

Abstract

Diploma work title:

Differences between male and female boxing training

Work's objectives:

The goal of my diploma work is to find out and describe the differences between men's and women's training in current amateur boxing in Czech republic. Because this sport branch is not very extended I would like to familiarize the public and eventual active coaches with the problems of it.

Method:

I used some sport tests to gain objective indications about fitness. Data from four tests taken by six contestants were processed. All the gained data were put into tables and the result was noted according to the rating. As another method of data gathering I mainly used observation.

Results:

The results and conclusions can be used at training process. Especially at improving one's technical and tactical activities which are one of the elements in performance and training compilation.

Key words:

Match, boxing, loading, difference, method, women.