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INTEGRATION OF THE CUBAN BOXING SCHOOL INTO THE NATIONAL SYSTEM OF SPORTS TRAINING OF HIGHLY SKILLED BOXERS OF UZBEKISTAN: THEORY AND PRACTICE

Abstract

The article discusses the specifics of training the national boxing team of Uzbekistan with an emphasis on integrating the Cuban school into the existing national training system. The study included a detailed study of the successive phases of training macrocycles, the methods used for physical improvement and technical and tactical skills of boxers, and an analysis of the competitive results achieved by athletes at the level of major international competitions. Empirical data confirm the high degree of effectiveness of the integrated training model used and reveal a stable dynamic of positive growth in the achievements of Uzbek boxers on the world stage.

Key words: boxing, Uzbekistan national team, Cuban boxing school, international cooperation, integration of methods, educational and training process, technical and tactical training, training macrocycle, sports performance, World Championship, Olympic Games.

KUBA BOKS MAKTABINI O'ZBEKISTON MILLIY SPORT TIZIMIDA QO'LLAGAN HOLDA YUQORI MALAKALI BOKSCHILARNI TAYYORLASH: NAZARIYA VA AMALIYOT

Annotatsiya

Maqolada boks bo'yicha O'zbekiston milliy terma jamoasini tayyorlashning o'ziga xos jihatlari Kuba maktabining mavjud milliy kadrlar tayyorlash tizimiga alohida e'tibor qaratgan holda ko'rib chiqilgan. Tadqiqot davomida mashg'ulot bosqichlarining ketma-ketligi, bokschilarning jismoniy va texnik-taktik mahoratini oshirishda qo'llaniladigan usullar batafsil o'rganib chiqilgan, shuningdek yirik xalqaro musobaqalar miqyosida sportchilar erishgan natijalar ham tahlil qilingan. Tajribaviy ma'lumotlar qo'llanilayotgan yaxlit mashg'ulot usulining yuqori samaradorlik darajasini tasdiqlaydi va o'zbek bokschilarining jahon arenalarida erishayotgan yutuqlarida barqaror ijobiy o'sish sur'atini ko'rsatadi.

Kalit so'zlar: boks, O'zbekiston terma jamoasi, Kuba boks maktabi, xalqaro hamkorlik, metodlar integratsiyasi (yagona uslub, uslublar birligi), o'quv-mashg'ulot jarayoni, texnik-taktik tayyorgarlik, mashg'ulotning yuqori bosqichi, sport ko'rsatkichi, jahon Chempionati, Olimpiya o'yinlari.

ИНТЕГРАЦИЯ КУБИНСКОЙ ШКОЛЫ БОКСА В НАЦИОНАЛЬНУЮ СИСТЕМУ СПОРТИВНОЙ ПОДГОТОВКИ ВЫСОКОКВАЛИФИЦИРОВАННЫХ БОКСЕРОВ УЗБЕКИСТАНА: ТЕОРИЯ И ПРАКТИКА

Аннотация

В статье рассматриваются особенности подготовки национальной сборной команды Узбекистана по боксу с акцентом на интеграцию кубинской школы в существующую национальную тренировочную систему. В рамках исследования детально изучены последовательные фазы тренировочных макроциклов, используемые методики физического совершенствования и технико-тактического мастерства боксеров, а также проанализированы достигнутые спортсменами соревновательные результаты на уровне крупнейших международных соревнований. Эмпирические данные подтверждают высокую степень эффективности применённой интегрированной модели подготовки и выявляют устойчивую динамику позитивного роста достижений узбекских боксёров на мировой арене.

Ключевые слова: бокс, сборная команда Узбекистана, кубинская школа бокса, международное сотрудничество, интеграция методик, учебно-тренировочный процесс, технико-тактическая подготовка, макроцикл подготовки, спортивная результативность, Чемпионат мира, Олимпийские игры.

