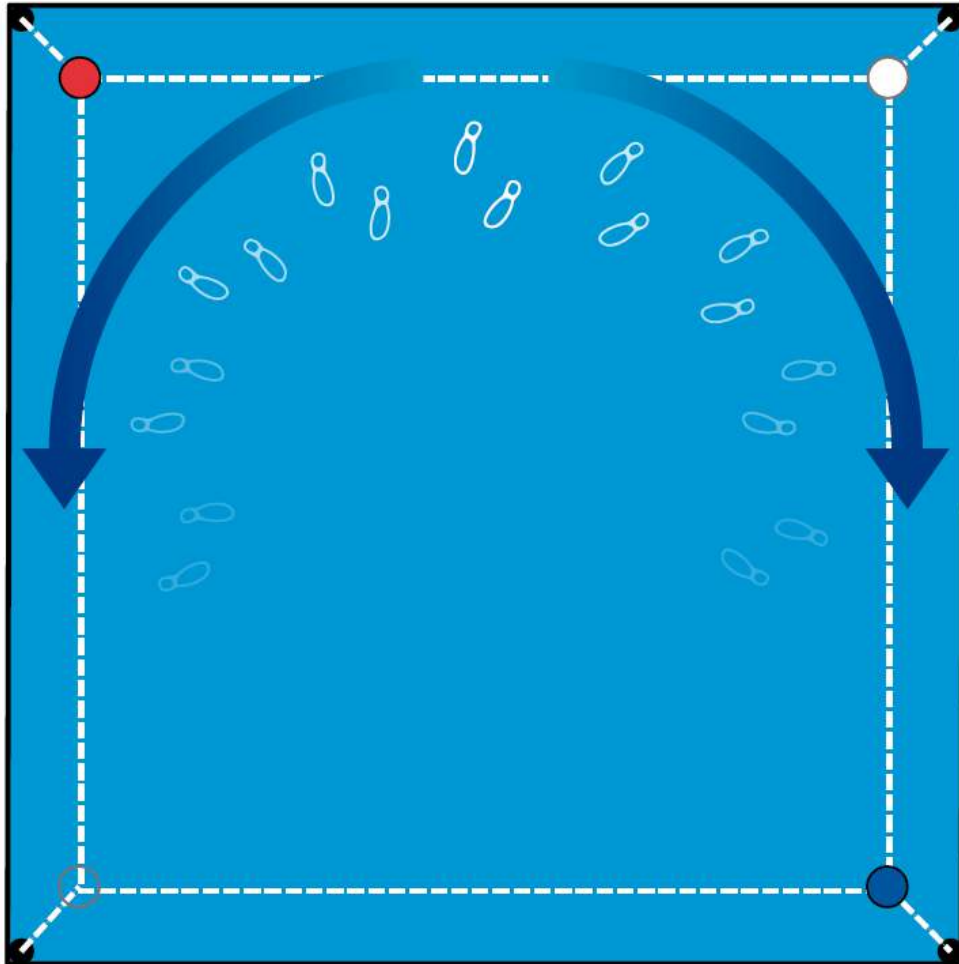
Half Guard

- 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

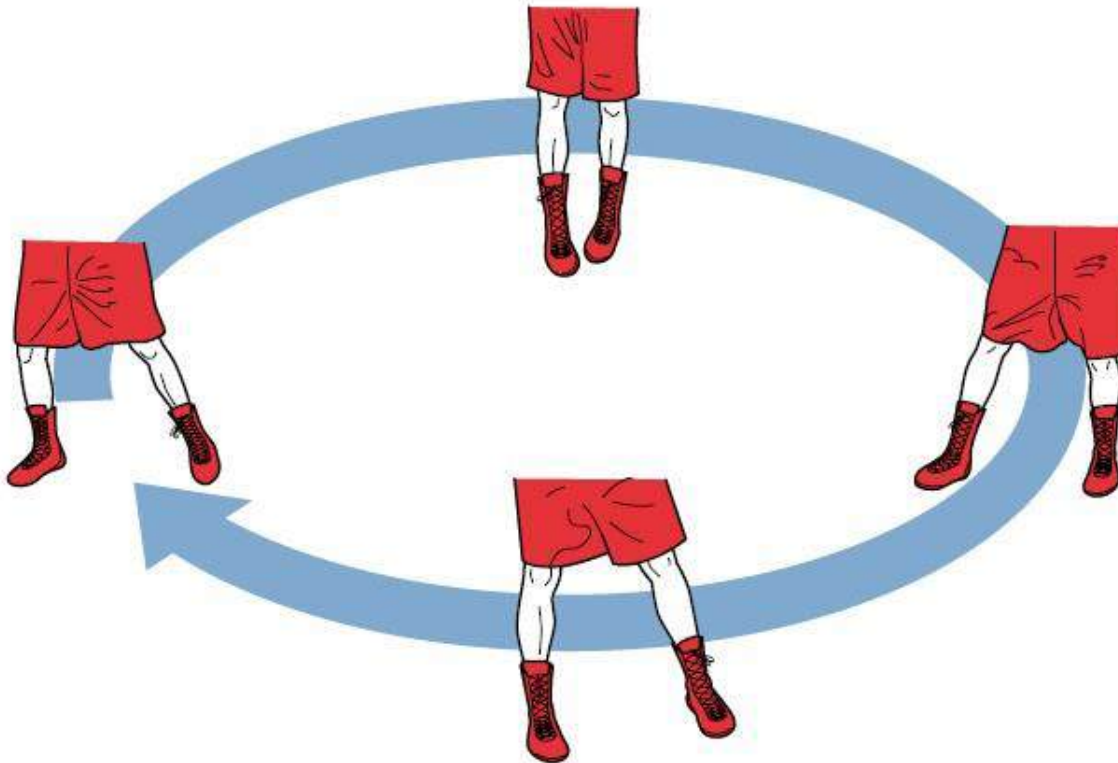
In the previous part of the Coaches Manual, we have discussed about basic boxing steps. The boxer must master of making forward, backward, left and right steps with good coordination and balance, in order to have advanced level of foot work / foot movement.

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.



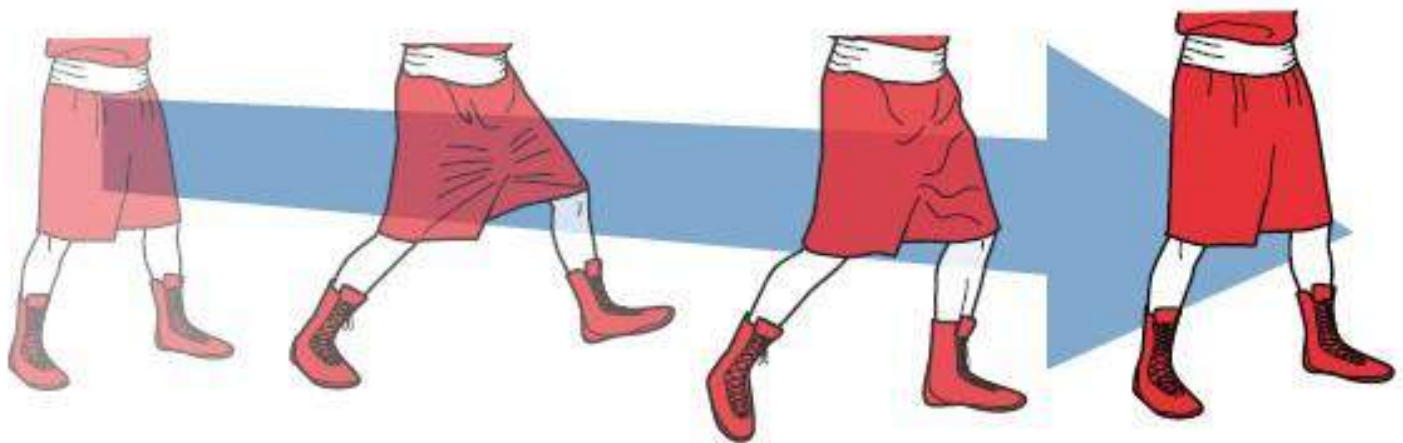
Bouncing

- 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



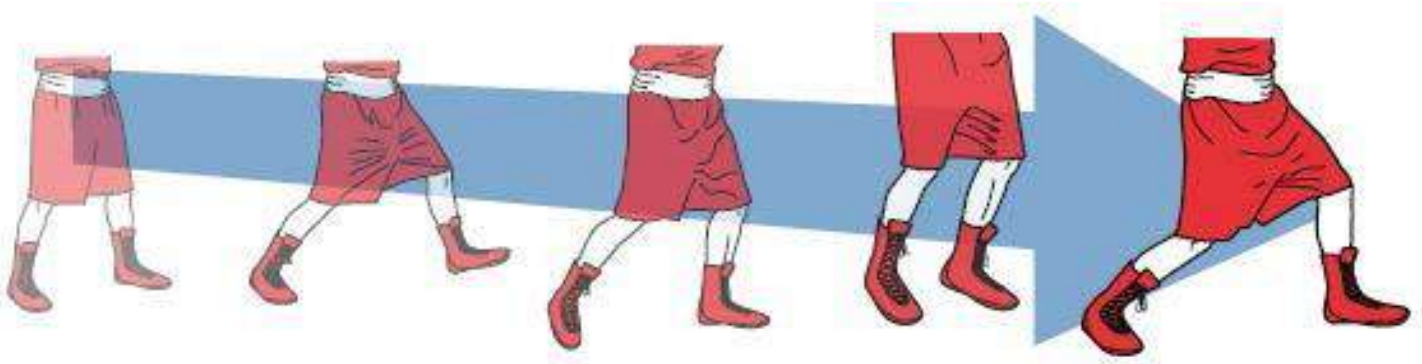
Step & Slide

- 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



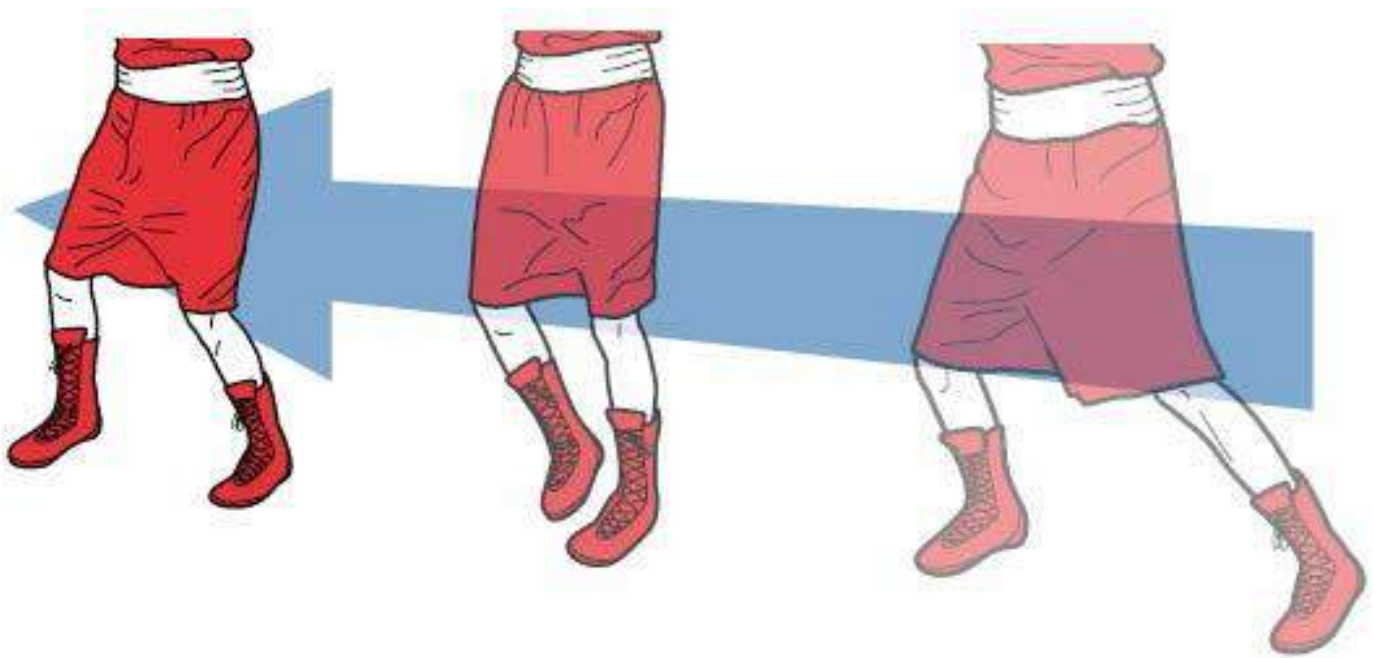
Step & Hop

- 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

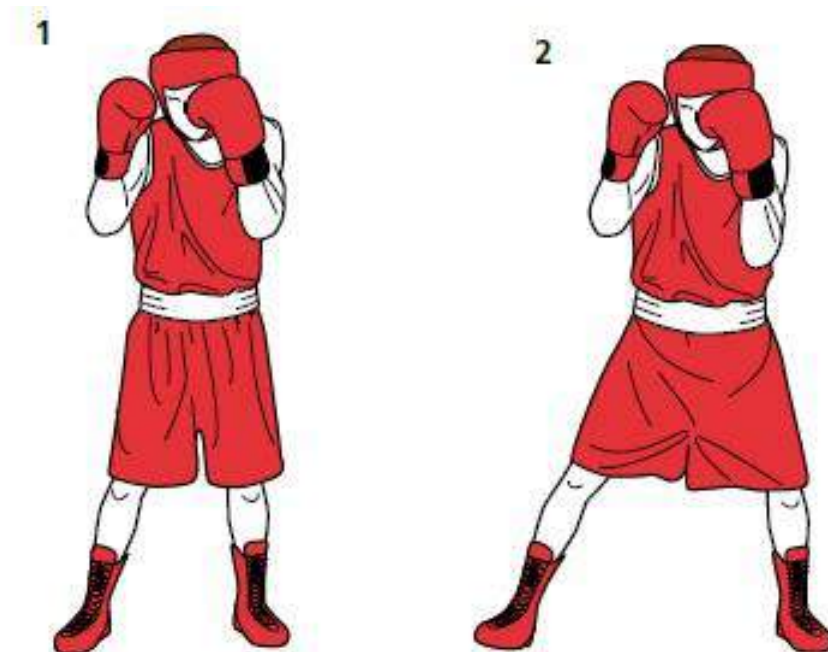
Defense Action can be divided into three categories.

- **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

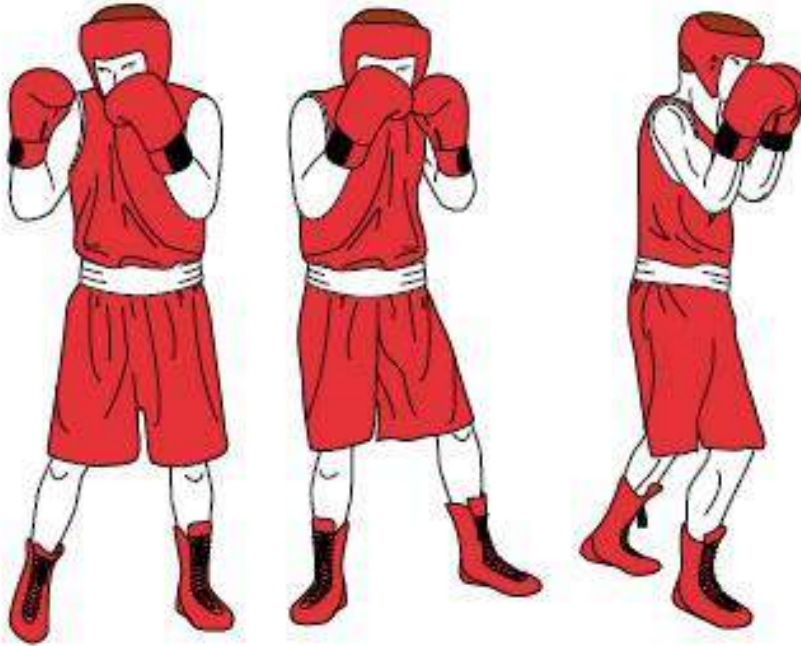
BOBBING AND WEAVING

- 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



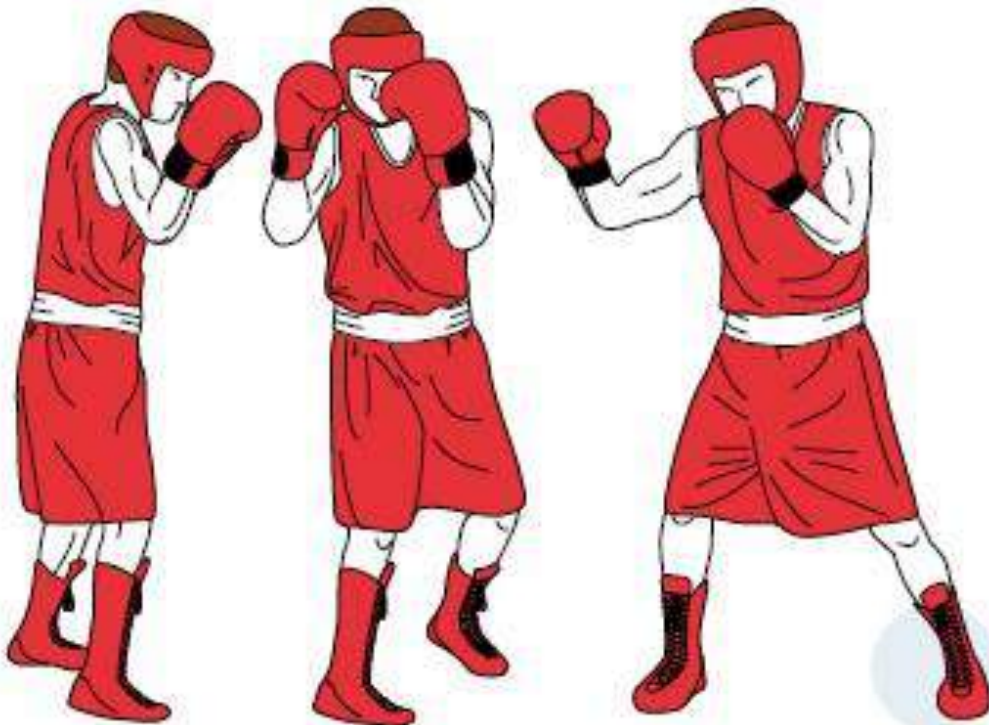
PIVOT OUTSIDE

- 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.

1 st Cycle (January)	3 rd Cycle
PC GC SC PrC C R	PC GC SC PrC C R
2 nd Cycle	4 th Cycle (December)
PC GC SC PrC C R	PC GC SC PrC C R

- 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.

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

General Conditioning

Training goal of the general conditioning period is the 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.

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

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.

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

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 and lasts 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.

