

## **Abstract**

**Title:** Cross training and athletic skills development in amateur and professional boxers.

**Objectives:** Based on the results of the studies and findings gained from literature, to prepare 3 cross-training programs using athletic drills for boxers, improving their boxing skills.

**Methods:** Method of systematic review was used in this thesis.

**Results:** Result of the work is the design of structural cross-training program using athletic drills for boxers, improving their boxing skills.

**Keywords:** *boxing, cross-training, drills, program, skills, work-out*