Boxing is one of the oldest and most dynamically developing sports and is a complex system of technical and tactical training, which combines elements of force impact, motor coordination and strategic thinking. In recent decades, the Cuban school of boxing has attracted special attention from the scientific and sports community, characterized by high efficiency, sustainable sports achievements in the international arena, in particular at the Olympic Games and World Championships, as well as an effective system of training athletes.

In the context of the globalization of sports technologies and the desire to improve the competitiveness of national teams, international exchange of experience is becoming a necessary element of the modernization of training systems [2].

Some scientific works emphasize the methodological foundations of Cuban training, which is based on an integrated approach to the training process, including a multi-level selection system, stage-by-stage sports improvement, an emphasis on technical and tactical training, as well as the harmonious development of the physical qualities of a boxer [1,3,8].

Many scientific studies have conducted fundamental analysis covering issues of effective organization of the educational and training process, as well as the specifics of competitive activities of highly qualified boxers, features of training at various stages of long-term sports improvement, mechanisms for increasing competitive reliability, as well as principles of selection and distribution of training loads [4,5,6,7].

However, despite the value of these studies, the main attention was focused on the general structure and methodology of building the training process, without an in-depth analysis of such modern aspects as: the participation of foreign specialists in the preparation of athletes, the specifics of integrating foreign methods into the domestic training system, features of interaction between coaches of different national schools in a single educational and training process, and an assessment of the effectiveness of international cooperation in the formation of highly qualified athletes.

Considering the steady progress in the development of boxing, the Boxing Federation of Uzbekistan, together with the Ministry of Youth Policy and Sports of the Republic of Uzbekistan, decided to attract Cuban specialists in order to introduce advanced foreign methods into the existing national training system for training athletes. The result of this international cooperation was the creation of an Uzbek model for training highly qualified boxers, based on the integration of national training traditions with proven international methods aimed at developing competitive athletes of a new generation and ensuring the sustainability of their competitive results in the international arena.

The **purpose** of this study is to analyze the effectiveness of integrating the Cuban boxing school

methodology into the national training system for boxers of the Uzbekistan men's national team and to identify key factors that contribute to achieving high sports results in the international arena.

Organization of the study. To achieve this goal, it was necessary, first of all, to characterize the historical context of boxing development in Uzbekistan and the dynamics of the national team's performances at international competitions.

It should be emphasized that the analysis is based not only on observations and quantitative indicators, but also on a qualitative assessment of the effectiveness of the methods used. Ultimately, a comprehensive assessment of all stages of preparation and the results achieved allows not only to draw conclusions about the level of readiness of the team for the main start of the season, but also to develop sound recommendations for further improvement of the training process.

From a methodological point of view, the preparation of athletes for top-level competitions requires a systematic approach based on the step-by-step development of physical, technical, tactical and psychological training of athletes. In the case of the men's national team of Uzbekistan, the construction of the training macrocycle was based on the principles of multi-component, variability and phased preparation, which ensured the integrity of the process of forming the sports form of boxers.

First of all, it should be noted that the Uzbek model of training athletes was organized in the format of two sequentially implemented stages, each of which included cycles of accumulation, transformation and implementation. This approach contributed to a gradual increase in loads with subsequent reaching the peak of form directly at the time of the main competitions.

The first stage of preparation covered the period from (September to December 2022) and was focused on the development of general and special physical endurance, the formation of basic technical and tactical skills, as well as the elimination of previously identified technical and coordination deficiencies.

In turn, the second stage (January - May 2023) was aimed at bringing athletes to an optimal competitive state and provided for active participation in international tournaments with elements of simulating real combat situations. Both stages of preparation were part of a long-term strategic plan aimed at ensuring high results at the 2024 Olympic Games. As part of the preparation for the Olympics, individualized training methods, modern analysis and recovery technologies were used, and the competition schedule in 2023-2024 was strengthened with an emphasis on qualifying tournaments and international competitions as close as possible to the Olympic level.