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

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 analyze 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 Dintiman, Bob Ward, Tom Tellez Human Kinetics Publishing 1998

Chapter 3

COMPETITION



PRIOR TO THE COMPETITION

(Adapted from AIBA and USA Boxing Competition and/or Technical Rules)

When the boxer is ready to enter a competition:

- Register the boxer with [USA Boxing](#)
- The boxer's training program should be adjusted to the competition schedule
- The coach must check the body weight of boxer
- It is suggested that the coach be in communication with the host club/match maker with boxer's information; age/category, gender, weight, experience

Also, the coach should make sure that the boxer has all the necessary competition equipment that may include:

- Registration and/or USA Boxing passbook
- Uniform (Vests and Trunks)
- Boxing Boots and Socks
- Cup protector (Men) and Breast protector (Women)
- Mouthpiece
- Clean Towels, Clear Personal Water Bottle
- Tracksuit and Equipment Bag
- Hand-wraps (Tape)
- Headgear

Registration and Documents

A boxer entering a competition must have in their possession valid documents in order to compete in a USA Boxing sanctioned event. According to the USA Boxing Technical and Competition Rules, the boxer must possess the following documents, in order to participate in any of USA Boxing Approved Events:

- Valid registration and valid up-to-date Boxer's USA Boxing approved Competition Record Book, and registration with the LBC in which they reside
- Competition record book As of July 1, 2014 all boxers must have an initial annual medical exam by a qualified/licensed Medical Doctor (MD) or Doctor of Osteopathy (DO), and recorded in the boxer's Competition Record Book, signed by the examining doctor (see *Appendix of USA Boxing Technical Rules* for medical exam form)
- *Applicable waivers and releases, Release to Compete with Braces Form*, if applicable

Competition Uniform and Protector

- Boxers must box in light boots or shoes (without spikes or heels), socks (not to be worn higher than knee length).
- The length of the shorts must not be shorter than mid-thigh, cannot cover the knee and must not be worn above the belt line.
- The belt line of any shorts must be clearly indicated by a contrasting color and by using a 2-1/4"– 4" wide elastic waistband (the belt line is an imaginary line from the navel to the top of the hips).
- Boxers will not be allowed to have any binding material, such as tape, on their uniform.

Protector

- For all Men's competitions, a groin protector must be worn by the Boxers during all Bouts and a jock-strap may additionally be worn. The groin protector must not cover any part of the target area. Women boxers have the option of wearing a groin protector and/or breast protector.

Competition Uniform and Protector (Cont'd)

Mouthpiece

- Must be worn by Boxers during all Bouts.
- No red or partially red colored mouth pieces may be worn.

Medical Examination

- At the time scheduled for the Weigh-In, Boxers must be considered as fit to compete, as outlined in the USA Boxing Medical Handbook.
- At the Medical Examination and Weigh-In, an up-to-date Boxer's USA Boxing Competition Record Book with correct information must be presented by the Boxer. If a Boxer's Competition Record Book is not presented by the Boxer at the Medical Examination and Weigh-In, this Boxer will not be allowed to compete.
- Before the Medical Examination:
 - Every Woman Boxer aged 18 (eighteen) or older must sign a declaration provided by the Medical Jury certifying that she is not pregnant at that time.
 - Every Girl Boxer aged under 18 (eighteen) at the start of the relevant competition must provide a declaration signed by:
 - Herself
 - and by one of her parents/legal caretaker certifying that she is not pregnant at that time.
- Girls and Women Boxers who fail to sign/ provide a declaration of non-pregnancy will not be allowed to participate in the competition.

Weigh-In

- Boxers must be clean-shaved before all Medical Examinations. Beards and moustaches will not be allowed. No type of body piercing and no body accessories will be permitted to be worn during a Bout.
- Scale - The weight is the one shown on the scale, the body being naked except for a swimming suit or underwear. When necessary, the Boxer may take off the underwear.
- The Weigh-In must be conducted by Officials of the same gender.
- No Weigh-in shall last more than two (2) hours

DURING THE COMPETITION

Before The Bout

On the day of the bout, the coach must ensure that boxers attend the Medical Examination and Daily Weigh-In. The coach should also make sure that boxer has all the personal equipment, including both red and blue vest and trunks, in case of changes of corners prior to the bout.

It is beneficial for the boxer to arrive at the competition venue at least an hour before he/she is due to box. Upon the arrival at the competition venue, the coach must ensure the day's competition schedule is the same as his/her bout schedule. In some cases, the order of the competition can be changed without notice.

After confirming the day's competition schedule, the coach shall pick up the headgear, boxing gloves, and bandages from the equipment check table, if it is available by organizing committee. Equipment pick up should be done at least 20-30 minutes prior to the bout.

Headgear

- At all USA Boxing Approved Events, boxers must wear a headgear, with the optional exception of the Elite Males categories. The headgear should be of the same color as their corner.

Boxing Gloves

- At all boxing events, boxers must wear boxing gloves that are manufactured by USA Boxing approved licensees. Boxing gloves should be of the same color as their corner. Boxers are not allowed to wear his/her own gloves.

Bandages/Hand Wraps *(from USA Boxing Competition Rules)*

- All USA Boxing Bouts must be contested using bandages (gauze). If the event organizer provides bandages, then those are the only bandages acceptable for said competition.
- Specifications
 - In all categories, the gauze bandage for each hand shall be a maximum of 49 feet length and 2 inches width of Gauze (to wrap the hand)
 - with a maximum 16 feet length and 1 inch of surgical tape
 - And no more than 0.25 inches wide, may be applied between the fingers.
 - Gauze padding may be used to cover the knuckles at a maximum of 16 feet length of 4 inches width of Gauze
 - The use of any substance on the bandages is prohibited.
- Bandages shall be applied in the presence of, and signed off directly on the bandage by an authorized Equipment Inspector(s).

Prohibited Objects

- Any objects other than the uniform, headgear, boxing gloves, boots, hand-wraps and mouthpiece are not allowed during the bout. Prohibited objects also include any body piercing and body accessories, and cannot be worn during the bout.

Warm-Up

- Until the boxer reaches the elite level, the coach should stay with the boxer and help the boxer to get warmed up properly, prior to the bout. The coach must ensure the on-going progress of the competition, and conduct warm-up activities accordingly. Some of the warm-up activities before the bout may include:
 - Stretching
 - Gymnastic Exercises
 - Shadow Boxing
 - Trainer Pads

During the Bout

As mentioned in Chapter 1, when the coach enters into the Field of Play (FOP) with the boxer, he/she will be referred as the Second. As the Second, he/she should sit by the assigned corner of the ring, monitor the boxer's performance, and assist the boxer between the rounds.

The Second should monitor progress of the bout. Seconds are allowed to possess the towel and if he/she believes that the boxer is unfit to box, unable to continue, or getting punished by the opponent boxer, he/she shall retire the boxer by throwing a towel into the ring. However, the Second shall not retire the boxer while the referee is conducting a count.

When the bell rings that indicates the end of the round, the Second is allowed to come up to the platform and one of the three Seconds can enter the ring to assist the boxer, one can mount the apron, and one must remain on the floor. Assisting the boxer between the rounds may include:

- Have the boxer to sit or stand in the corner to take deep breaths
- Check the boxer's condition and ensure he/she is fit to box in the next round
- Advise with tactics in short, clear, and understandable manner
- Provide encouragement
- Provide a good recovery, such as supply water, place ice pack on the back of the neck and generate a breeze with the towel to lower the body temperature.

Before the start of the next round, the Seconds must step away and shall not remain on the platform. Also, before the round begins, everything (buckets, sponges, towels, and etc.) on the platform must be removed.

Walk-Over

In any case of walk-over, a boxer has to be in the ring fully attired for boxing.

After The Bout

At the end of the final round, the coach shall take off the gloves, headgear, and mouthpiece of the boxer. Appreciate and recognize the boxer for his/her effort.

Hand Shake

After the bout's decision has been indicated by the referee, the boxers may walk to opponent's corner and the Second shall shake hands with the opponent boxers as a sign of sportsmanship and friendly rivalry in accordance with the Rules of boxing.

Exiting the FOP

Before leaving the FOP, the boxer shall be examined by the doctor and pick up the record book. Despite the result of the bout, the Coach should wait for several hours or until the next day to evaluate and discuss the performance with the boxer. The coach should focus more on the boxer's health and appearance at this point than the performance and the result.

AFTER THE COMPETITION

As a coach, he/she needs to create a positive atmosphere around the gym and in training sessions. Also, a coach needs to focus on boxer's emotions more than his/her own. If the boxer is disappointed with the competition result, stay with the boxer and make sure that the boxer is keeping his/her emotions controlled and does not harm or create a negative atmosphere around the gym and during the training sessions. Try to encourage the boxer and prepare for the evaluation of his/her competition performance.

Analysis of bouts should be done without considering the boxer's emotion, when the boxer's emotion is considered, the coach may not be able to point out certain things that boxer has done wrong. When analyzing the bouts with boxers, pay special attention to:

- What were the techniques and skills that were used the most?
- What were the tactics used and how did boxer implement them?
- What were the defensive skills used during opponent's attacks?
- What was the reason for the result of the bout?

RULES AND REGULATIONS

Rules and Regulations change so the best source of information is the USA Boxing website (www.usaboxing.org). Coaches should be familiar with both the Technical and Competition rules which are available on the USA Boxing website. A two-page "rules at a glance" is also available online.

SUGGESTED READINGS FOR COMPETITION

- ✓ *Thinking Body, Dancing Mind, Taosports for Extraordinary Performance in Athletics, Business, and Life*, Chungliang Al Huang and Jerry Lynch
- ✓ *Ringside and Training Principles*, Nevada State Athletic Commission, 2001

Chapter 4

ADDITIONAL ASPECTS



MEDICAL

Injuries

Injuries can occur at any time of the day, anywhere. It can happen during training, or at the competition. During the competition, ringside doctors and medical personnel will immediately take care of a boxer for any injuries, however, it is coach's responsibility to take care and protect the boxer from injuries but, also to provide a first-aid treatment, in case of any injuries occurring during training.

Types of injuries in Boxing

- Nosebleed
- Fractured Nose
- Fractured Jaw
- Boxer's fracture
- Stave Bennett's fracture
- Intraorbital Injuries
- Periorbital Injuries
- Laceration
- Haematoma
- Facial Tenderness
- Cauliflower Ear
- Perforated Drum
- Concussion

In a case of a knock-down during the training:

- The boxer must stop sparring immediately
- Assess the boxer
 - If necessary, escort the boxer to see a medical doctor

Injury Prevention

In order to prevent injuries, the first and foremost thing that a coach has to do is to provide a safe environment for training. The following criteria can also help boxers from getting injured during training or at the competition.

- Must follow safety guideline for using the facility and equipment
- If equipment is worn out or missing pieces, do not use it
- During the technical training with partner, the boxer must be fully attired with headgear, protectors, training shoes and etc.
- When sparring during the practice, the boxer should wear a headgear that covers most of the head and face and bigger boxing gloves (ex. 16oz gloves)
- During the sparring, the sparring partner has to be selected accordingly, based on the physical and skill level of the boxer, and based on the main objective of sparring.
- The boxer must have a proper Warm-Up before the training and competition
- Provide the boxer with enough time for recovery before or after training and competitions
- Grease or Vaseline rubbed into the face before sparring to prevent injury

Treatment for Minor Injuries

In any cases, if the injuries are more severe than minor cuts or bruises, the Coach should call the emergency medical assistance before conducting any first treatment.

Nosebleeds

Nosebleeds are a common injury in boxing. Most nosebleeds can be stopped by using a nose plug, Vaseline and applying pressure. Never have the boxer lie down or tilt the head backward. Another way to treat nosebleeds is to firmly pinch the nose just below the bone up against the face. Apply pressure for five minutes. If the nosebleed doesn't stop after 10 minutes, seek medical attention.

How to recognize a broken nose or nasal fracture if the nose is not broken or disfigured: If the blood is dark and a constant stream, or constant drainage, then the boxer most likely has a broken nose. There can be possible complications from a broken nose to include:

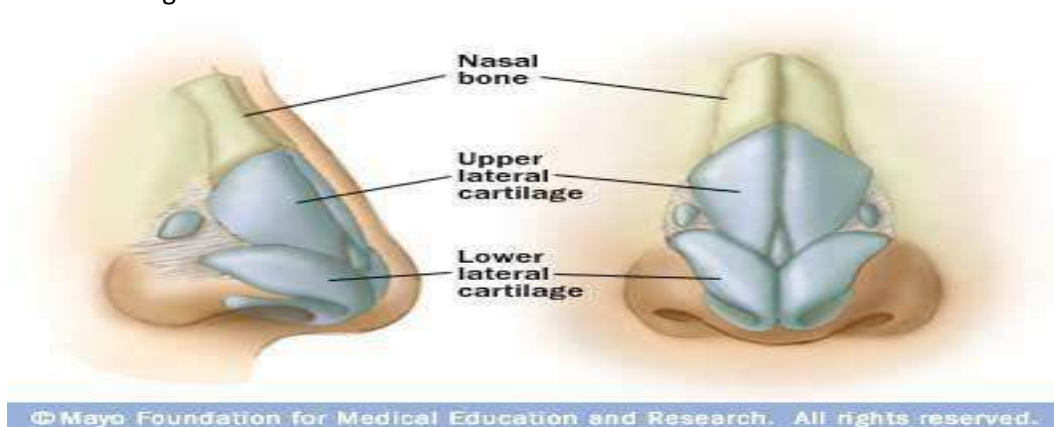
- Change in the appearance of the nose or the tip of the nose.
- A large amount of blood in the nasal septum.
- A hole in the nasal septum or causing the bridge of the nose to collapse (saddle nose deformity).
- Crooked (deviated) nasal septum.
- Permanent breathing difficulty.
- A change in or loss of sense of smell.

Medical treatment for a broken nose is **usually** not needed, unless there is disfigurement. For a severe broken nose medical treatment should be done within 7-10 days of the injury.

Treatment for minor nosebleeds

- Sit up straight and tip your head slightly forward
 - Do not tilt your head back. This may cause blood to run down the back of your throat, and you may swallow it
- Breathe through the mouth
- Apply an ice pack to your nose, cheeks, and neck (The cold will stop bleeding and swelling)
- Use thumb and forefinger and firmly pinch the area shown in diagram 1 for 10 – 20 minutes

<<Diagram 1>>



Minor cuts, Lacerations

Minor cuts and lacerations usually occur on a boxer as the result of a head butt, elbow or punch in the area around the eyes. When the cut occurs the bleeding can be stopped by using:

- Vaseline
- Ice bags, No-Swells and Swabs can also be used
 - *NOTE: The USA Boxing Technical manual also has a list of various things that can be used during competition to stop the bleeding of cuts, lacerations and nosebleeds.*

Treatment for minor Cut

- Be sure the wound is cleaned well with disinfectant swab or similar
- Apply plaster strip (bandage)

Treatment for minor Bruise

- Apply bag of ice or ice pack to the bruised area for approximately for 20 minutes to speed healing and reduce swelling. After a short break, this process can be repeated.
 - Do not apply ice directly to the skin. Wrap the ice pack in a washcloth or towel

Sprains and Strains

When a strain or sprain happens it is always a good practice to seek medical attention. But until medical aid can be rendered (usually within the first 24-48 hours) use the acronym RICE:

- Rest the sprained/ strained area
- Ice for 20 minutes every hour (never place the ice directly on the skin)
- Compress the area with an ACE bandage, remembering not to wrap it too tightly.
- Elevate the area above the heart level

Note: With any injury a good rule of thumb is “when in doubt seek professional medical attention.”

Treatment for minor Sprain

- Lay the athlete down on flat ground
- Elevate sprained area
- Apply ice pack or bag of ice cubes on the injured part
 - Do not apply more than 20 minutes at a time
- Use the elastic wrap to wrap the injured area, overlap the elastic wrap by one-half of the width of the wrap. Make sure the wrap does not cut off blood circulation, the wrap should be snug. If the injured athlete's sprained area becomes cold, blue, or tingle, re- wrap.

Treatment for Severe Injuries

In any case of severe injuries during the training, the coach must call the emergency number immediately. Until the emergency medical personnel arrive, the coach must stay with the injured boxer all the time and not perform any treatment on the boxer.

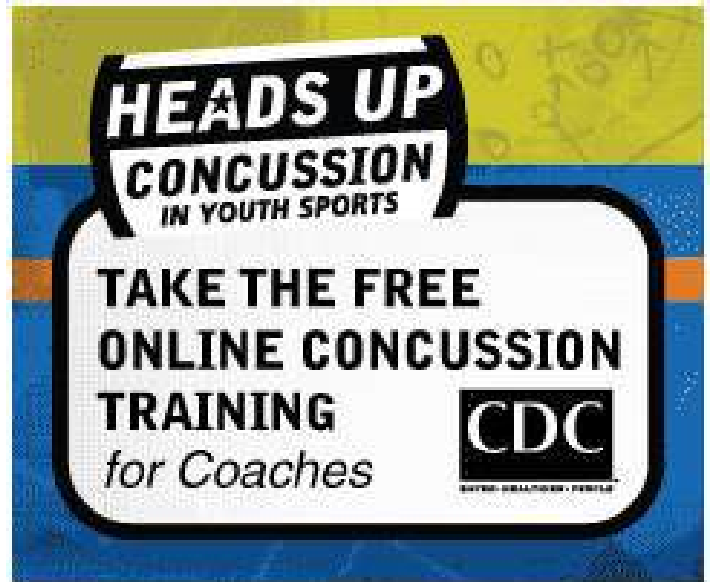
Concussion Awareness

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding”, getting your “bell rung”, or what seems to be a mild bump or blow to the head can be serious. As a concerned parent or coach, here’s **what to look for** in your athlete

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

Some **symptoms** reported by the athlete can be

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light and/or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just “not feeling right” or “feeling down”



<http://www.cdc.gov/concussion/HeadsUp/youth.html>

If an athlete reports **one or more** symptoms of concussion listed above after a bump, blow, or jolt to the head or body, s/he should be IMMEDIATELY removed from training, the day of the injury, and kept out of play until a health care professional, experienced in evaluating for concussion, says it is okay for the athlete to return to APPROVED activities. **Do not attempt to judge the severity of the injury yourself.**

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

Tips to prevent a concussion or other serious brain injury

- Follow safety rules
- Practice good sportsmanship at all times
- Wear proper protective equipment that fits well and quality is maintained

This and more information can be found at: <http://www.cdc.gov/concussion/sports/index.html>

A free online course is available at: http://www.cdc.gov/concussion/headsup/online_training.html



All concussions are serious.
If you think you have a

CONCUSSION:

- * Don't hide it.
- * Report it.
- * Take time to recover.



It's better to miss one game
than the whole season.

