

Abstract

Thesis name: Basic methodological elements influencing overall boxing performance

Thesis aims: Creation of basic methodological elements influencing overall boxing performance, new box training methods for beginner trainers and also for experienced trainers which continuously use the same training methods and doesn't want to or are afraid to change their training plan.

Method: Knowledge in box methodology field was analyzed with the help of literature, information from Internet and consulted through dialogues with trainers. The observation was aimed on the difference of leading the training unit on different performance levels.

Results: Explain the benefits for all competitors, box trainers and contribute to revive and improve the quality of boxer's training preparation.

Keywords: box, movement, endurance, weight, psychological preparation, regeneration