It should be emphasized that, within the framework of the training process, special attention was paid to pedagogical and diagnostic tests aimed at assessing the level of development of motor skills,

strength, endurance, reaction speed, flexibility and coordination of movements.

Analysis of the obtained data showed that at the initial stages of training, a high degree of aerobic readiness and general strength was observed, while the speed of movements, explosive power and the level of reactivity of athletes remained at an insufficient level. Moreover, technical and tactical tests revealed positive indicators of performing direct strikes and defensive actions with parrying and blocking, but at the same time recorded a deficit in the implementation of side strikes, attacks with a lower trajectory and counterattacking actions on the flanks.

Thus, specialized training modules aimed at developing anaerobic power, explosive power and improving the reactive component were introduced as corrective measures. In addition, emphasis was placed on improving the elements of protection with body turns, side steps and dynamic movement at various distances. In accordance with this approach, an Uzbek model for training highly qualified boxers was created together with Cuban specialists, which included combat situations with various types of opponents - fast, powerful, technical, as well as those using non-standard defensive stances.

An equally important factor in the preparation was the holding of educational and training "sparring" with leading boxers of the world's national teams,

which allowed the athletes of the Uzbekistan national team to test new tactical solutions, and the coaching staff to promptly make adjustments to the individual training plans of athletes. All these activities served as the basis for achieving high results at the main tournament of the season - the 2023 World Championship.

Table 1 presents an analysis of the results of the men's national team of Uzbekistan at the World Boxing Championships from 1993 to 2021, which allows us to identify certain patterns and trends in its international performances. During the period under review, the national team took part in fifteen World Championships, winning a total of 43 medals (9 gold, 15 silver, 19 bronze). Despite the obvious potential and the presence of individual successful performances, the overall dynamics of the results indicated the instability of sports achievements and the lack of sustainable progress over a long period of time. The team places occupied by boxers of the Uzbekistan national team fluctuated in a wide range: from 1st (2019) to positions outside the top ten (1993, 1995, 2011). Individual performances were characterized by significant successes, including confident performances and high final positions (1999, 2001, 2009, 2017, 2019). However, these results were not sustainable and did not ensure the stable presence of the team among the world leaders on a regular basis.

Table 1

Results of the Uzbekistan men's boxing team at the World Championships

Year	Venue	Medals				Team place
		Gold	Silver	Bronze	Total	
1993	Tampere (Finland)	-	1	-	1	XII
1995	Berlin (Germany)	-	-	2	2	XIV
1997	Budapest (Hungary)	-	-	-	-	-
1999	Houston (USA)	2	1	-	3	IV
2001	Belfast (United Kingdom)	1	1	1	3	III
2003	Bangkok (Thailand)	-	1	2	3	VIII
2005	Mianyang (China)	-	1	2	3	VII
2007	Chicago (USA)	1	-	-	1	VII
2009	Milan (Italy)	1	1	2	4	III
2011	Baku (Azerbaijan)	-	-	2	2	XII
2013	Almaty (Kazakhstan)	-	1	1	2	VI
2015	Doha (Qatar)	-	3	3	6	VII
2017	Hamburg (Germany)	1	3	2	6	II
2019	Yekaterinburg (Russia)	3	1	1	5	I
2021	Belgrade (Serbia)	-	1	1	2	X
	Total	9	15	19	43	

Table 2 presents an analysis of the main sports results of the Uzbekistan men's team at the Olympic Games from 1996 to 2020. The analysis of these results shows significant fluctuations in both team positions and the structure of the medal fund. The most successful year in terms

of the number of gold medals was 2016, while 2008 was the least productive. The general trend demonstrated the ability of Uzbek boxers to achieve high results in individual Olympic cycles while maintaining instability in the dynamics of performance.