For more information and to order additional materials
free-of-charge, visit: www.cdc.gov/Concussion.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



June 2010

NUTRITION

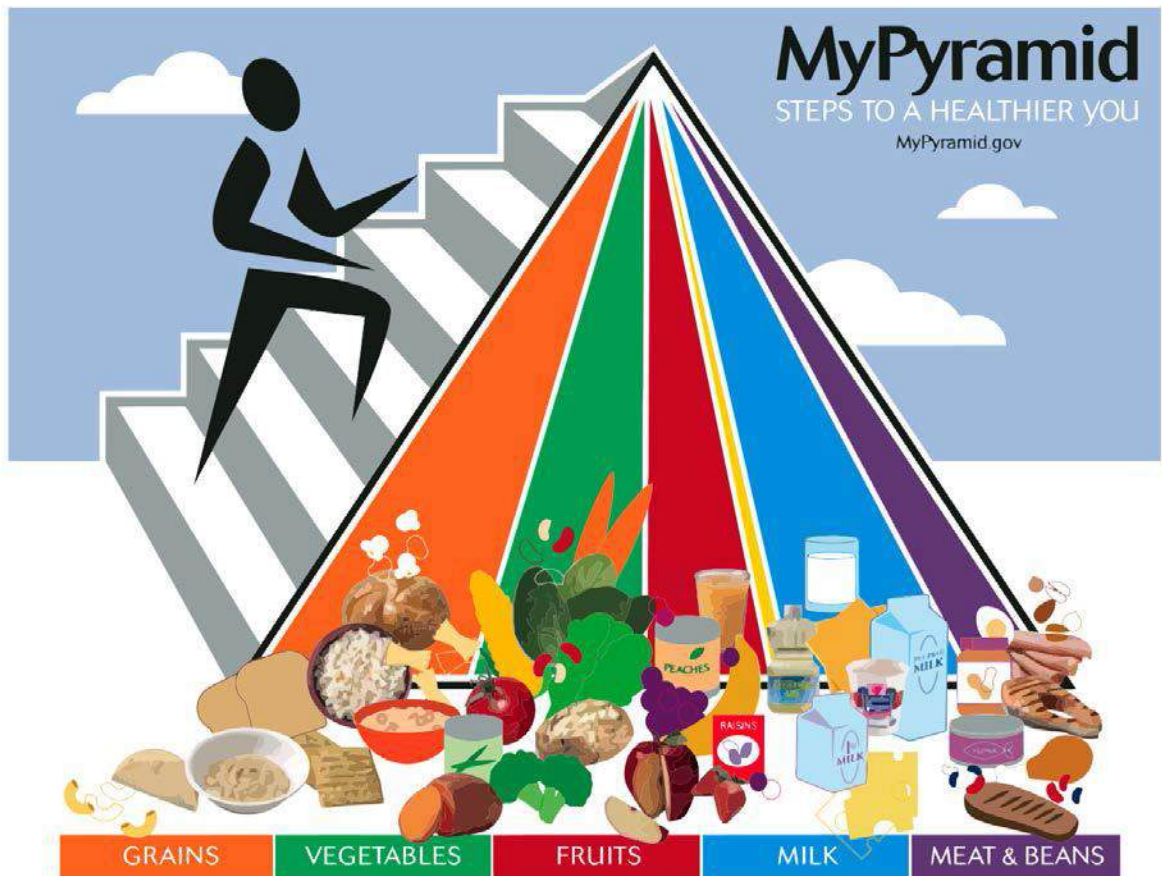
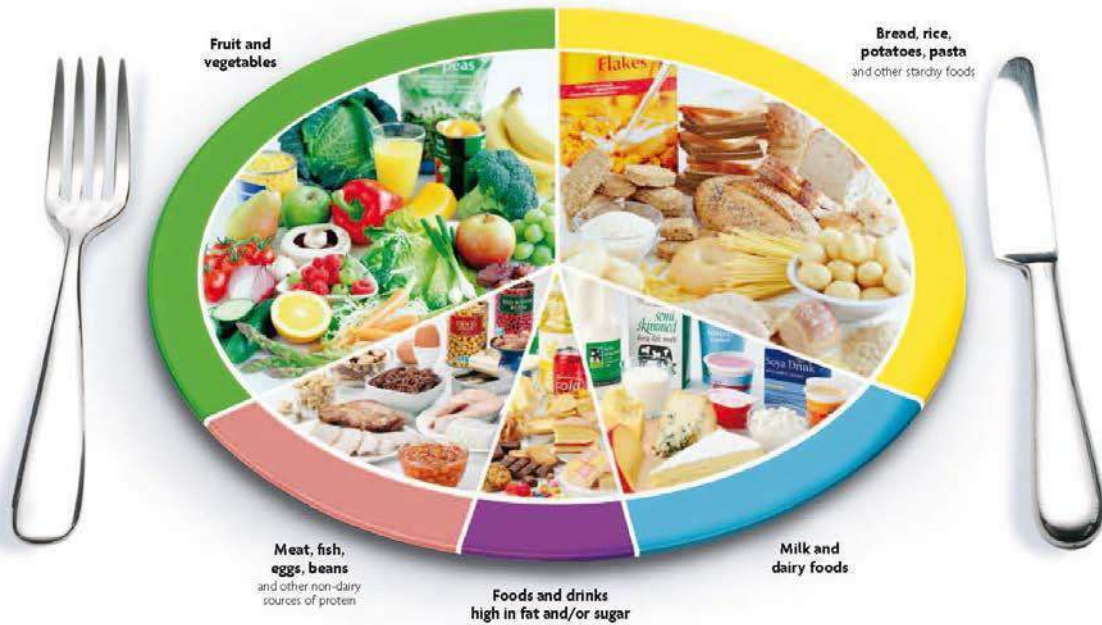
- The main goal of diet is to provide adequate energy for recovery and muscle tissues to repair quickly and efficiently without adding body fat
- The best strategy is to create a year-round eating strategy that includes weight management that ensures the boxer does not get outside 10% of his competitive boxing weight.
- It is recommended to eat approximately every 3-4 hours (Eat minimum four (4) meals per day at regular intervals)
- Drink water or a sport drink to maintain proper hydration, especially during the training.
- Avoid water-like substances such as sodas or lemonades. Although these may contain water and some carbohydrates, they also contain a greater amount of the useless type of carbohydrate source
- Remember minerals and vitamins
- Plan diets that consist of a wide variety of foods and keep in mind the basic food groups – This is the best insurance for getting the needed nutrients.
- For athletes, it is recommended to compose their diets, based on following ratios (calories):
- Diet of young athletes should be based on proper selection of nutritional elements such as:
 - Carbohydrates - brown rice, whole-meal pasta, oatmeal, whole-meal bread, vegetables, fruits and potatoes
 - Proteins- tofu, egg, fish, chicken, beef, pork and half fat cottage cheese
 - Fat- butter, seeds, nuts, sea fish, vegetable oils and olive oils
 - For athletes, it is recommended to compose their diets, based on following ratios (calories):
 - Vitamins- vegetables, fruits and other products, rich in following vitamins - C, B, D, A, K
 - Minerals – sodium, potassium, magnesium and iron
- For athletes, it is recommended to compose their diets, based on following ratios (calories):
 - 55 percent of carbohydrate
 - 1 gram of carbohydrate = 4 calories
 - Example: Based on a consumption of 2,000 calories, 1,100 calories derives from carbohydrate
 - 1,100 calories = 275 grams
 - 15 percent of protein
 - Daily protein intake: 0.75– 0.80g per 1lb of bodyweight
 - 30 percent of fat
 - 1 gram of fat = 9 calories
 - Example: Based on a consumption of 2,000 calories, 600 calories derives from fat 600 calories = about 66 – 67 grams
- Try to consume additional 300 to 500 calories than your weight-maintenance level during the training season
- Drink fat-free or low fat milk
- Increase protein intake to .90g per 1 lb of bodyweight
- During the off-season, boxers should strive to either increase lean muscles mass and/or improve their physical weaknesses

Before and After Training Session

- 30 to 40 minutes before the training, consume 30 – 40 grams of carbohydrate and 20 grams of protein
- Consume sports drinks or drinks containing carbohydrates and proteins during the training session, and immediately after to avoid dehydration, prevent blood glucose levels falling too low and help maintain the body's glycogen stores

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.





Athlete Eating Guidelines

Focus on the following nutrition principles year-round:

Stay hydrated. Your body is more than 60% water and your muscles depend on water to function properly. A dehydrated body cannot train or compete at its peak. Drink enough so that your urine looks like pale lemonade or apple juice and so that you are urinating frequently throughout the day.

Fuel up before training. Focus on eating lean proteins, fruits and vegetables and whole grains to ensure that your body is prepared for training. Try not to go into a training session with an empty fuel tank. Eat a meal 3-4 hours or a snack 1-2 hours before exercise.

Boost your immune system. Choose foods that are high in antioxidants such as fruits and vegetables to help keep your immune system healthy and reduce the amount of free radicals that your body builds up during high intensity training. Choose more colorful fruits and vegetables such as blueberries, strawberries, kiwis, oranges, broccoli, carrots and sweet potatoes.

Limit fats. Saturated and trans fats can cause inflammation which is the exact opposite of what elite athletes need. Stay away from foods that are processed or fried, and higher fat meats like chicken wings, bologna and pastrami. Choose non-inflammatory unsaturated fats such as olives, avocados, nuts, seeds, and salmon.

Eat to recover. Choose carbohydrate rich foods with some protein within 30-60 minutes of finishing a training session to help your body recover faster. Good choices after workouts include: peanut butter sandwich (half or whole), carton of chocolate milk, or a bowl of cereal with milk or yogurt.

Sport products. Sports bars, gels and drinks do have their place in an elite athlete's eating program. Be sure to not over-use these types of products, however, as they can deter body weight goals and can replace more beneficial calories from whole foods. Use sports products before, during or immediately after practice depending on your sport needs and goals.



INFORMATION

A proper eating program is just as important to an elite athlete's success as a training program.

Think of your body as a car...

The foods and drinks you consume are the fuel. Elite athletes are like finely tuned cars that require high quality fuel to achieve optimal performance. Putting low quality fuel into your body can lead to poor health and sub-par performance.

This material was developed by professional sports nutritionists at the United States Olympic Committee. For more information and additional sport performance resources, visit:
www.teamusa.org/resources/usoc-sport-performance



Reading Food Labels

Serving sizes are standardized for foods. Pay attention to how many there are in a food product.

Saturated and trans fats increase inflammation and slow recovery.

Sodium is essential for optimal hydration before, during and after training.

Complex carbohydrates and dietary fiber can stabilize blood sugar, prevent insulin spikes and keep body weight under control.

Nutrition Facts	
Serving Size	8 fl oz (238mL)
Servings Per Container:	1
Amount per serving	
Calories 170	Calories from Fat 25
% Daily Value	
Total Fat 3g	5%
Saturated Fat 1.5g	6%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 150mg	6%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 25g	
Protein 9g	14%
Vitamin A 10%	Vitamin C 6%
Calcium 30%	Iron 0%

% Daily Value does not pertain to elite athletes.

Too much cholesterol can contribute to high blood cholesterol levels and be detrimental to health and performance.

Lean protein is necessary for muscle recovery after hard training sessions.

Vitamin and mineral dense foods are important during high intensity training.

Example

Nutrition Facts SKIM MILK	
Serving Size	1 cup (247g)
Servings Per Container:	1
Amount per serving	
Calories 80	Calories from Fat 2
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 103mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	
Sugars 12g	
Protein 8g	
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 1%

VS

Nutrition Facts 2% MILK	
Serving Size	1 cup (247g)
Servings Per Container:	1
Amount per serving	
Calories 122	Calories from Fat 43
% Daily Value	
Total Fat 6g	7%
Saturated Fat 4g	16%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 103mg	4%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	
Sugars 12g	
Protein 8g	
Vitamin A 9%	Vitamin C 1%
Calcium 29%	Iron 0%

More calories

Higher fat and cholesterol

Same protein and calcium

Calcium

Information

Calcium is an essential and abundant mineral in the body. In fact 2-3 pounds of body weight is calcium, with 99% being stored in the bones and teeth.

Calcium is essential for assisting in optimizing bone mineral density.

- The major functions of calcium include bone metabolism, blood coagulation, blood pressure regulation, neuromuscular excitability, cellular adhesiveness, transmission of nerve impulses, maintenance and functionality of cell membranes, and activation of enzymatic reactions and hormonal secretions.
- The Recommended Daily Allowance (RDA) for Calcium intake is 1300 mg per day for teenagers, 1000 mg per day for adults 19-50 and 1500 mg per day for women who are amenorrheic. The upper limit of calcium intake is 2500 mg/day and toxicity symptoms include: constipation, and urinary stone formation.
- Calcium is found mostly in dairy products, such as milk, yogurt, and cheese. Green leafy vegetables also provide a source of calcium along with calcium fortified foods like OJ and cereal.
- Vitamin D, lactose, glucose and a healthy digestive system enhance calcium uptake while fiber, and caffeine may have small effects on calcium loss. Phytates, phosphorus compounds found primarily in cereal grains, legumes, and nuts can also bind with calcium and interfere with its absorption in the body.



INFORMATION

Bone tissue in the skeleton, also known as bone mass, can continue to grow until around age 25. However, up to 90 percent of peak bone mass is acquired by age 18 in girls and age 20 in boys, which makes youth the best time to "invest" in bone health.

Application

Eating an adequate amount of calcium is essential for optimal performance. It will help increase your bone mineral density and help blood clot faster to improve recovery at times of injury.

Adequate calcium intake is important for bone injury rehabilitation (such as stress fractures). Since most of the calcium in the body is stored in the bones, it is important to maintain a high calcium intake during this healing process in order for the body to be able to repair the bone.

Weight bearing exercise, especially if your sport is low impact, is important to stimulate bone cell activity and increase calcium deposition.

This material was developed by professional sports nutritionists at the United States Olympic Committee. For more information and additional sport performance resources, visit:
www.teamusa.org/resources/usoc-sport-performance

References: www.scribble.org, 2006. <http://library.upjohn.edu/infodiet.htm>, 2005.



Minerals

Information:

Similar to vitamins, minerals also assist in many body processes and are crucial in muscle contractions, energy expenditure and immune function. Minerals are divided into two groups: Macrominerals, which are required in amounts greater than 100 mg/d and microminerals, also known as trace elements, are required in amounts less than 100 mg/d. Elite athletes have an increased need for both macro and micro-minerals because of the higher stress that is placed on the body during training. The following is a list of all of the minerals, their functions and food sources.

Macro minerals:

Mineral	Function in Body	Food Sources
Calcium	Growth and maintenance of bones and teeth, important for heart and skeletal muscle function, nerve impulse transmission, blood clotting, and release of some hormones	Dairy products, dark green leafy vegetables, calcium fortified foods/beverages
Phosphorus	Aids in bone strength and structure, acid-base balance, B-vitamin function	High protein foods, whole grains, carbonated drinks
Magnesium	Aids in protein synthesis, glucose metabolism, bone structure, muscle contraction	Milk and milk products, meat, nuts, whole grains, dark green leafy vegetables, fruit
Sodium	Aids in water balance, acid-base balance, muscle contraction	Processed and canned foods, cheese, soy sauce, (almost everything)
Chloride	Aids in water balance	Table salt
Potassium	Aids in water balance, glucose delivery to cells	Citrus fruits, potatoes, vegetables, milk, meat, fish, bananas

Micro minerals:

Mineral	Function in Body	Food Sources
Iron	Aids in oxygen delivery, essential for aerobic metabolism	Meat, fish, poultry, shellfish, eggs, whole grains, vegetables, nuts
Iodine	Aids in metabolism control by forming thyroid hormone	Iodized salt and seafood
Selenium	Antioxidant	Meat, fish, seafood, whole grains, nuts
Copper	Aids in iron transportation	Meat, fish, poultry, shellfish, eggs, nuts, whole grains, bananas
Manganese	Aids in energy metabolism, fat synthesis, bone structure	Whole grains, legumes, green leafy vegetables, bananas
Zinc	Aids in energy metabolism, protein synthesis, immune function	Meat, fish, poultry, shellfish, eggs, whole grains, vegetables, nuts
Chromium	Aids in glucose control	Brewer's yeast, mushrooms, whole grains, nuts, legumes, cheese

This material was developed by professional sports nutritionists at the United States Olympic Committee. For more information and additional sport performance resources, visit:
www.teamusa.org/resources/usoc-sport-performance

References: Advanced Sports Nutrition. 2006.



USOC
SPORTS NUTRITION

WEIGHT LOSS FACTSHEET

THE UNITED STATES OLYMPIC COMMITTEE

Weight Loss in Sport

An athlete's desire to lose weight should be rooted in achieving the ideal body composition for performance. A realistic weight loss goal is one that does not compromise performance and maturation, but leads to a gradual decrease in weight of 0.5 – 1.5 pounds per week.



Getting Started on Your Weight Loss Goals

1. Consult a sport dietitian to assist you with an individual plan to meet your goals while maximizing energy and performance.
2. Get a baseline assessment to determine current weight and body composition and to set realistic goals.
3. Plan ahead and outline meals and snacks for the week. Make a grocery list and stick to it while shopping at least once per week to ensure access to the appropriate foods.
4. Manage portion sizes using the Weight Management Athlete Plate as a guide.
5. Listen to your body and stop eating when you are satisfied rather than "stuffed". Eat slowly to give your body time to recognize the feeling of fullness.
6. Focus on meals to avoid mindless eating and minimize distractions like the TV and reading.
7. Logging your food and fluid intake is a great way to create awareness, identify areas for improvement, and ensure accountability.
8. Consistency is key when making food choices. At each meal and snack choose foods that support your weight loss goals.
9. Have a plan when you enter a dining hall or buffet. Start by filling half your plate with veggies and then add a lean protein and grain or carb source.



© USOC SPORT NUTRITION TEAM

ATHLETE'S PLATE

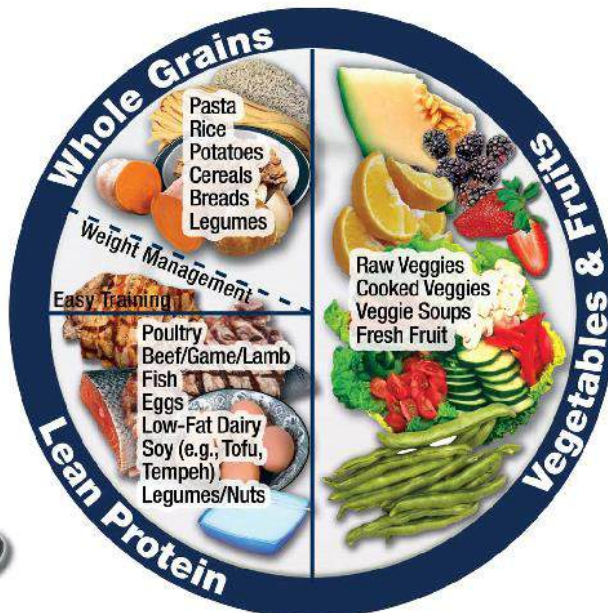
EASY TRAINING / WEIGHT MANAGEMENT:

FATS

1 Teaspoon



Avocado
Oils
Nuts
Seeds
Cheese
Butter



FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nutrition Graduate Program.
For educational use only. Print and use front and back as 1 handout.

The Vegetarian Athlete

Any athlete, regardless of sport, intensity of training, gender, or age can successfully choose a vegetarian diet without risking nutrient shortages or deficiencies. However, such a lifestyle choice will require careful planning to maintain adequate energy for training and to reduce the risk of associated vitamin and mineral deficiencies.

***The key to a successful vegetarian diet is understanding which plant foods contain similar nutrients as the foods you are no longer consuming; and which nutrients may be at risk.

Nutrients at risk for the vegetarian athlete:

Iron
Zinc
Vitamin B-12
Calcium
Omega 3s
Protein



FORMS OF VEGETARIANISM

Vegan -

consisting of only plant-based foods

Lacto-ovo -

includes milk, milk-based foods, and eggs;

Pesca Vegetarian -

add fish, eat dairy products and eggs

Nutrient Information and Sources:

If you do have a known deficiency, it is important to consult your physician to determine appropriate dietary supplements regimen.

Zinc - Necessary for protein synthesis, and supporting immune function, this mineral can be found in whole grains, fortified foods as well as nuts and seeds

Vitamin B-12 - B-12 is necessary for protein synthesis and aids in energy metabolism but it is only found in animal products, so vegan athletes should look for foods fortified with B-12 or consume a multi-vitamin that contains B-12.

Continued...

This material was developed by professional sports nutritionists at the United States Olympic Committee. For more information and additional sport performance resources, visit:

www.teamusa.org/resources/usoc-sport-performance



USOC
SPORTS NUTRITION

RECOVERY FACTSHEET

THE UNITED STATES OLYMPIC COMMITTEE

Why is Recovery Important?

As a high performance athlete, you've chosen a career where taking care of your body is your job. When you are training and competing, there are several physiological consequences that occur which make you fitter, faster, stronger and/or improve your skill level. A sound recovery nutrition protocol will ensure you can optimize training adaptations and perform at 100% of your body's potential in the next training bout or in preparation for competition.

Are you practicing the 4 R's of recovery?

Re-plenish muscle glycogen (carbohydrate stored in muscle) after practice. Eat 0.5 g/lb BW.

Re-pair and regenerate muscle with high quality protein. Eat 15 – 25 g (higher end for larger athletes).

Re-inforce muscle cells and immune system with colorful and anti-oxidant rich foods (e.g. fruits, veggies, whole grains, fish, nuts, olive oil). Eat at least 2 cups of fruit and 3 cups of veggies daily.

Re-hydrate with fluid and electrolytes based on sweat loss in training (3 cups fluid/lb of sweat loss). Use urine color as a hydration guide pre-training.

Recovery nutrition depends on:

- ✓ Type of training session
- ✓ Training volume
- ✓ Training intensity
- ✓ Timing of your next training session
- ✓ Body weight
- ✓ Whether you are training or competing



Nutrition within 30 – 60 minutes after training or competition can enhance recovery due to:

- Increases in heart rate and blood pressure which enhances nutrient delivery to muscles
- Faster glycogen replenishment and initiation of tissue repair
- The body's hormonal switch from muscle breakdown to muscle building earlier in the recovery timeline

© USOC SPORT NUTRITION TEAM





USOC
SPORTS NUTRITION

HYDRATION FACTSHEET

THE UNITED STATES OLYMPIC COMMITTEE

Hydration and the Body

Hydrated cells are critical to get the most out of daily training and facilitate recovery. The effects of significant dehydration can take hours and even days to recover from. Athletes should develop strategies to monitor and adapt an individual hydration plan according to changes in:

- Intensity of training
- Duration of training
- Frequency of training
- Fitness level
- Environmental conditions (e.g. heat, altitude, plane travel, surgery, illness, hard training)

Performance can be negatively impacted by as little as 2 to 3% body weight loss from sweat (e.g. 3-4 lb. for 150 lb. athlete)



Importance of Hydration on Performance

- Enhances the body's ability to regulate temperature and cool efficiently while avoiding unnecessary elevation in heart rate
- Improves ability to recover quickly from training and competition
- Minimizes muscle cramps
- Enhances mental function, decision making, concentration, and motor control
- Supports effective immune defenses

Signs and Symptoms of Dehydration

- Lack of concentration
- Early fatigue in training session
- High perceived exertion in training
- Trouble tolerating heat
- Delayed recovery
- Muscle cramps
- Headaches
- Nausea and vomiting
- Heart rate elevated above normal response

Three Indicators of Dehydration

You are likely dehydrated if *two or more* of these markers are outside the normal range.

1. Color of morning urine (dark in color)
2. Waking body weight (lower than usual)
3. Thirst (greater than usual)

It can take up to 24 hours for the body to regain fluid balance after dehydration.

© USOC SPORT NUTRITION TEAM



WEIGHT MONITORING

The body weight of the boxers will place boxers into the specific weight categories at the competition. In many cases, boxers begin to control their body weight only a few days before the competition starts. Such habits can be risky, not only for the boxer's well-being, but also the boxer may not be able to make the specific weight.

It is essential for the coach to constantly monitor and help the boxer to maintain his/her body weight without the competition.

- Before and after every training session, body weight should be measured to see the amount of water weight lost in training
- It is dangerous to reduce body weight through dehydration or crash dieting
- The coach should monitor the fluid intake by the boxer and help him/her to take a sufficient amount of fluid during training

WEIGHT MONITORING, (cont'd)

- Losing weight may cause boxers to be tired easily and quickly, the coach shall provide adequate meal plan that includes, time, frequency and what boxer should eat
- If boxer wants to gain weight and build up body mass to compete in upper weight categories, the coach shall provide \ nutrition plan with a higher calorie intake
- Athletes should reduce intake of the unhealthy food, such as soft drinks, oils, butters, sweets, too much coffee and tea, white bread, fast food
- The nutrition plan should be based on the fruit/vegetables, rice, lean meats, natural drinks, pasta, grains

BREATHING

Correct breathing technique may be a challenge to learn. It can however be very easy to teach to the boxing student, because the very first thing they will notice after a few rounds of hitting the bag or the focus mitts, is how quickly they have become winded. This is because boxing is both a highly aerobic activity, and anaerobic as well. Boxing will tax every metabolic system of the body. In fact, it has a way of testing every system there is; including the cognitive abilities and decision making skills under pressure. I mention this because, as in the quote above, the breathing pattern of a boxer can and will mean the difference between catching an opponent's punch on the glove or square on the jaw.

Controlling the breath during the rest period will maximize the athlete's recovery for the entire rest period, which will help them focus on the Second's instruction, and enter the next round with complete confidence and ready muscles. This is not the only area you and your athlete will notice a difference from focused, effective breathing. Below are listed some areas of importance, and methods to train and use the breath to your advantage.

"Control your mind through the breath and you can definitely still yourself"

~ Yogi Bhajan

- Better breathing technique equals more oxygen getting circulated by the blood, which means that lactic acid produced in the muscles from efforts of the prior round can be removed, and fresh oxygen supplied, that muscles can continue their hard work and postpone fatigue.
- The breath can be an aid in throwing a more powerful punch. If you are about to lift something very heavy, think of how you breathe. At the critical moment of the lift, you are likely to breathe out sharply, allowing full acceleration of your body. The same is true in a powerful punch- as the boxer forcefully expels air, the body is able to fully relax, extend the arm, and transfer the power to the target.
- The pace of the bout can be dictated by the speed of the boxer's breathing. The boxer may choose to make a series of sharp breaths, even with audible noise, as they unleash a fast combination. They may elect to breathe smoothly and quietly, and then sharply on a few choice counter blows or power shots.
- A boxer can effectively use their breath as a feint, making the noise of a forceful punch while moving the lower body some, to create a believable draw.
- The breath can help a boxer survive a powerful/ surprising body attack by breathing out sharply as the blow makes contact with their target zone. Forcefully expelling your breath is caused by a hard contraction of the diaphragm muscle as well as several surrounding abdominal muscles. This way the body is harder and more able to withstand the blow- and since you have already breathed out, you won't get the 'wind knocked out of you'!

Breathing and the Boxer's Mind in the Fight

- A boxer can train to attach a word, or cue, to a specific breathing pattern to assist in focusing. This is a form of mental training where, for example, the boxer may take three short breaths in, then in and out deeply, and say out loud or to themselves, a word that has meaning to their performance, such as “smooth” or “power”
- Have you ever seen a boxer waiting for the decision, after a hard fought match, and notice how they have stopped breathing? This is a natural response from a tense, anxious body. As we know, a tense and anxious body does not lead to the kind of performance that gives a boxer confidence that his or her hand will be raised. Practicing to coordinate the breath with the punches, and stay breathing fluidly throughout the competition is necessary.
- If a boxer is tense before entering the ring, they may have an elevated heart rate, and can adjust it by focusing on breathing in and out, slowly and evenly. This will not only restore confidence and mental focus, increase oxygen to the brain and improve mental attitude, but help remind them of the goal to control the breath between rounds, to better lower the heart rate and allow for a full minute's worth of recovery.
- Should a boxer not win his bout, focusing on the breath and not the emotion can, again, restore focus, increase good feelings and oxygen to the brain, avoid feelings of panic, and help them regain composure, confidence and perspective.

Training for Effective Breathing, and Effective Breathing in Training

- Recover from sprints and hard sparring/training by taking breaths deep into the belly
- Wear a heart monitor during training or sparring to monitor the difference that deep belly breathing can make in the speed of lowering the heart rate between rounds
- Just before cresting a hill as in a hill sprint, or nearing the end of a sprint interval, take shallow rapid breaths, which can help the body expel more air, and finally be able to take a single, nice, deep belly breath
- Just before lifting something heavy, such as preparing to lift a tire or preparing to snatch a barbell, take a deep breath in, holding the tension and gathering energy from it on the initial effort, and sharply expel it upon the moment of critical force
- Leg muscles consume the most oxygen. A boxer benefits from learning to do roadwork by coordinating their breath with alternating strides or footfalls. This allows the athlete to run harder, for a longer period of time, and thereby strengthen the muscles involved in running and breathing simultaneously.
- The harder the lungs have to work, the more fatigued the other muscle group becomes. No matter what kind of exercise you are doing, become aware of your breathing to increase your performance.
- Training done at elevation, or using an elevation training mask will strengthen the cardiovascular respiratory system and improve breathing.
- Swimming laps, yoga, and other cardiovascular exercises strengthen the body's aerobic capacity.
- Perform deep breathing and core exercises that intentionally strengthen the diaphragm (which performs 80% of breathing action) as well as the intercostal muscles of the abdomen and rib cage.
- Deep, effective breathing should feel like inflating the belly, placing pressure on the solar plexus, and holding tension for a few seconds; similar to an archer holding the tension in a bow before releasing an arrow.

Breathing and Safety in the Sport

- Think of how it feels to work in a crowded office space. Effective breathing maximizes inner body cavity space; allowing organs and muscles can relax and run smoothly.
- Consider having a 'Scent Free Policy' as in some public buildings. This allows the athlete access to as much usable oxygen as possible, and also avoids asthmatic/allergic reactions.
- Any athlete with allergies or who needs to use an inhaler should make the head Coach aware of the medications they take either regularly, as needed, or in the case of an emergency.
- Boxing has been rated the most physically challenging sport that there is. If a boxer is feeling light

headed or can't take in enough air, they must stop all activity and allow the body to recover before continuing.

"Most men breathe from their throats, but wise men breathe from their heels",
~ Chuang Tzu

SUGGESTED READINGS FOR ADDITIONAL ASPECTS

- ✓ Boxing and Medicine (out of print), 1995, Cantu, HKP
- ✓ Sports Nutrition Guidebook-5th Ed., 2013, Clark, HKP

Chapter 5

ART OF BOXING



THE SPORT AND THE ART OF BOXING

Boxing reaches across all demographics because it is both a sport and an “art.” We are all familiar with the competitive, “sporting” aspect of boxing and, indeed, it is the very reason for the existence of USA Boxing. However, boxing is far more than that. Boxing is one of the original martial arts and people have been training in it since the beginning of Man. Western Boxing is the latest cultural evolution of something that began when man first made a fist and figured out how best to use it. While boxing as a sport receives the most attention, the population of this group is limited. Boxing as an art has no such restriction and can appeal to anyone in any age group. Besides the obvious fitness benefits, boxing offers a person an activity in which they can learn and grow for their entire lives. It also creates knowledgeable fans who will support sport boxing. Boxing is universal.

The difference between a sport and an art, in this case, is simple. Sports have competitions and focus on the tangible success of a win. Success in an art is more nebulous. It really only comes down to intention. The techniques in both are the same. The training methods are the same. The major difference would be that in sports, the concentration is on performance and athletic ability. In the art, personal growth through a deeper understanding of themselves and of boxing is the goal. What that means in concrete terms is that the competitor must do his road work and athletic exercises while the recreational boxer can be more relaxed. In the sport of boxing, much more goes into it than just learning how to fight. There’s weight management, competition strategies, strength and conditioning training. The art of boxing is what keeps us interested long after we have stopped competing in the ring ourselves. As coaches, our understanding of the art of boxing is what we try to pass on to our athletes for their success. Both sport and art can support each other. Sport boxing keeps the art honest and art elevates what we do beyond mere athletic activity.

DISTINCT POPULATIONS

Age

Boxing can appeal to any age group from youths to seniors. Our Youth programs are well defined but traditional gyms have waited for youth to walk in instead of spending the effort to share all the benefits of boxing. Parents are always looking for physical activities for their kids, and martial arts schools across the country are filled with students. Every one of those students is a potential boxer. Adults at any age can enjoy boxing as an exercise and recreation without fear of contact if they choose to avoid it. Few activities offer boxing’s high intensity workout in the same amount of time. Men and women can learn to box without fear of showing up at work with a black eye. Boxing also is great exercise for seniors. Of course, they may not be able to engage in high impact activities such as hitting the focus mitts but they can easily shadow box and hit the heavy bag at their level. Besides keeping seniors engaged socially, it empowers them emotionally.

Boxing as a recreation can start for children as young as 6, though 8 is a more common age to begin training. This is, of course, dependent on the emotional growth and physical ability of the child in question. Sport Boxing has very specific guidelines regarding age but recreational boxing can be a little more flexible. When training children who are not competing, we must remember that we are using boxing as a method to teach intangible qualities such as self-confidence, fair play and work ethic. As a general rule, children should be separated by levels of development that often correspond with age. They generally break down like this.

- 0-6 years old
- 6-9 years old
- 9-12 years old
- 12-15 years old
- 16 – Adult (or) 19 - Adult

At 16, many kids will be ready to train with adults. Those that aren't can continue in the kids group. In addition, it is a good idea to minimize contact until the child is 16 and which time, contact should be introduced gradually. Submitting a youth to a "trial by fire" is a time-tested method of finding champions but often, those that don't make the cut end up with bad habits or a deep dislike for boxing. For recreation, both should be avoided. (For more information about training suggestions see the Step-by-Step section, Training Suggestions by Age Group)

Recreational Group Instructor

The recreational boxer will generally join a boxing gym to attend group classes. These classes must be primarily focused on fitness using boxing as the method. Coaches can be slightly more lenient with technique as long as it is being performed safely. Classes should be kept upbeat and engaging with multiple variations of exercises to keep students interested. Coaches can either use the bell or train by workload. They can train in unison or train in circuits. Do not forget that to most, this is an exercise and nothing more.

Sample Group Class (60 minutes)

- Clock set to 2min
- 5 minutes warm-up
- 3 rounds skipping rope
- 3 rounds shadow boxing and technique instruction
- 5 rounds heavy bag
- 5 rounds focus mitts
- 3 rounds partner drills
- 5 minutes abs
- Cool down

Recreational Private Instructor

Most coaches are already well skilled at training individuals. In fact, many people who participate in recreational private instruction do so because they want to train like a "real fighter." Coaches can train such students with the same method they train their fighters but with less intensity and less contact. Keep in mind that these students are there primarily to work out. They may be inspired to compete one day but that is not generally their training goal.

Boxing Training for Mixed Martial Arts

MMA isn't necessarily boxing's "competition". People who watch MMA generally will watch boxing as well. In fact, MMA has created many new boxing fans as boxing is an integral part of MMA. Yes, the level of boxing in most MMA is low, but instead of ridiculing their skills, we might consider helping them to develop. Every serious MMA fighter should spend time in a boxing gym. The best ones such as Anderson Silva and George St. Pierre already do so. Coaches should consider reaching out to MMA and Brazilian Jiu-Jitsu schools to offer instruction. Coaches who put a little effort in extending a hand of friendship will surely find a receptive audience.

Chapter 6

STEP-BY-STEP GUIDES



TRAINING SUGGESTIONS BY AGE GROUP

Ages 0 to under 6 years old

Physical Focus

- ABC's of Movement (Agility, Balance, Coordination)
- Running
- Jumping
- Throwing

Mental Focus

- Fun and enjoyment of the game
- Participation and sportsmanship
- Positive interaction with others
- Confidence and self-esteem

Coach's Focus

- Promotion of participation and enjoyment
- Positive reinforcement for efforts
- Selection of activities that success is almost inevitable
- Progression from simple to complex drills
- De-emphasize outcome and encourage fun, participation and good spirit

6 to under 9 years old

Physical Focus

- Developing aerobic endurance, muscular strength, flexibility, and stability through fun activities
- Running, jumping, striking, catching, agility, balance, coordination, speed

Mental Focus

- Enjoyment of competition and sportsmanship
- Development of self-awareness and thinking states
- Introduction to basic imagery in order to encourage creativity

Boxing Focus

- Introduction to offense (straight punches), defense (against straight punches), body position, and footwork
-

Coach's Focus

- Demonstration of sportsmanship and fair play within boxing rules
- Importance of effort versus outcomes
- Promotion of a "no excuse" atmosphere

9 to under 12 years old

Physical Focus

- Greater emphasis on learning sport-specific movements
- Strength training with body weight, stability balls, medicine balls

Mental Focus

- Introduction to relaxation techniques (ex. Breathing)
- Goal setting
- Focus strategies, imagery, self-talk

Boxing Focus

- Continued development of boxing skills, emphasizing technical perfection
- Introduction and development of counter punching strategies
- Tactical introduction of how to get an advantage over different styles of opponents

Coach's Focus

- Introduce athletes to mental training
- Build confidence by reinforcing boxer's strengths

12 to under 15 years old

Physical Focus

- Development of aerobic endurance
- Introduction to speed & anaerobic training with older boxers
- Introduction of free weights
- Emphasis on flexibility training

Mental Focus

- Awareness of self-talk and methods of reframing
- Use of SMARTER goals (specific, measurable, achievable, realistic, timely, evaluated, recorded)
- Teamwork and communication skills

Boxing Focus

- Strengths and weaknesses are identified and addressed
- Development of strategies against variety of opponents
- Emphasis on boxing-specific skills (offenses, defenses, counter-punching)

Coach's Focus

- Skills and strategies development
- Development of aerobic/strength, introduce speed/anaerobic, emphasize flexibility
- Sportsmanship and fair play

Active Adult

Physical Focus

- Maintain aerobic fitness by walking jogging 30min-3/week
- Maintenance of strength with resistance exercises
- Maintain flexibility with stretching, yoga, etc.

Mental Focus

- Motivated to “play”
- Encouragement of interest in learning new skills
- Emphasis on social aspects and belonging
- Having fun!

Boxing Focus

- Perfecting existing skills and learning new ones
- Playing “games” with boxing strategies

Coach’s Focus

- Encouragement of maintaining general health through an active lifestyle, including boxing
- Promotion of the enjoyment of the activity of boxing

HOW SAFE IS OLYMPIC STYLE BOXING?

Olympic Style boxing is a contact sport, and as with all contact sports there is a certain amount of risk involved. Below are standards set by USA Boxing (USAB) and the International Boxing Association (AIBA) followed by its members for the safety of its participants.

In the Gym

- All registered clubs have insurance, as part of USAB, and a registered coach staff with a primary safety concern for all registered athletes
- All coaches that oversee sparring (practice matches and drills) and competitions are required to be registered with USAB, and have passed the coaching certification clinic test within the past two (2) years
- All athletes involved are required to be registered before they can participate in contact drills, sparring and/or competition
- Safety equipment (proper shoes, groin protector for males, headgear, mouthpiece, training gloves) must be worn during any contact drills and sparring

During Competition

- Prior to competition a boxer must register with USAB, and have a pre-bout physical evaluation by a USAB doctor. There will also be a post-bout clearance from the ringside physician before the boxer is allowed to leave the Field of Play (FoP)
- USAB doctors utilize a Medical Handbook to use as a reference guide and educational tool specific to Olympic style boxing
- The referee is registered and certified with USAB, and has the duty and responsibility to govern the match, keeping order by enforcing the rules, and securing the safety and wellbeing of both boxers
- Olympic style boxers are judged on clean points scored on the opponent's target area, competitive attitude, sportsmanship, and controlling the ring.
- Boxers are matched in competition by four (4) criteria; age, weight, gender and experience
- Competition gear (groin protector, mouthpiece, headgear, gloves) must meet USAB standards

Interesting Articles:

<http://www.health.com/health/gallery/0,,20523821,00.html>

Please contact the **Grassroots Task Force** at grassroots@USABoxing.org with any other safety questions.

INGREDIENTS & RECIPES FOR ...

A Day Plan

A day plan should include:

- an explanation of the purpose and objectives of a training session
- a warm-up
 - should include exercises and stretching that prepare a boxer physically for competition
- main training period
 - vary from day to day
 - emphasize boxing specific exercises and teaching including bag work, drills, and footwork
 - conditioning exercises to prepare a boxer for competition
- Cool-down

Thought should be given to the composition of the boxer's physical ability and conditioning as well as experience level when planning a training session. Groups may need to be broken up based on their conditioning and experience level so that each training session is productive learning and fitness experience for those involved.

Drill Design/Sparring Session

Drills and sparring sessions can be part of the main training session and should be planned out with the experience and conditioning level of the participants. A combination of different drills that emphasize technique and defense will help boxers progress effectively. Sparring goals should always be decided upon before a sparring session with each participant given a sense of their partner's ability and how to work during the sparring session.

(*) The two most important components of your practices are the **development of individual skills** and the translation of these **skills into match-like situations through drills**. Therefore, the drills that you select must be related to your objectives. Too often coaches use drills that are traditional or favorites of the boxers but that have little to no relevance to the skills to be learned. Such drills waste valuable time. Drills should be selected or developed according to the following features. Drills should:

- have a meaningful objective
- require a relatively short explanation
- provide an excellent opportunity for boxers to master the skill or concept
- keep boxers "on task" during the drill
- be easily modified to accommodate skilled and unskilled boxers
- provide opportunity for skill analysis and feedback to boxers
- be challenging and fun

Write your drills on single sheets or cards. After your practice, write your comments about the drill's usefulness directly on the card and file the card for future use. Good drills can be used many times during the year. Share your drills with fellow coaches. Such activities promote fellowship among coaches and provide the beginning coach with a repertoire of useful teaching tools and techniques.