Table 2

Results of the Uzbekistan men's boxing team at the Olympic Games

Year	Venue	Medals				Team place
		Gold	Silver	Bronze	Total	
1996	Atlanta (USA)	-	-	1	1	XIII
2000	Sydney (Australia)	1-	-	2	3	IV
2004	Athens (Greece)	-	-	2	2	XII
2008	Beijing (China)	-	-	-	-	-
2012	London (United Kingdom)			1	1	XVI
2016	Rio de Janeiro (Brazil)	3	2	2	7	I
2020	Tokyo (Japan)	1	-	-	1	VIII
	Total	5	2	8	15	

In the context of growing international competition, these circumstances are becoming especially significant and require a systematic revision of approaches to planning the training process and strategic management of sports development.

Thus, despite individual periods of pronounced success, the general trend demonstrated the need to strengthen the organizational and methodological

foundations of training aimed at ensuring the stability of sports results and securing the boxers of the Uzbekistan national boxing team among the leaders of world boxing in the long term.

Diagram 1 illustrates the performance of the Uzbekistan men's boxing team at five key international tournaments held as part of the preparatory stage for the 2025 World Championship.

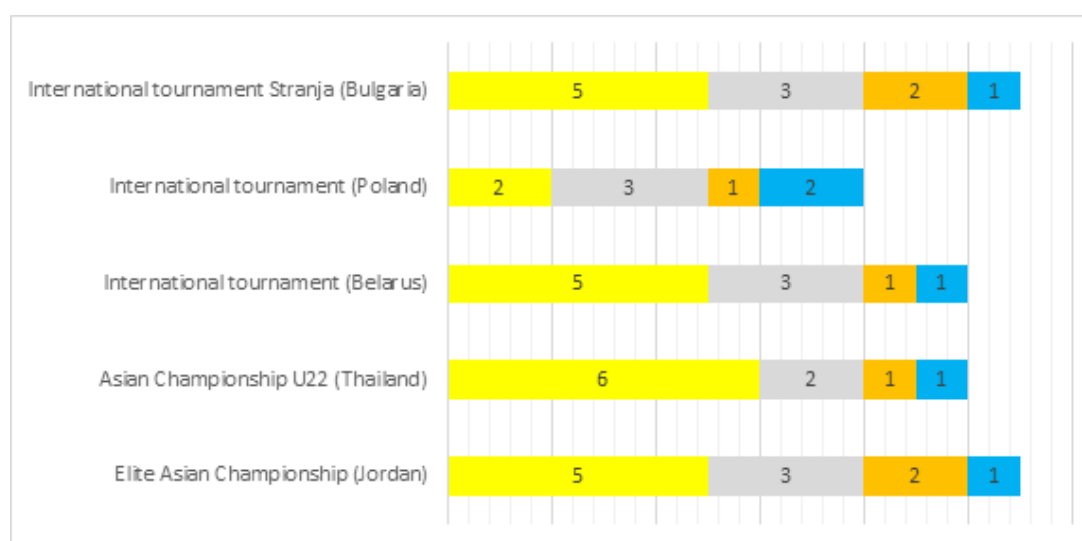


Diagram 1. Results of preparatory competitions of boxers of the men's national team of Uzbekistan

Note: ■ - gold, ■ - silver, ■ - bronze, ■ - team place

The analysis of the presented data allows us to say that after the introduction of the new model of training boxers of the men's national team of Uzbekistan with the involvement of Cuban specialists, the team's results demonstrated a high level of stability and positive dynamics in a number of key indicators. At all five tournaments, the team took only the 1st or 2nd team place, which indicates the alignment of the competitive form and stability in achieving high results. It is especially important to note that the number of gold medals throughout the competitions was in the range from 2 to 6. This indicates a significant increase in the level of individual training of athletes, as well as the effectiveness of the updated training model focused on the development of anaerobic power, technical and tactical flexibility and the ability to adapt to different styles of opponents. In addition, the relative balance in the distribution of silver and bronze medals demonstrates the depth of the team and the presence of reserves capable of competing in the international arena. The achievement of stable medal count indicators and the strong retention of leading positions in the team standings indicate that the integration of the Cuban methodology has led to structural improvements in the training system of Uzbekistan boxers.