EXAMPLE LESSON PLANS

Day Plan

Warm-up	Overview of Training Session 3 rounds jump rope 3 rounds shadowboxing 15 min. calisthenics
Main Training	10x 100 m Sprints 3 rounds Heavy Bag 4 rounds partner drills 3 rounds speed bag work 50 push-ups 200 crunches 50 box jumps
Cool Down	Movement around the ring Stretching

Week Plan

A weekly plan should include variation each day that allow a boxer to progress with regard to their physical conditioning, boxing technique, and understanding of the sport of boxing. Certain days should include a greater emphasis on physical conditioning while others should have more of a focus on boxing technique. Variation and challenging activities throughout the week will help boxers stay motivated and coming back to your gym.

Monday	Tuesday	Wednesday	Thursday	Friday
Warm-up Main Training: Focus on Conditioning Cool Down	Warm-up Main Training: Focus on partner drills Cool Down	Warm-up Main Training: Focus on Conditioning Cool Down	Warm-up Main Training: Focus on partner drills Cool Down	Warm-up Main Training: Focus on Footwork Cool Down

SKILL ANALYSIS FROM THE GROUND UP

There is a very broad range of what boxing skill executions are right or wrong. “Styles make fights”, and because of that uniqueness between coaches, trainers and boxers there is an infinite amount of room for variations. Evaluate each skill you teach your boxers and break down key points to observe during each phase of the movement; **Set-up**, **Initial Movement**, **Point of Impact**, and **Follow-Through**. How the body is inside the base will either maintain stability during the execution or will cause an imbalance during the skill. Therefore, begin evaluations from the ground and make note of each major joint from the feet to the head. The following are instructions of how to read the example checklists for the *Ready Position*, *Left Jab*, *Straight Right*, *Left Hook* and *Right Uppercut*:

Each offensive skill will have corresponding text:

Skill Name (#)

- the skill’s number is a quick reference to use when in combination (ex. 1-2-3-2 is jab-straight right-left hook-straight right)
- the **Set-Up**
- how to execute the **Initial Movement** the skill
- how the **Point of Impact** may look
- what the **Follow-Through** will look like

CHECKLIST

Starting from the ground and working our way up the body, how does each joint will act during execution

VARIATION

-some skills may have other variations and this section will describe those elements

COACHING TIPS: are helpful hints

*** **NOTE:** The offensive skills in ***Self Position*** are the same for southpaws, just opposite. If you are left hand dominant, you will reverse the instructions (ex. The Straight Right will be your Straight Left)

Example Skill Checklists Ready

Position

The Ready Position is the **Set-Up** for potentially all other movements in boxing. The first rule of boxing is to protect yourself at all times, with your hands up and your chin down

CHECKLIST *(See Reference Images on the next Page)*

- ✓ Base - Feet are at least shoulder width apart or slightly greater, with the heel of the right foot on one side of an imaginary line and the left toes on the other side of the line (**pic. Ai**). You will have a weak base and be easily knocked off balance if your feet are in line, like standing on a tight rope (**pic. Aii**)
- ✓ Front/left foot is flat to act as the “anchor” and the back/right foot is on ball/toes with the heel off the ground like a gated sprinter (optional-not shown)
- ✓ Knees are slightly bent, acting as shock absorbers to allow fluid movement (if the legs are straight in a locked out position, all your weight will be through the heel instead of across entire foot. This will diminish the quality of your base of support)
- ✓ Hips are loose
- ✓ The right elbow is pulled tight to the ribs, sitting on an imaginary shelf at the navel, which is the foul-line for the sport of boxing
- ✓ The left elbow is at 90degrees and sits behind the fist(when the fist sits behind the elbow, the punch will come from a hammering motion instead of a drive)
- ✓ The right shoulder is pulled back with the left shoulder forward, creating a narrow target with the body
- ✓ The right hand (thumb) touches your nose/right cheekbone
- ✓ The left hand is at cheekbone/eye level, 6-10” in front of your face, just to the left of your eye (**pic. Bi**) (placing it directly in front of your eye will create a blind spot and interfere with your vision) (**pic. Bii**)
- ✓ Head down/chin in your chest/ Eyes up

COACHING TIPS

- Look between the gloves with hands on either side of your eyes (**pic. C**). If you are looking over top of your glove, your hand is too low and must return back to position
- Raise your hips for *MOBILITY* and lower your hips for *STABILITY*

The Ready Position [Visual]



Left Jab (1)

- Use the Ready Position (**pic.A**) to **Set-Up** the Left Jab (1)
- The Jab's **Initial Movement** by driving the left elbow up, through the target.
- Depending on the strategy, the **Point of Impact** can be anywhere on the scoring target; jaw, eyes, eyebrows, nose, forehead, throat, collarbone, shoulders, arms, wrists, hands, elbows, chest, ribs, belly, etc.
- The Jab is very versatile, and the **Follow-Through** could be minimal, for repetitive speed, or full on like a battering ram knocking the head up and back, setting up for another punch
- The **Purpose** of the Jab is to set your range (both offensively and defensively), set up other point scoring power punches, and to keep you in balance

CHECKLIST *(See Reference Images on the next Page)*

- ✓ Base - Feet are at least shoulder width apart or slightly greater
- ✓ Back/right foot maintains position on the ball of the foot
- ✓ Both knees are slightly bent
- ✓ Maintain weight distribution evenly down the center, 50/50
- ✓ The right elbow stays tight to the ribs, resting on an imaginary shelf at the foul line
- ✓ Create a narrow torso target by pulling the right shoulder back with the left shoulder forward protecting the jaw
- ✓ Left arm is straight with palm down, striking with the knuckles
- ✓ Right hand is touching right cheekbone/nose
- ✓ Head down/chin in your chest, nose and eyes are focused on the target
- ✓ **Do NOT** look over the punch, watching where punch is going, but instead “look down the pipe”
- ✓ **Do NOT** allow your right elbow to “fly away” like a chicken

VARIATION

A common variation is to step with the Jab. In reality you will step with the Jab 90% of the time, generating force by pushing off the back leg and reaching with your front/left toe (do not heel strike). The key is to know YOUR range stepping 3inches, 6inches, 12inches, or at a standstill not stepping at all

Left Jab (1) [Visual]

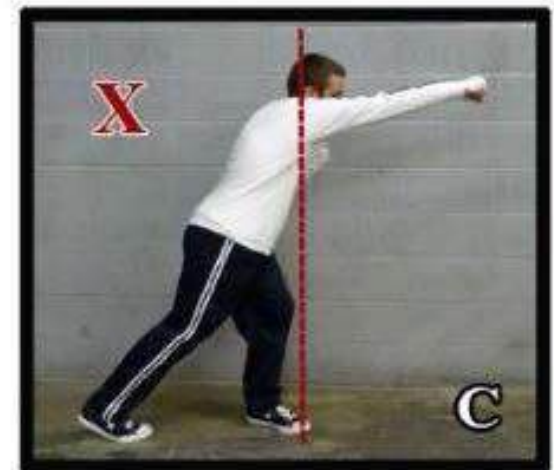


Straight Right (2)

- Use the Jab (1) (**pic.A**) to **Set-Up** the Straight Right (2)
- The **Initial Movement** of the Straight Right is by pulling the left elbow hard to the body and shifting 60% of your weight from the back leg to the front leg
- The **Point of Impact** is at any point on the front of the scoring target (when the Straight Right comes across the target it is a Right Cross. If the elbow is locked at an acute angle less than 180 AND rotates from the shoulder, this is an Overhand Right. Both the Right Cross and Overhand Right are often confused with the Straight Right. They are both advanced offensive skills that will not be covered in this text)
- For a full **Follow-Through**, point the right toe to 12 o'clock, turning hips, penetrating wrist deep through the target, palm down, striking with the knuckles

CHECKLIST [with Visual]

- ✓ Base - Feet are at least shoulder width apart or slightly greater
- ✓ Front/left foot remains flat to act as the “anchor” and the back/right foot pivots on ball so toes point to 12 o'clock like squashing a bug
- ✓ Knees are slightly bent, even the front knee with the posting leg (if the front “posting” leg is locked out, all of the weight will be through the heel instead of across entire foot, and the leg will act as a pole and may “vault” yourself off balance
- ✓ Weight shifts slightly from center to 60% in left hip/leg. The left hip acts as the rotational axis, where the body will pivot
- ✓ The left elbow is pulled tight to the ribs
- ✓ The left shoulder is pulled back with the right shoulder forward, (**pic.B**)
- ✓ The right arm is straight with the palm down, follow through is wrist deep, striking with the knuckles
- ✓ The left hand is touching left cheekbone
- ✓ Head down/chin in your chest, nose and eyes are “looking down the pipe”, focused on the target. Keep your “nose behind your toes” to assist with balance (**pic.C**)
- ✓ **Do NOT** allow your left elbow to “fly away”



VARIATION

The Straight Right is a *linear punch*, using the body's joints to have the fist travel in a straight line. A *rotational punch* is when at least one joint is locked. That's the difference between a straight punch and a hook. With that in mind practice your *linear* Straight Right at short, medium, and long ranges. With all ranges, generate force from the body and allow the arm to extend as needed

COACHING POINT

Think with “3 points for power;” shoulder, hip and toe. Pull the left shoulder, point the right toe and the hip will carry the weight

Left Hook (3)

- Use the Straight Right (2) (**pic.A**) to **Set-Up** the Left Hook (3)
- The Hook's **Initial Movement** is by pulling the right elbow hard to the body and shifting 60% of your weight from the front leg to the back leg
- The **Point of Impact** is at any point from the temple to the ear and/or the jaw line
- For a full **Follow-Through**, point the left toe to 3 o'clock, penetrating elbow deep through the target, Amateur Style; elbow up and palm down

CHECKLIST (*See Reference Images on the next Page*)

- ✓ Base - Feet are at least shoulder width apart or slightly greater
- ✓ Back/right foot goes flat to act as the "anchor" and the front/left foot pivots on ball so toes point to 3 o'clock
- ✓ Knees are slightly bent. Even the back knee of the posting leg (if the back "posting" leg is locked out, all of the weight will be through the heel instead of across entire foot, and the leg will act as a pole and "vault" yourself off balance
- ✓ Weight shifts from front to 60% in right hip/leg. The right hip acts as the rotational axis, where the body will pivot
- ✓ The right elbow is pulled tight to the ribs
- ✓ The right shoulder is pulled back with the left shoulder forward, creating a narrow torso target
- ✓ Left elbow is up with palm down, follow through is wrist deep (for medium follow-through) or elbow deep (for full follow-through). Elbow is at a 90 degree angle (**pic. Ci**)
- ✓ Right hand is touching right cheekbone
- ✓ Nose and eyes are pointing/looking at target (NOT watching where punch is going)
- ✓ **Do NOT** allow your right elbow to "fly away"

KNUCKLES

Amateur- elbow up and palm down so knuckles are parallel to floor (**pic. Bi**). Occasionally referee will call "slapping" if using a pro style with palm facing you (**pic. Bii**) (Pro style protects thumb better)

VARIATION

Long Hook (135 degrees at elbow) (**pic. Cii**) is designed to set up the straight right by creating an opening with the jab (**pic. Di**) then the long hook (**pic. Dii**). This is not a power shot because your palm will be facing away from you (**pic. Biii**). When you notice your opponent "reaching" to catch the jab, use this as an opportunity to come around the opponent's defensive hand with the long hook. Start practicing by hitting the heavy bag or mitts at 50% intensity to prevent wrist injury.

Left Hook (3) [Visual]



Knuckles [Visual]



Right Uppercut (4)

- In combination, use the Left Hook (3) to **Set-Up** the Right Uppercut (4)
- The Uppercut's **Initial Movement** by pulling the left elbow hard to the body and shifting 60% of your weight from the back leg to the front leg
- The **Point of Impact** happens with the knuckles deep into the throat, lifting the chin up
- For a full **Follow-Through**, point the right toe at the target/12 o'clock, penetrating elbow deep through the target, with your right palm facing you

CHECKLIST *(See Reference Images on the next Page)*

- ✓ Base - Feet are at least shoulder width apart or slightly greater
- ✓ Front/left foot goes flat to act as the "anchor" and the back/right foot pivots on ball so toes point towards the target at 12 o'clock
- ✓ Knees are slightly bent, even the front knee of the posting leg (if the front "posting" leg is locked out, all of the weight will be through the heel instead of across entire foot, and the leg will act as a pole and "vault" yourself off balance)
- ✓ Weight shifts from back to 60% in left hip/leg. The left hip acts as the rotational axis, where the body will pivot
- ✓ The left elbow is pulled tight to the ribs
- ✓ The left shoulder is pulled back with the right shoulder forward, creating a narrow torso target
- ✓ Right elbow is exploding upwards from the hip, with the right palm facing you, aiming deep into the throat with the intention of lifting the chin up, following through elbow deep (this is a rotational punch with force generated from the hip with the elbow locked slightly greater than 90 degrees right before impact)
- ✓ Left hand is touching left cheekbone
- ✓ Nose and eyes are pointing/looking at target
- ✓ **Do NOT** allow your left elbow to "fly away"

POSITIONING-CREATING SPACE

- When you throw and effectively land the Left Hook you know you are in position to execute the Right Uppercut
- The Right Uppercut is your main short shot from your power hand. If you are too close (**pic. Bi**) you will have to "create space" so you do not smother yourself. You can do this one of two ways; by lowering your hips (**pic. Bii**) or stepping back (**pic. Biii**). Either way, your right hand will remain touching your face and your right elbow will be at your hip until the uppercut movement is initiated
- **Do NOT** drop your hand from your face (**pic. Ci**). When the elbow drops behind the hip (**pic. Cii**) and the hand from the face, the result is a weak "arm punch"

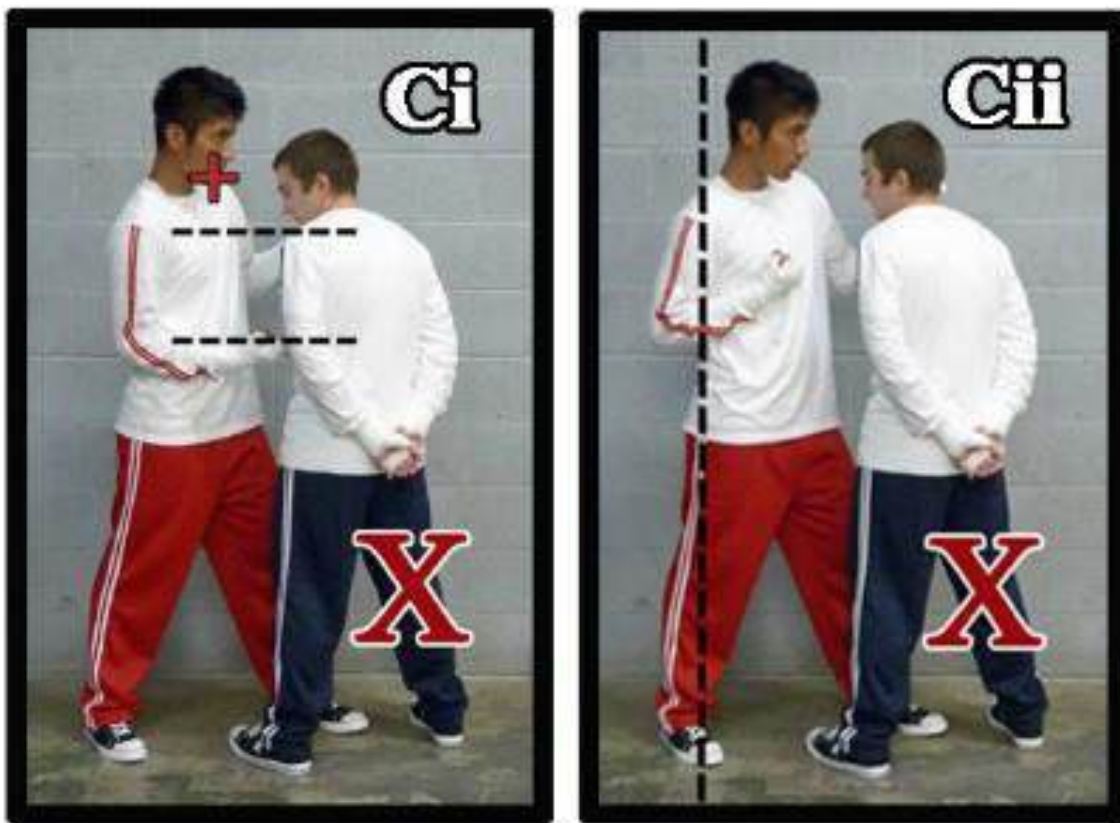
RESOURCES

- ✓ *Coaching Olympic Style Boxing*, © 1995, United States Amateur Boxing, Inc., p3
- ✓ *Ringside and Training Principles*, ©2001, Nevada State Athletic Commission
- ✓ *Canadian Amateur Boxing Assoc. Long Term Athletic Development* poster, 2010, CABA)
- ✓ *Boxing Science: Skills book – A Reference Guide for Boxing Beginners*, © 2012, Chadrick Wigle

Right Uppercut (4) [Visual]



Positioning / Creating Space [Visual]



Appendix A

STRENGTH & CONDITIONING



Upper Body

Chin-up/underhand pull-down

- Begin with an underhand grip (palms facing behind you) on the bar above you, with arms fully extended
- Initiate the movement by pinching your shoulder blades down and pulling your elbows to your body until your chin is over the bar
- In a controlled manner return to the starting position
- Repeat for assigned repetitions, remembering to exhale on the exertion and inhale during the return phase

Pull-up/overhand pull-down

- Begin with an overhand grip (palms facing forward) on the bar above you, with arms fully extended
- Initiate the movement by pinching your shoulder blades down and pulling your elbows to your body until your chin is over the bar
- In a controlled manner return to the starting position
- Repeat for assigned repetitions, remembering to exhale on the exertion and inhale during the return phase

Bent Row

- Grab the bar with two (2) hands about shoulder width apart, and allow to hang naturally below your waist line
- With feet shoulder width apart, knees slightly bent, core engaged, shoulders back, chest up and ears in-line with the shoulders, begin to bend over until your body is as parallel to the floor as possible, allowing your knees to bend so that your back is flat (shoulders up, hips up, and chest down). The bar will hang naturally with your arms perpendicular to the floor
- Initiate the movement by pinching your shoulder blades together and pulling your elbows up towards your body until your elbows are at 90 degrees
- In a controlled manner return to the starting position
- Repeat for assigned repetitions, remembering to exhale on the exertion and inhale during the return phase
- Variation: use dumbbells

Push-up

- Lay down with your chest to the ground, hands slightly wider than shoulder width apart, palms to the ground, and toes curled under your feet
- Initiate the movement by pressing your hands to the ground and pushing your chest away from the floor; maintain a rigid body with only your hands and toes (modification: knees) touching the floor
- Press your body up until your arms are straight, but not to lockout
- In a controlled manner return to the starting position
- Repeat for assigned repetitions, remembering to exhale on the exertion and inhale during the return phase

Decline push-up

- Similar to the push-up describe above; with hands shoulder width apart, palms to the ground, but place your feet on an elevated surface (ex. Chair or bench)
- Initiate the movement by pressing your hands to the ground and pushing your chest away from the floor; maintain a rigid body with only your hands touching the floor and toes on the chair

- Press your body up until your arms are straight, but not to lockout
- In a controlled manner return to the starting position
- Repeat for assigned repetitions, remembering to exhale on the exertion and inhale during the return phase

Triceps dips (chair)

- With your hands holding the edge of a chair, suspend your body off the front of the chair, with your feet on the ground extended in front of you (modification: easiest keep feet closer)
- Slowly lower your hips toward the ground until your elbows are at 90 degrees
- In a controlled manner return to the starting position
- Repeat for assigned repetitions, remembering to exhale on the exertion and inhale during the return phase

Bicep curls

- Allowing your arms to hang naturally to your sides, hold weighted object(s) (dumbbells, barbell, water bottles, etc.) in your hands
- Leaving your elbows at your hips, raise your palms to your biceps, at least until the elbows are at 90 degrees
- In a controlled manner return to the starting position
- Repeat for assigned repetitions, remembering to exhale on the exertion and inhale during the return phase

Lower Body

Squats

- Begin with feet shoulder width apart, knees slightly bent, core engaged, chest up, shoulders back and ears in line with your shoulders
- Begin the movement by bending your knees and lowering your hips down and back toward your heels; keeping the weight between the heels and the balls of your feet; knees in line with your laces; knees behind the toes
- Drop your hips down until your knee joint is about 90 degrees; maintaining your hip level below your chest at all times
- In a controlled manner return to the starting position
- Repeat for assigned repetitions, remembering to exhale on the exertion and inhale during the return phase

Good Mornings

- Begin with feet shoulder width apart, knees slightly bent, core engaged, chest up, shoulders back, ears in line with your shoulders, hands behind your head and elbows behind you
- With a rigid back, bend from your hips until your upper body is parallel to the floor (hips up, shoulders up, chest down)
- Using the backs of your legs, in a controlled manner, pull your body back to the starting position
- Repeat for assigned repetitions, remembering to exhale on the exertion and inhale during the return phase

Calf Raises

- Begin by standing tall with your toes on a step and your heels raised high off the step
- Lower your heels down as much as safely possible without slipping; holding onto something for stability and support
- In a controlled manner return to the starting position
- Repeat for assigned repetitions, remembering to exhale on the exertion and inhale during the return phase

Core

Sit-ups

- Lie back on the floor with your hands beside your ears, your knees pointing up and bent at 90 degrees, and with your feet under a supporting object or held by a training partner
- Begin the exercise by engaging the upper abdominals, raising your shoulder blades off the ground, and curling your body upward until your elbows touch your knees; keep your core engaged throughout the entire movement
- In a controlled manner return to the starting position
- Repeat for assigned repetitions, remembering to exhale on the exertion and inhale during the return phase

Leg Raises

- Lie with your back down on an exercise bench, with legs extended off the bench, feet slightly above the hips, holding the sides of the bench with your hands for stability and support
- Lower your legs until the heels almost touch the floor; keeping your core engaged throughout the entire movement
- In a controlled manner return to the starting position
- Repeat for assigned repetitions, remembering to exhale on the exertion and inhale during the return phase

Side Bends

- Begin with feet shoulder width apart, knees slightly bent, core engaged, chest up, shoulders back, ears in line with your shoulders, arms hanging loosely to the sides, with weights in each hand
- Lower one side down until the weight reaches the knee
- In a controlled manner return to the starting position
- Lower to the other side until the weight reaches the knee
- In a controlled manner return to the starting position
- Repeat for assigned repetitions, remembering to exhale on the exertion and inhale during the return phase

Lower Back Extensions

- With a partner anchoring the feet and legs, lie face down with your hips to the end of the ring or bench so the lower body is supported but the upper body extends unsupported
- With a rigid back, lower your upper body toward the floor, performing inverted sit-ups with hands clasped behind your head
- When your head is near the floor, begin to return to the starting position in a controlled manner
- Repeat for assigned repetitions, remembering to exhale on the exertion and inhale during the return phase

Coordination

Walking with Arm Swings

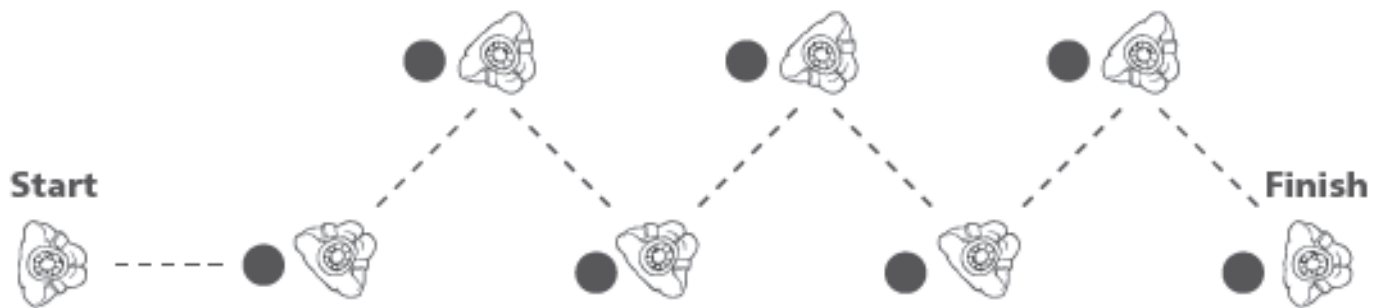
1. While walking forward or backward, swing arms up or down
2. Use same feet and arm or alternate
 - a. right arm – right feet
 - b. left arm – left feet
 - c. right arm – left feet
 - d. left arm – right feet

Walking and Performing Straight Punches

- Follow same procedure as walking with arm swings, except instead of swinging arms, and perform straight punches

One Leg Balance Exercise

1. Stand on one leg by lifting the other feet up
2. Coach blows the whistle and boxers move around with one leg or stand with one leg for certain period of time



Weave In – Weave Out

1. Place 4 cones in a straight line about 3 yards apart.
2. In between each pair of cones place another cone about 3 meters to the left
3. Sprint from one cone to the next touching each one with a hand
4. Try to take quick side steps, rather than turning to face the marker and running forward

Appendix B

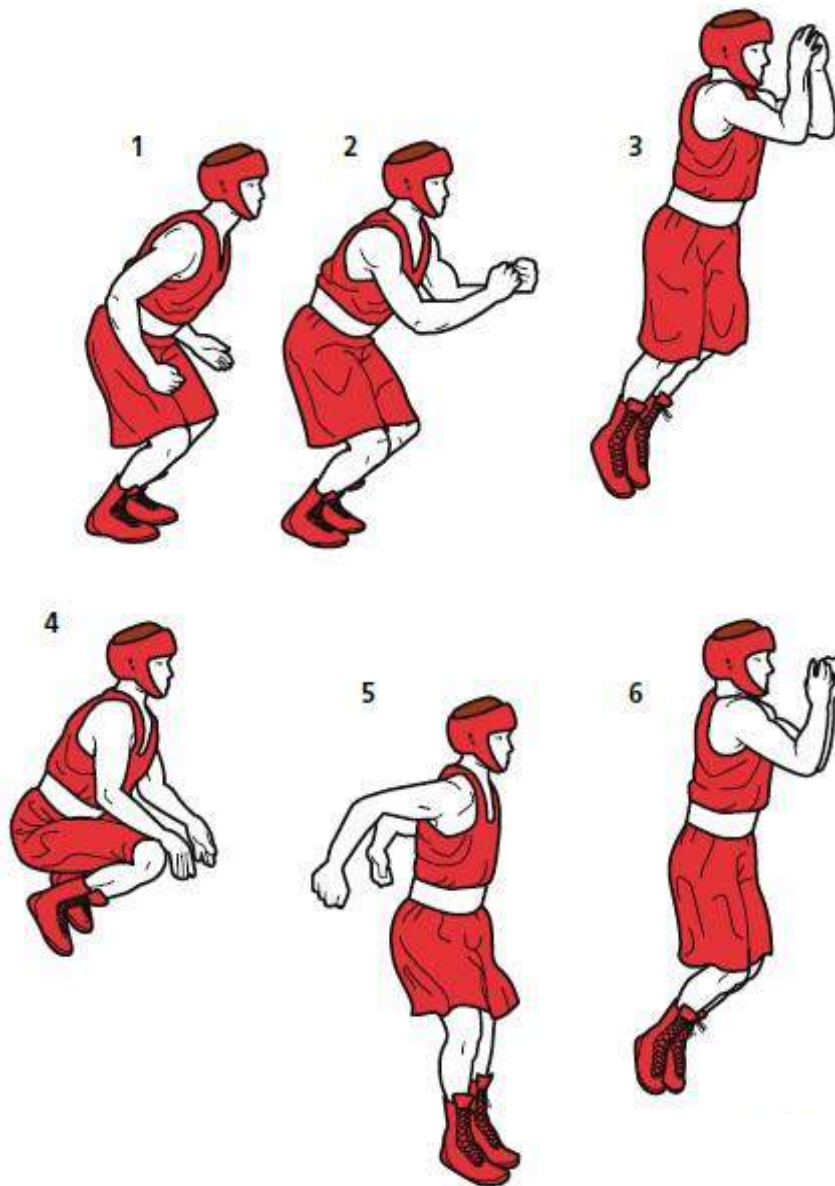
PLYOMETRIC TRAINING



DOUBLE LEG BOUND

Develops power and the muscles of the legs and hips

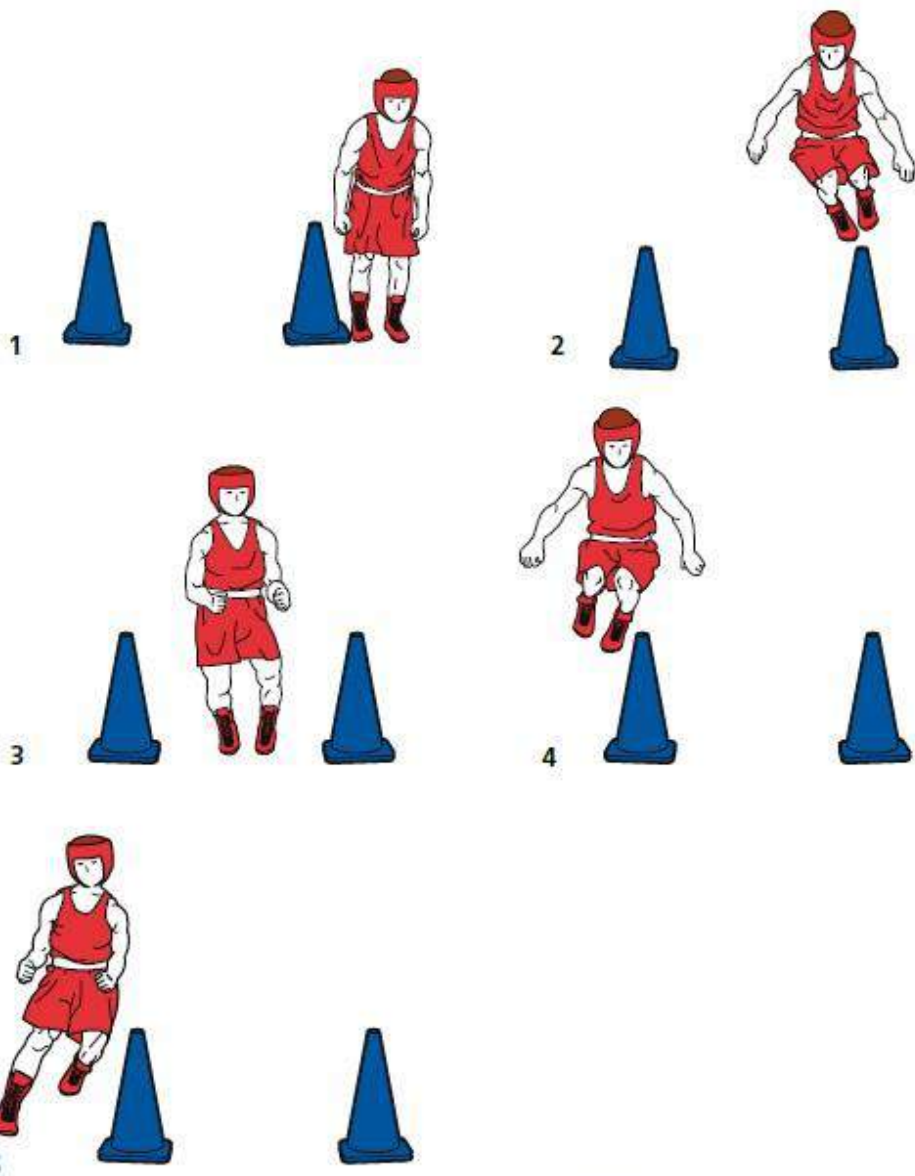
1. Stand comfortably with feet together
2. Bend knees and squat down to a half way to half-squat position, arms down to the sides with shoulders forward and out over the knees
3. Keep the back straight and head up with eyes looking forward
4. Jump up and forward by extension of the hips and arms
5. Try to jump as high and farther as possible
6. Try to land with a same position as the beginning
7. Jump up and forward again without stopping



SIDE HOP

Develops power and the muscles of the legs and hips and develops lateral movement

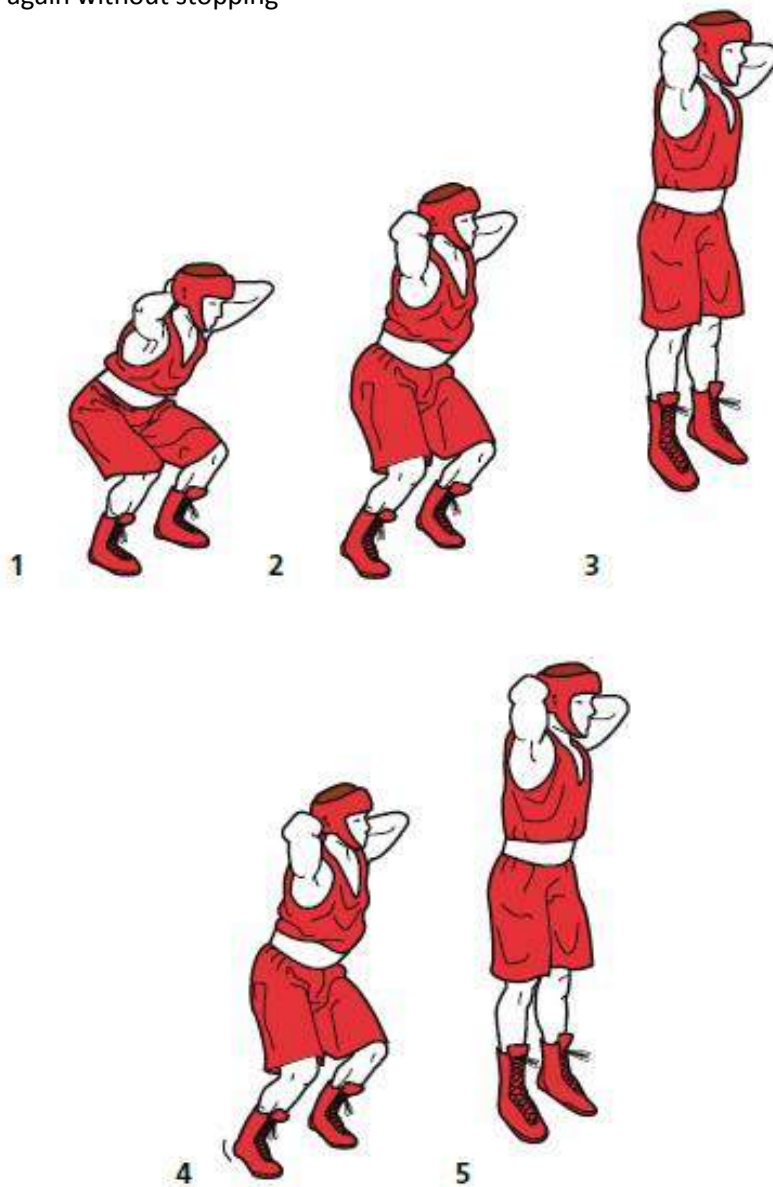
1. Set cones side by side, approximately 70 cm to 100 cm apart (height of the cones shall not be higher than the height that boxer can jump over)
2. Stand at the end of the placed cone
3. Stand with feet together with toes straight forward and arms on the side
4. Jump sideways over the first cone and then the next cone without stopping
5. After jumping the last cone, quickly change the direction and jumping back over to the starting point



SQUAT JUMPS

Develops power and the muscles of the hip, quadriceps, hamstring and gluteal. Coach shall emphasize to reach maximum height on every effort

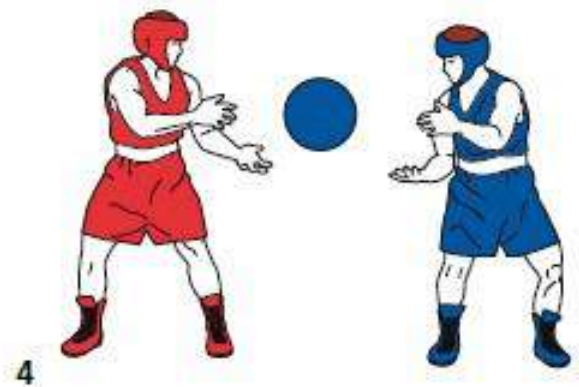
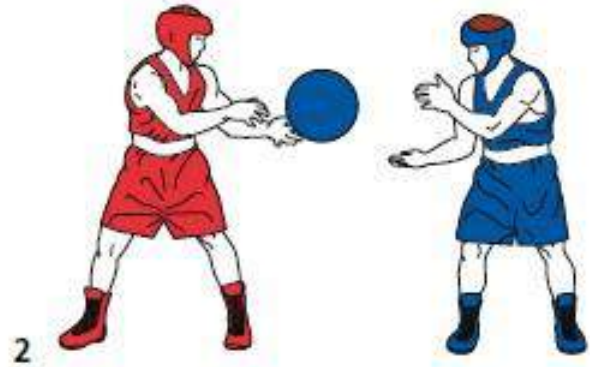
1. Stand with feet shoulder-width apart and back straight
2. Place the hand behind the head with fingers interlock; this will minimize the involvement of arms in the movement
3. Bend knees and squat down to a half way to half-squat position
4. Jump up with straightening both knees to reach highest point
5. When landing, return to half-squat position
6. Jump up again without stopping



MEDICINE BALL TWIST AND TOSS

Develops power and muscles of the abdominals, oblique, lower back, hips, biceps and pectoral muscles

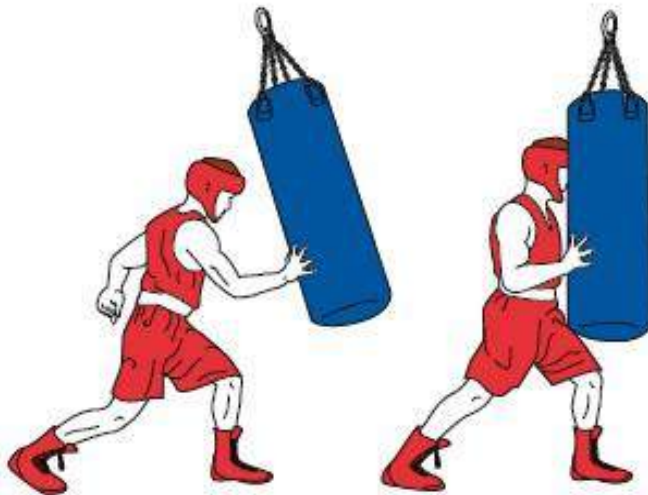
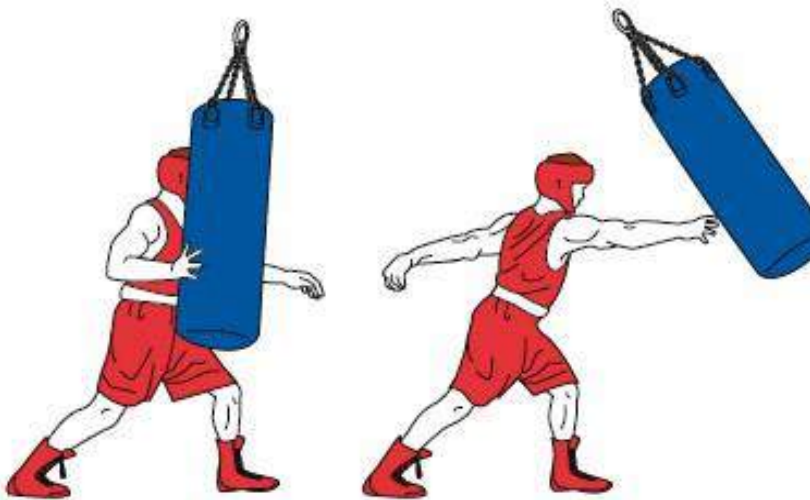
1. Select the medicine ball with appropriate weights according to the boxer
2. This exercise shall be worked with a partner
3. Stand with feet shoulder-width apart
4. Knees bent down slightly with back straight
5. Lean upper body slightly forward
6. Hold medicine ball with two hand in front of the stomach
7. Twist the upper body to the direction opposite to the partner
8. Twist back the upper body toward the direction to the partner quickly and toss the medicine ball to the partner using hips, shoulder and arm strengths
9. After receiving the medicine ball from the partner, twist the upper body to the direction opposite to the partner and twist back quickly toward the partner and toss the medicine ball again