Thus, the presented diagram confirms that the implementation of an integrated approach to the educational and training process based on cooperation with international experts contributed to the stabilization and

strengthening of the results of the boxers of the men's national team of Uzbekistan at the stage of international training, which, in turn, created a solid foundation for successful performance at the 2023 World Championship and the 2024 Olympic Games (diagram 2).

The results of the performance of the boxers of the men's national team of Uzbekistan at the 2023 World Championship and the 2024 Olympic Games indicate a high level of competitiveness of the national team in the largest sports arenas. According to the presented data, the men's national team of Uzbekistan won five gold, two silver and two bronze medals at the 2023 World Championship, which in total is nine awards, which allowed the team to take 1st place in the overall team standings at this tournament. At the 2024 Olympics, Uzbek athletes demonstrated an exceptionally high result, winning five gold medals, which also ensured 1st place in the team standings at the end of the competition. This fact reflects not only the high-quality level of training of athletes, but also the effectiveness of the implemented model of training boxers within the Olympic cycle. The combination of these achievements confirms that the athletes of the national team of Uzbekistan are able to demonstrate maximum results precisely at key international starts, which indicates a high level of targeted training, an optimal system for planning the educational and training process, as well as the ability of athletes to reach peak form for the main competitions of the quadrennial.

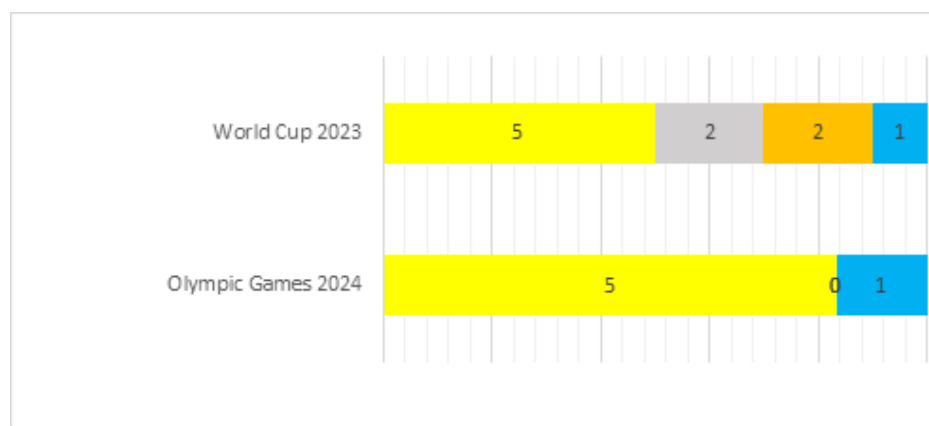


Diagram 2. Results of fundamental competitions of boxers of the men's national team of Uzbekistan

Note: ■ - gold, ■ - silver, ■ - bronze, ■ - team place

These successes can serve as the basis for asserting the established system of highly effective training aimed at achieving medals at major world-class competitions.

Thus, achieving high sports results at the World Championships and the Olympic Games became possible, among other things, thanks to an effective system of international cooperation and the introduction of advanced foreign experience into the national methodology of training boxers. In particular, an important role in the formation of sustainable competitive effectiveness was played by fruitful and strategically built interaction with Cuban specialist trainers who have unique knowledge and many years of experience in

training world-class boxers.

Based on this cooperation, an **uzbek model** for training highly qualified boxers was **developed and implemented**, adapted to national conditions, the mentality of athletes and the specifics of the sports reserve system. This model combines elements of the Cuban boxing school - such as an emphasis on technical and tactical training, variability of combat and a high level of individualization of the training process. It was the integration of these approaches that allowed the boxers of the national team of Uzbekistan to achieve not only victories in the largest international arenas, but also to ensure the stability of results, which previously presented a certain problem.

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