HEAVY BAG STROKE

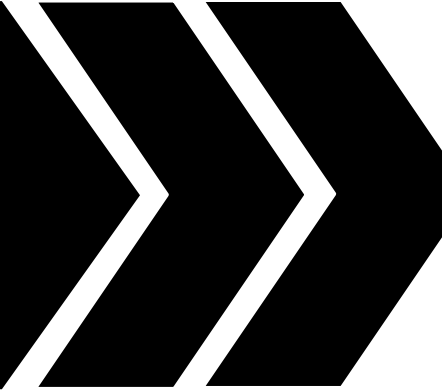
Develops power and muscles of the upper body, arms and shoulders

1. Stand in front of heavy bag
2. Take a half-step to the left, so that half (right-side) of the body is behind the heavy bag
3. Stand with back straight
4. Bring right foot half-step forward, while the left foot takes half-step backward (the boxer should be standing with feet slightly more than shoulder-width apart)
5. Place the palm of the right hand on the heavy bag and keep elbow bent 90 degrees
6. Lift left arm straight forward
7. Push the heavy bag as hard as possible using the upper body strength
8. When heavy bag returns, catch the bag with right arm and return to the initial position
9. Wait for couple of seconds to lower the momentum and push the heavy bag forward again
10. Alternate the position to work with left arm



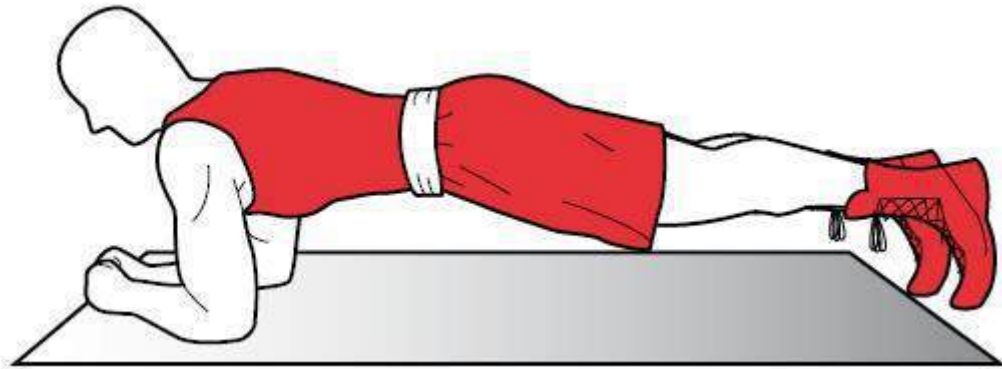
Appendix C

ISOMETRIC TRAINING



PLANK

1. Lay flat on the floor
2. Place both arms bent in 90 degrees and under the shoulder, with hand pointing straight forward
3. Keep the back straight and raise the whole body with forearm and toes on the ground
4. Contract the abdominal area and hold the position for as long as possible
5. Rest for 30 seconds and continues the step 3 and 4



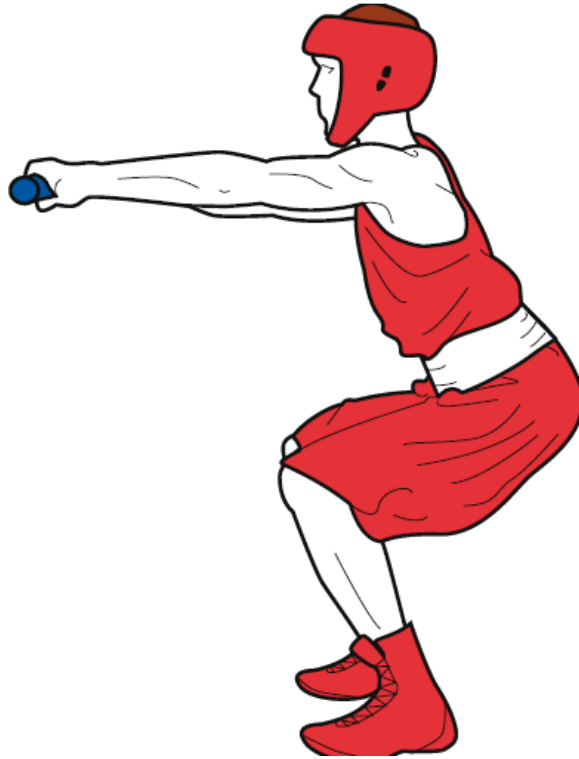
ISOMETRIC SHOULDER EXERCISES

1. Stand with feet shoulder-width apart and back straight
2. Bend down the knees slightly
3. Hold the dumbbell on each hand or weighted objects
4. Bend the elbow 90 degrees and raise the arm until both arms are parallel to the ground (do not raise the arm all the way up)
5. Hold the position for as long as possible
6. Rest for 30 seconds and continues the step 4 and 5



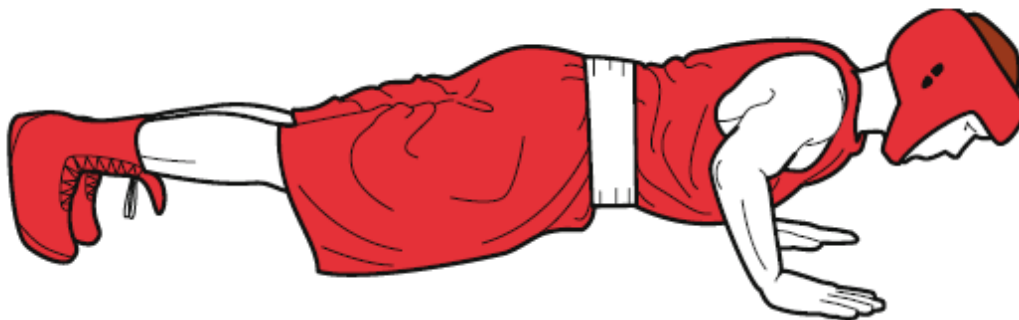
ISOMETRIC SQUATS

1. Stand with feet shoulder-width apart, back straight
2. Raise arms straight forward
3. Bend down the knees until the thighs are parallel to the floor
4. Hold the position for as long as possible
5. Rest for 30 seconds and continues the step 2 and 3
6. To increase the difficulty, the boxer can hold the weighted objects on the hand



ISOMETRIC CHEST

1. Begin in a push-up position
2. Lower the body down to half-way
3. Hold the position for as long as possible
4. Rest for 30 seconds and continues the step 2 and 3



Appendix D
PHYSICAL DEVELOPMENT

Three black chevrons pointing right, stacked horizontally, located to the right of the text.

PHYSICAL EVALUATION

Assessment and evaluation of boxers' ability is very important task before boxers enter into the advanced/elite level of their boxing career. The Coach must identify boxer's level of preparation and skills accurately, before start to train the boxer with a specific boxing style.

Accurate analysis of the boxer's different skills level and preparation level and training with a specific style that allows the boxer to perform his full capacity, will increase the opportunity for boxer to be developed into world-class level.

BOXERS' ABILITIES CAN BE EVALUATED IN THREE CATEGORIES:

- Physical Ability
- Technical – Tactical Ability
- Psychological

Assessment of each of these categories will allow the coach to analyze and measure the boxer's progress and improvement through the past training process and programs. Moreover, these results will allow coaches to foresee the possibilities of future improvement in the boxer.

PHYSICAL ABILITIES

By only observing boxer's physiological characteristics, it is not possible to analyze or evaluate boxer's physical abilities. In order to have the accurate assessment of physical abilities, the coach must conduct assessment in following areas:

- Endurance
- Strength
- Speed
- Coordination

ENDURANCE ASSESSMENT

RUNNING

1. Shall be conducted at the running track or at the outdoor field
2. 3 sets of 3 minutes running with 1 minute rest between the sets
3. Distance and Heart Rate shall be measured
4. Heart Rate must be measured before, between each sets and immediately after the testing

BAG PUNCHING

1. Shall be conducted in the gym with any type of punching bags
2. 3 sets of 3 minutes punching without stopping and 1 minute rest between each set
3. Number of punches and Heart Rate shall be measured
4. The coach counts number of punches by counting one hand and multiply by two (2)
5. Heart Rate must be measured before, between sets and immediately after the testing

COOPER TEST

1. Shall be conducted at the running track or at the outdoor field
2. Boxer runs for 12 minutes with maximum intensity and effort
3. Distance and Heart Rate shall be measured
4. Heart Rate must be measured before and immediately after the testing

HEAVY BAG PUNCHING

1. Boxer stands in front of a heavy bag
2. On coach's whistle, the boxer performs as many lead hand straight punches for one minute
3. After one minute, boxer performs rear hand straight punches for one minute with full strength
4. Then conduct 1-2 combination punches for one minute
5. Coach counts total number of punches performed

STRENGTH ASSESMENT

PUSH-UPS

- The coach signals the start of the testing
- The boxer performs push-ups for 30 seconds
- The boxer must do as much push-ups as he/she can
- Coach shall measure the number of push-ups performed

PULL-UPS

- The coach signals the start of the testing
- The boxer performs pull-ups for another 30 seconds
- The boxer must do as much pull-ups as he/she can
- Coach shall measure the number of pull-ups performed

SIT-UPS

- The coach signals the start of the testing
- The boxer performs sit-ups for another 30 seconds
- The boxer must do as much sit-ups as he/she can
- Coach shall measure the number of sit-ups performed

MEDICINE BALL THROWS

- Boxer stands with the boxing stance
- Have 3kg Medicine Ball on the rear hand
- Throw the medicine ball as boxer makes rear hand punch
- Coach shall measure the distance between boxer and the medicine ball
- Boxer rotates his position (orthodox to southpaw and vice versa)
- Repeat the testing to measure the strength of both arm

SPEED ASSESSMENT

40 YARD DASH

- Can be conducted outdoor track or field
- On the starting line with crouching position or standing position
- On coach's whistle, the boxer sprints 40 yards
- The coach shall measure the time

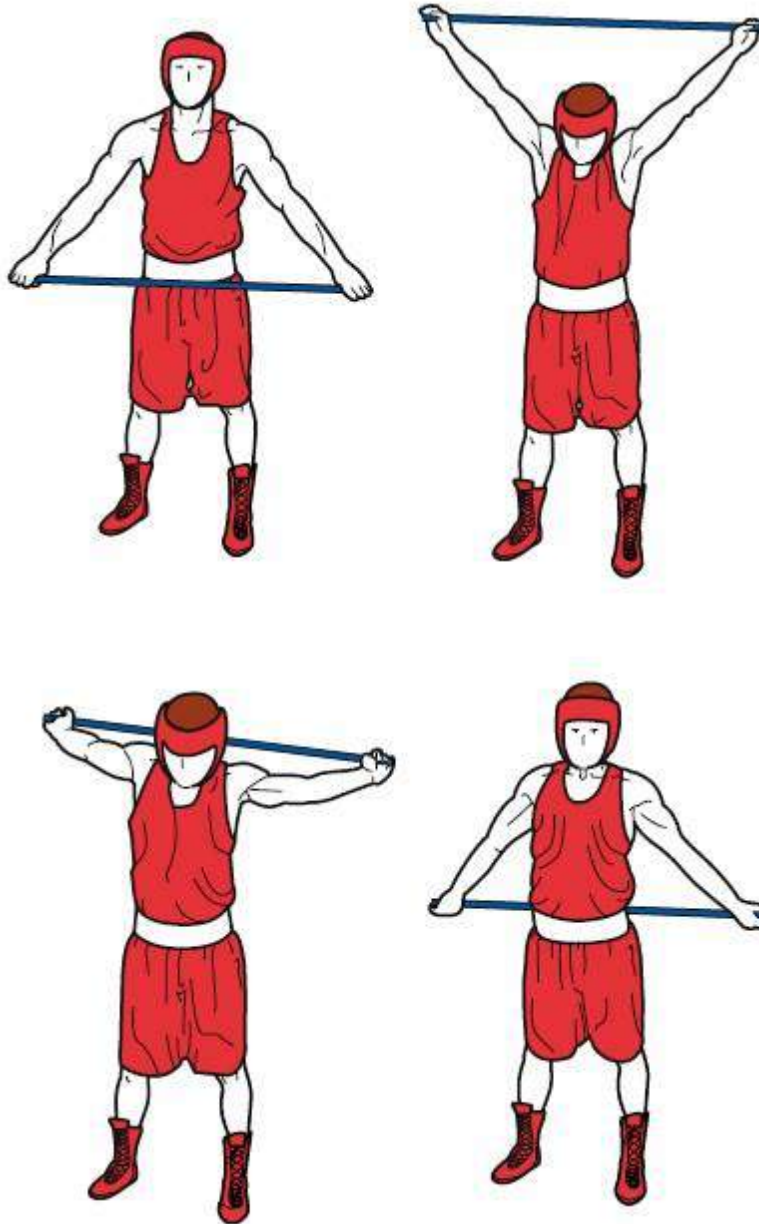
BAG OR WALLPAD PUNCHING

- Boxer stands in front of a heavy bag or a wall pad
- On coach's whistle, the boxer performs as many punches as possible
- After 10 seconds, coach stops the testing
- The coach counts number of punches by counting one hand and multiply by two

FLEXIBILITY ASSESSMENT

STANDING SHOULDER FLEXIBILITY TEST

- Boxer can use a stick
- Grab a stick shoulder width wide
- Hold it front of the waist, keep arms straight
- Move arms up over head and below until hands are behind upper back
- Do not flex arms
- Coach shall measure the distance between two hands



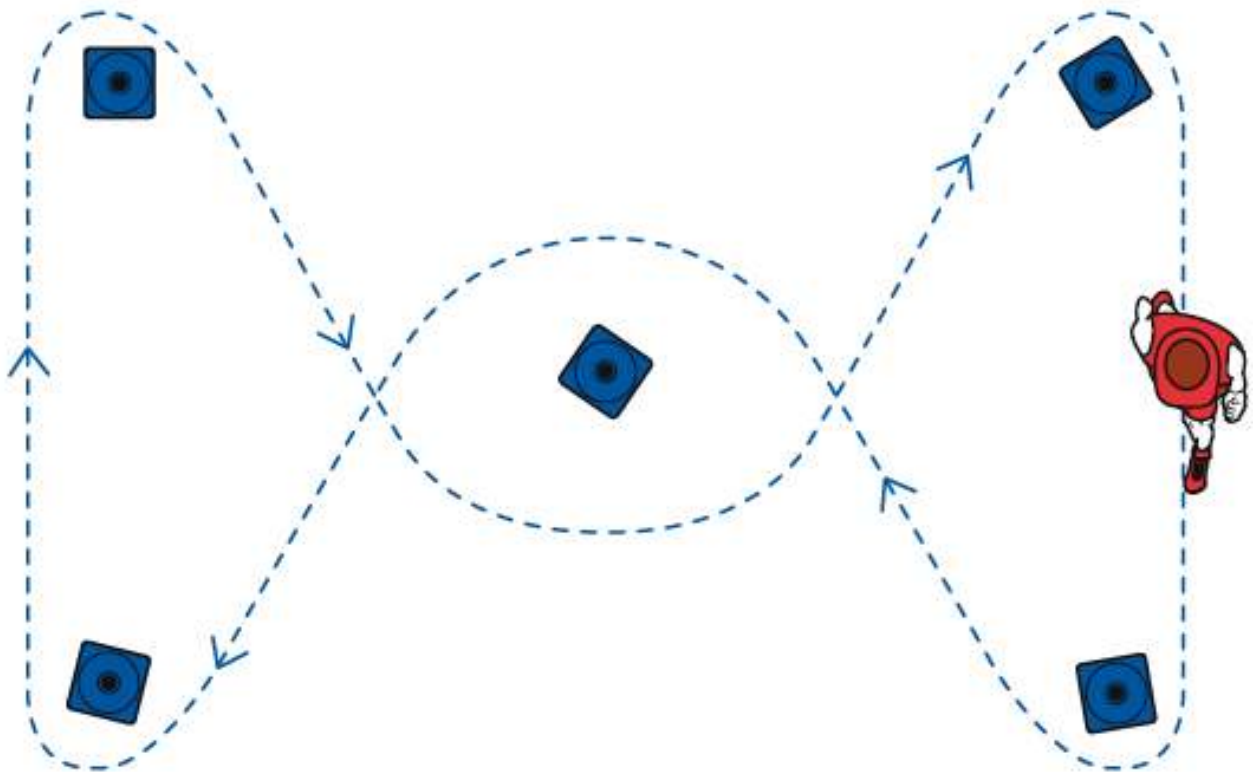
SEATED FLEXIBILITY TEST

- Sit on the floor with legs stretched out in front of you
- Leaning forward from the hips, slowly reach out as far as you can, even past your toes
- Hold while the coach measures the distance from finger tips to heel distance; either before or after the feet
- Slowly return to the starting position

COORDINATION ASSESSMENT EXAMPLES

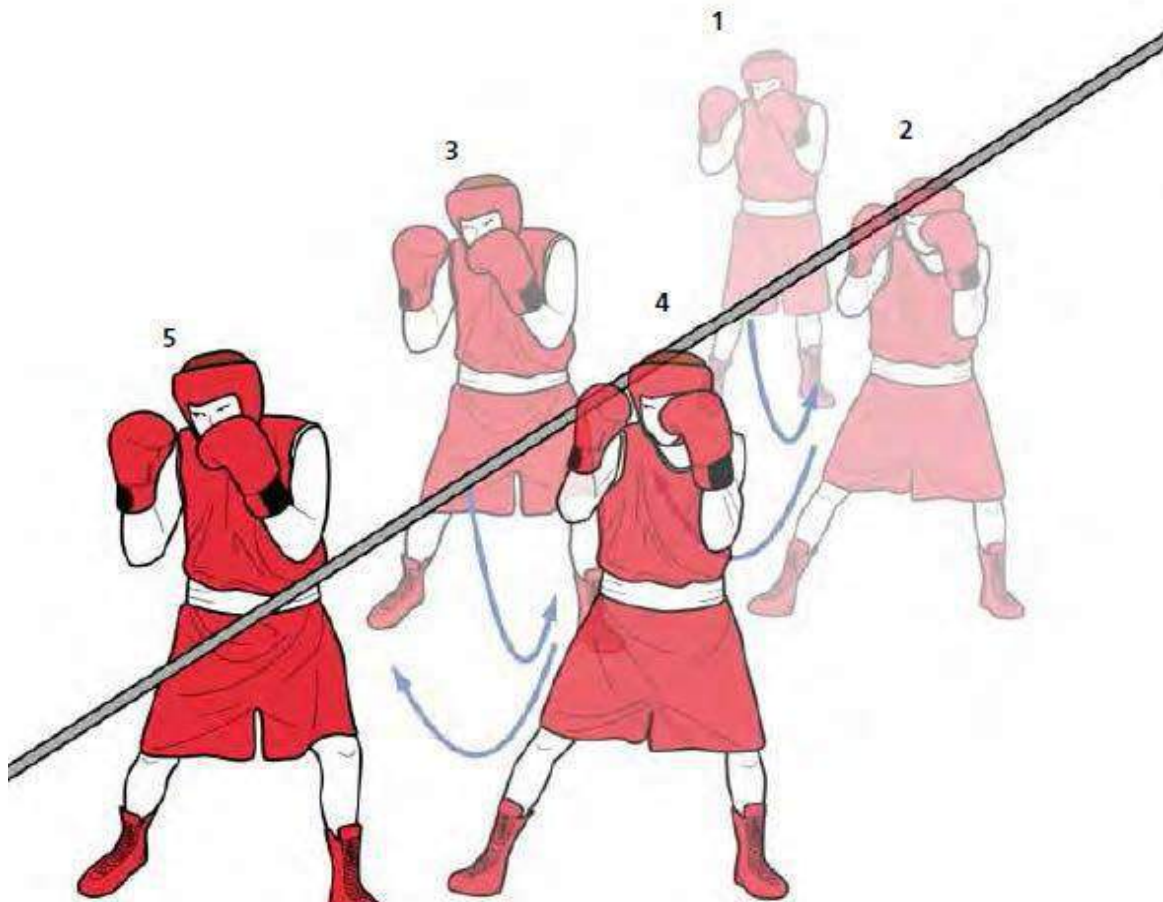
ENVELOPE RUN

- Shall be conducted indoor or outdoor
- “Envelope Run” will require 5 yards by 3 yards of space
- Place a cone, flag or stick on each corner and one in the center of the space
- Boxer starts from the starting line and make a run around the space as shown in the diagram
- Boxer runs 3 times to complete the testing
- Coach shall measure the time and performance



DUCKING AND SLIDING

- Draw two (2) 10 yard parallel line with 1.5 meters apart
- Prepare 10 yard long rope
- From the starting line nail the rope on the wall and at the nail the rope on the finish line with shoulder height of the boxer
- Boxer stands right-side of the rope
- Boxer makes sliding move to the left to the left parallel line under the rope
- Boxer must make a ducking move and try not to touch the rope with his/her head or shoulder
- After the move, the boxer performs a straight punch
- Boxer makes another sliding move to the right parallel line under the rope
- Boxer must make a ducking move and try not to touch the rope with his/her head or shoulder
- After the move, the boxer performs a straight punch
- Boxer continues move forward to the finish line and when he/she reaches the finish line, immediately move backward with same procedure
- Coach shall measure the time



TECHNICAL – TACTICAL ABILITIES

It is difficult to incorporate standard assessment for the technical and tactical abilities evaluation. Therefore, these abilities shall be measured by the coach's observation. In order to have more accurate evaluation, it is recommended to have as many coaches as possible for the evaluation.

Each coach will give points on a scale of 1 to 10 points for each technical-tactical skill assessed. Objective of the assessment is to observe not only boxer's ability level, but also to identify whether the boxer is correctly performing the technical elements, such as boxing stance, movement, punches, defenses and etc.

TECHNICAL AND TACTICAL EXAMPLES:

QUESTION-AND-ANSWERS

- To measure the understanding of tactics

SHADOW BOXING

- To measure technical abilities

TRAINER PADS WORK

- To measure technical abilities

TASK SPARRING

- To measure both technical and tactical abilities

SPARRING

- To measure both technical and tactical abilities

COMPETITIONS

- To measure both technical and tactical abilities

TECHNICAL – TACTICAL ABILITIES

The goal of psychological evaluation is to assess the boxer's psychological preparation level. Psychological aspect is very important, because even if the boxer has world-class physical and technical skills, weak psychological level will limit boxer's performance in training and competitions.

Psychological evaluation can be conducted by inviting psychologist for the assessment. If psychologists are not available or difficult to invite, the coach can assess boxer's psychological preparation by conducting following examples:

PSYCHOLOGICAL EXAMPLES

- Conversation with the boxer
- Monitoring during the training sessions
- Monitoring during the competitions

Psychological evaluation shall be done in long-term and it is more effective, if the coach monitors the boxer's outside of the gym activities and behaviors by having a conversation with the boxer's close friends, family and teachers.

Appendix E

COACHING TOOLS





Drill Name: _____

Date: _____

Seasonal Phase (*circle all that apply*):

Pre-Conditioning

General Conditioning

Specific Conditioning

Pre-Comp

Competition

Level of boxer (*circle all that apply*):

Recreational

Beginner

Intermediate

Advanced

Elite

Purpose: _____

Procedure: _____

Notes: _____

[illegible]



WEEKLY TRAINING PROGRAM

Name:

Week of (Date):

DAY	DATE	OBJECTIVES	LOCATION	DURATION (minutes)	COMMENTS
Mon	/				
Tues	/				
Wed	/				
Thur	/				
Fri	/				

Appendix F

COACH'S PREHAB



WARM-UP

Jump Rope

- 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

Arm Circles

- Begin with feet shoulder width apart, knees slightly bent, core engaged, chest up, shoulders back, ears in line with your shoulders, and arms straight out to the side the they are parallel to the ground
- Make small and large circles in the air with your hands; 15-20 repetitions forwards and 15-20 backwards

Trunk Rotations

- Facing the wall/mirror in front of you, begin with feet shoulder width apart, knees slightly bent, core engaged, chest up, shoulders back, ears in line with your shoulders, and a light bar or piece of wood dowel behind your neck across your shoulders. You can either hold onto the bar with your hands, or hook your elbows over the bar allowing the hands to hang
- Primarily using your torso, twist your upper body so that it faces the wall to your left
- Return to the wall in front of you, and proceed to the wall to the right, again keeping your feet planted and rotating from your core
- Keep rotating from one side to the other and back again for 30-60 seconds
- Instead of a light bar or piece of dowel you can also use a jump rope or handwraps stretched out

Y-T-W's

- Begin with feet shoulder width apart, knees slightly bent, core engaged, chest up, shoulders back and ears in line with your shoulders
- With a rigid back, bend your hips and knees until your body is approximately 45 degrees
- Y's – with thumbs pointing behind you raise your straight arms above your head to form a 'Y'; in the upper position pulse 3 times; repeat 8-12 repetitions
- T's – with thumbs pointing behind you raise your straight arms to the sides and form a 'T' with your body; in the upper position pulse 3 times; repeat 8-12 repetitions
- W's – with thumbs pointing behind you, bring your elbows to your body and hands to the sides of your chin; pinch your shoulder blades together and pulse 3 times; repeat 8-12 repetitions

(See **Appendix A** for instructions to the following exercises)

- Chin-ups/Pull-downs
- Shoulder Press
- Squats
- Push-ups
- Sit-ups
- Bicep Curls
- Triceps Dips

Appendix G

NEW BOXER HANDOUTS



Sample Handout

Hello New Boxer,

Welcome to ABC Boxing, where we are dedicated to teaching our neighborhood youth valuable life skills through boxing, so they can grow into the responsible leaders of tomorrow, by being positive community contributors today.

Our members fall into four categories

- 1) Recreational: Boxing for fitness
- 2) Amateur: Boxing for sport; entry to elite/Olympic level
- 3) Professional: Prizefighting for experienced boxers who want to get paid to box
- 4) Volunteer: assist with gym duties and team support

As a member of the ABC Boxing Team, you have the opportunity to belong to a strong, united community that not only trains hard and has fun together. Occasionally we plan field trips, special events, fight nights, end of season bar-b-q's, and annual awards parties to celebrate our accomplishments. As an athlete on the competitive amateur team you will travel to compete against other teams in a variety of locations in our region and across the nation. Some of your former and present teammates have gone on to win the Golden Gloves, the National Police Athletic League (PAL), USA Boxing tournaments, and represented the ABC Boxing Club in a positive and enthusiastic manner. Even the XYZ Middleweight Champion, John "Pretty Boy" Smith, had his beginnings with the ABC Boxing Club, winning his amateur national championship under the tutelage of Coach Paul Shenanigan, our head trainer.

Here's a few words from Pretty Boy Smith, "The ABC Boxing Club was crucial to me becoming the responsible young man I am today. Now, as a professional fighter, and world champion, I am one person responsible to provide for my fight team, and my family. I am thankful that when I was young I made the decision to leave the streets and stay in the sanctuary of the ABC Boxing Club. Here I learned discipline, sportsmanship, and how to act as a confident grown adult. With the guidance from my mentors I was able to take these tools, finish high school, and go on to graduate college. I choose professional boxing because I love it, and not because I have to. For this I am forever indebted to the ABC Boxing Club and highly recommend anyone that walks through the front door to stay and experience what is possible for you!"

Thanks for joining our team and let us know if you have any questions,

ABC Boxing Staff
313-123-4567
info@ABCBoxing.com
2345 Blue St,
Nearyou, OZ 99999

PAR-Q and YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 to 69, the Par-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly. Check YES or NO.

YES	NO	
☐	☐	1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
☐	☐	2. Do you feel pain in your chest when you do physical activity?
☐	☐	3. In the past month, have you had chest pain when you are not doing physical activity?
☐	☐	4. Do you lose your balance because of dizziness or do you ever lose Consciousness?
☐	☐	5. Do you have a bone or joint problem (for example, back, neck, knee, or hip) that could be made worse by a change in your physical activity?
☐	☐	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
☐	☐	7. Do you know <u>any other reason</u> why you should not do physical activity?

If
you
answered

YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want—as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful to you.

NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active – begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal – this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

DELAY BECOMING MUCH MORE ACTIVE:

- If you are not feeling well because of a temporary illness such as a cold or a fever – wait until you feel better; **or**
- If you are or may be pregnant – talk to your doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completion of this questionnaire, consult your doctor prior to physical activity.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME: _____

SIGNATURE: _____

DATE: _____

SIGNATURE OF PARENT: _____
or GUARDIAN (for participants under the age of majority)

WITNESS: _____

NOTE: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.

(For Purpose of an Example and **NOT** for Authentic Use)

"This form is intended to serve as a basis for your local attorney to create an enforceable hold harmless/indemnification agreement. Because the law varies from state to state, no single form is sufficient and it is NOT the intent of the form to be used without review by an attorney for local enforceability and effect."

RELEASE OF LIABILITY
READ CAREFULLY – THIS AFFECTS YOUR LEGAL RIGHTS

In exchange for participation in the activity of boxing, organized by ABC Boxing Club ("Club"), of Nearyou, OZ,

I, _____, agree to the following:

1. I agree to observe and obey all posted rules.
2. I recognize that there are certain inherent risks associated with boxing and I assume full responsibility for personal injury to myself.
3. I agree to indemnify and defend *ABC Boxing* against all claims, etc.
4. I agree to pay for all damages to the facility caused by my negligence, reckless, willful actions.
5. I agree and acknowledge that I am under no pressure or duress to sign this agreement.

I HAVE READ THIS DOCUMENT AND UNDERSTAND IT. I FURTHER UNDERSTAND THAT BY SIGNING THIS RELEASE, I VOLUNTARILY SURRENDER CERTAIN LEGAL RIGHTS.

Dated: _____

Signature: _____

FAQ's (Frequently Asked Questions) - Sample Answers

Q: What do I wear to practice?

A: Wear comfortable gym clothes; t-shirt, sweat shirt/hoodie, track pants or shorts, sneakers or cross-trainers. Once you know you really like boxing it will be wise to invest in a pair of boxing or wrestling boots for boxing specific training.

Q: Do I have to buy equipment right away?

A: No, we have everything you need here at the gym. After you know for sure you're going to stick around it will be wise to buy your own pair of gloves, handwraps, headgear, cup, and mouthpiece.

Q: What time is practice and when is the gym open?

A: The gym is open Monday-Friday 10am-10pm; pros 1-3pm, afterschool 3-5pm, amateurs 5-7pm, adult recreational 7-9pm

Q: Can I use any of the equipment in the gym?

A: Yes, as a member of the ABC Boxing Club you are allowed to use all of the equipment in the facility. Please read the Rules & Regulations on the wall, and equipment use (including the ring) goes to the priority of the class in progress.

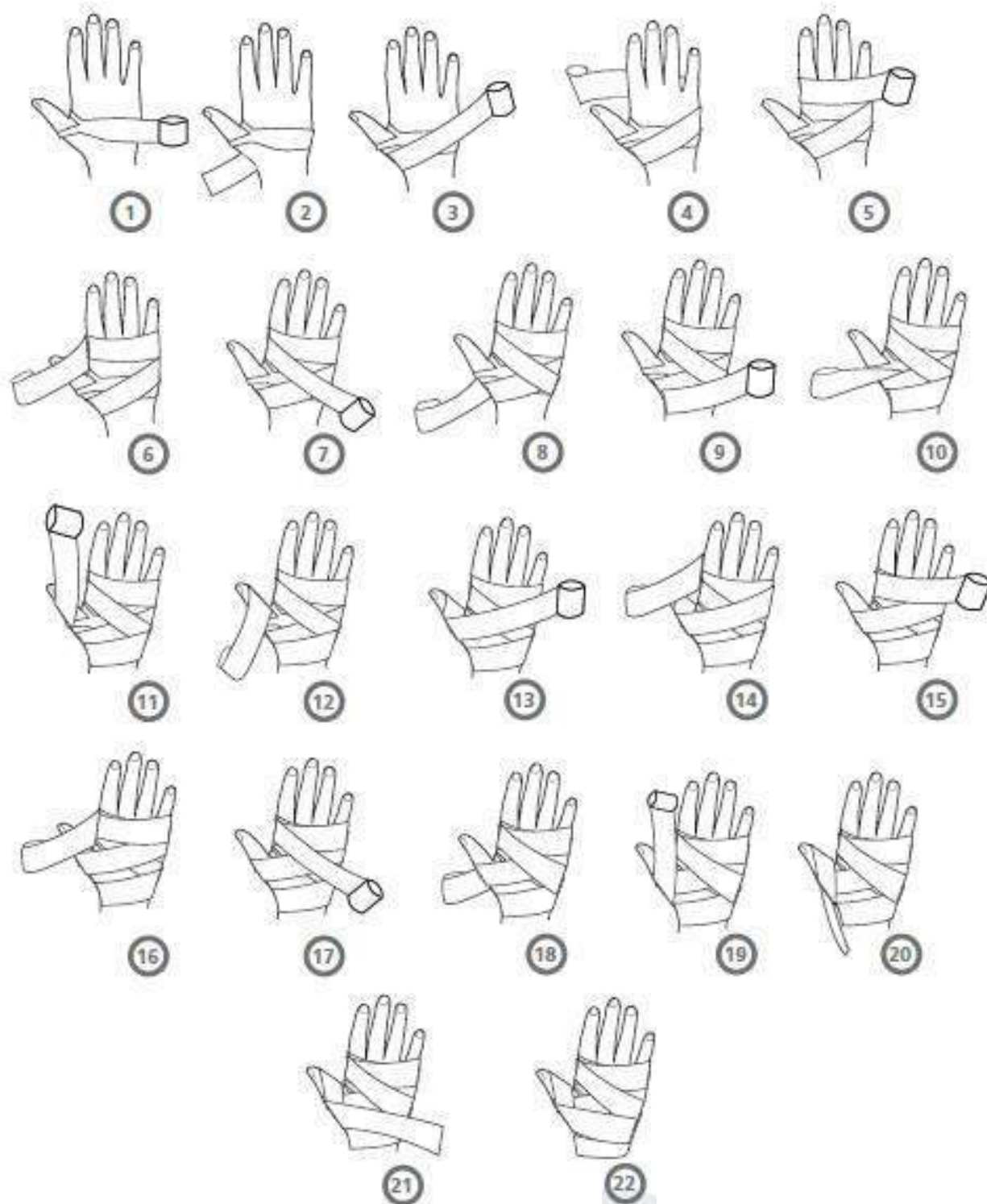
Q: Can I get in the ring and spar on the first day?

A: No. There are many firsts involved with boxing; first day in the gym, first time drilling/contact, first time sparring, first outside spar with another team, first fight, first tournament, etc. We suggest you practice patience and look forward to the guidance of your coach. The staff will invite you to the next level when they believe you are ready for it.

Q: How can I find out more about amateur boxing?

A: Go to www.USABoxing.org for more information about amateur boxing opportunities for you, on-line registration, and up-to-date news about our domestic advancing tournaments and how our USA Boxing Teams are doing with their competitions abroad.

HANDWRAPPING INSTRUCTIONS



Appendix H

MEDICAL FORMS



AIBA/USA BOXING Medical Certificate

QUESTIONS FOR ATHLETE: IF YES, EXPLAIN

1. Is a doctor currently treating you for anything?

2. Have you ever been unconscious or had a concussion?

3. Have you been hit hard in the head in the last 6 weeks?

4. Have you had any headache in the last 2 weeks?

5. Do you have any problem with bleeding?

6. Do you have a history of hepatitis B or hepatitis C or HIV infection?

7. Does any disease run in your family? Sudden unexpected deaths?

8. Have you had any surgery?

9. Have you ever had to stay in a hospital?

10. Do you have any medical condition

AIBA/USA BOXING Medical Certificate

Athlete

NAME: _____

DATE OF BIRTH: _____

SIGNATURE: _____ DATE: _____

Medical Doctor

NAME: _____

TITLE/POSITION: _____

ADDRESS: _____

SIGNATURE: _____ DATE: _____

COMMENTS: _____

Fit to Box _____
Not Fit to Box _____

AIBA/USA BOXING Medical Certificate

MEDICAL CERTIFICATE				ABNORMALITIES
If Athlete had a Concussion in the past year, please certify that:	Medical Examination following rest period after Concussion was normal. Athlete Fit To Box	Normal	Abnormal	
General Medical Exam	List abnormalities not covered in specific system exams below:			
Mental Status/ Psychological	Brief survey	Normal	Abnormal	
Head	Cranial nerves, eyes, pupil size and reactivity. Fundi. Vision by chart (record)	Normal	Abnormal	
	Mouth , teeth, throat	Normal	Abnormal	
	Ears	Normal	Abnormal	
	Temporomandibular joint	Normal	Abnormal	
Neck	Cervical spine, lymph nodes	Normal	Abnormal	
Chest	Breath sounds, rib tenderness on compression	Normal	Abnormal	
Cardio Vascular System	Pulse/blood pressure (record)	Normal	Abnormal	
	Heart examination: sounds, murmurs, heaves, size, rhythm	Normal	Abnormal	
Orthopedic System	Upper limb: shoulder, wrist, hand, fingers	Normal	Abnormal	
	Lower limb: foot, ankle, knee, hip	Normal	Abnormal	
Neurological System	Reflexes	Normal	Abnormal	
	Verbal responses	Normal	Abnormal	
	Motor responses and balance	Normal	Abnormal	
Allergies	(record)	Yes	No	
	Type of reaction (record)			
Medications used	Name and dosage (record)	Yes	No	

Any TUE Submitted ? _____ NO _____ YES (if YES, please explain)



USA Boxing, Inc.

NAME OF EVENT

Release to Compete With Braces

USA Boxing Technical Rule 5.1.3.1. Boxers who wish to compete with braces are required to have attached to their passbooks a completed Release To Compete With Braces form. This form requires the written approval of their dentist, parents and/or guardian (if under 18 years of age) and a dentist-molded mouthpiece. This includes upper and/or lower braces. Boxers competing with braces waive the right to dental coverage under the USA Boxing insurance program.

I understand the above rule and give my permission for _____
to compete in amateur boxing. (Boxer's name)

Dentist Approval:

Print Name

Signature

Date

State License Number

Parent or Legal Guardian Approval (if boxer is a minor):

Print Name

Signature

Date

Athlete:

Print Name

Signature

Date

