

SPARRING

The relationship between sparring and the competitive bout is the vital link between gymnasium Preparations and the end result. Sparring is as near as the coach can get to simulating a contest Situation. Ring craft, judgment of distance, timing, tactical and perceptual development are all Involved . That is not to say that the coach should regard sparring as a contest. It must be Viewed from the educational standpoint, the crucial part of a boxer's technical programme For no matter how one simulates a spar to a contest level it can never be quite the same. The psychological pressures of the competitive bout make the vital difference. Some boxers Will fail to rise to these pressures while other will be stimulated to produce better form in Competition than ever seen in sparring .

One of the major problems facing a coach is how he can encourage the boxer to use a new Technique as a skill in a contest situation. The gap between being shown and practicing the Technique and using it in a bout is vast. Unless the boxer has exceptional natural talent, It is more than the coach can hope for to see the transfer from the training to the competitive Situation as automatic With progressive sparring the coach has a means of controlling this skill Learning process. His first task is to teach the technique , then to create a variety of skill Challenging situations using equipment and sparring to assist the grooving process. Gradually that vital confidence is gained by the boxer in the use of the skill, and his coach Should then encourage him to develop his awareness of cues and stimuli-the "when" to Use the skill. This development of the perceptual process should be accompanied by the Coach's drive to encourage his boxer to self-analyse all aspect of his technical and Psychological make up. For the boxer should be motivated to make his own decisions, Rather than relying on the coach.

Sparring can be categorized into three basic types, each being a natural progression. In order of progression they are technique sparring, Conditioned sparring and open sparring.

TECHNICAL SPARRING

Is in the early skill learning stages, Where the speed of action is reduced to prevent injury and The one technique is practiced with each boxer in turn acting a semi-passive role. Movement Is restricted and the speed becomes more realistic as confidence is acquired in the “feel” of the new skill. Only one specific technique is practiced, so the predictability of the spar is closely controlled. The same approach holds for defences . Again speed of attack has to be reduced in the early stages to remove the danger of being hurt. Once the desired attitude is understood and the learner achieves a degree of success and confidence in the skill ,speed should be increased.

CONDITIONED SPARRING

Is when the sparring is conditioned by the coach setting a theme. Speed is realistic, but the skills used are determined by the conditions set. Strict observance of the conditions is necessary. A theme could be, for example, “defence against the jab to the head.”Boxer “A” is conditioned by having to lead with a jab to the head, not being able to use any other form of attack. His partner must use defences against the jab according to.

- 1) His Repertoire Of Defences
- 2) His Style
- 3) His Position in the Ring
- 4) The Type And Quality Of Jab Used

It is for the coach to ensure that not only the conditions carried out fully, but that the full range of Defences is used. Hence, the coach should ensure that he allows no situation to pass which could be used to improve the perception of the boxer defending, whilst at the same time coaching the quality of the jab of the attacker. The roles defender and attacker can then be reversed.

Conditions should be set according to the age, ability, skill level and experience of the boxers.

As conditioned spar links technique spar to open spar, restriction of movement is essential when Catering for numbers to make the possibility of transfer from the practice to the competition

Situation more realistic. Though marking on the floor are helpful it may be found useful to

Divide the floor space into "rings". Interest can be further stimulated and the fun element enhanced

Especially for Cadet and Juniors, by the introduction of point scoring games. The target could be

Either the body or head. Point scores are kept by the boxers which encourages the development

Of their sense of fair play, self-control and self-discipline. Conditions set should be simple and based

Upon techniques practiced in technique sparring. Examples of such "box-games" could be:

- 1) The first boxer to score five hits wins. Target area is restricted to the body. Attack is
With the leading hand in the form of a straight jab.
- 2) Each boxer is allowed ten attacks with the leading hand, the attack to be either by straight jab
Or hook. Target area is either the head or body. The winner is the boxer who lands the greater
Number of successful attacks

The conditioned sparring approach encourages a boxer to develop his opponent his thinking process

And the out-thinking and out-manoeuving of his opponent. As such it has a vital part to play in every

Boxer's development. In terms of time available to the club coach it should predominate over open

Sparring by at least the ratio of four to one. That is to say that four in every five sparring sessions

Should be a technique or conditioned spar. This ratio will change according to the proximity of a contest.

OPEN SPARRING

The very term "open sparring" perhaps give the wrong impression. Whist this type of sparring is near to A contest situations, it should still be approached on an educational footing. No conditions are imposed And a much more fluid interpretation of the boxer's reaction to the situations presented should follow. But use has to be made of the techniques practiced in the technique spar and conditioned spar, Otherwise a boxer will never quite that vita confidence in a new move and although he will Demonstrate its use quite beautifully in technique and conditioned sparring, his perceptual ability of When and how to use the new technique should be developed .This necessitates constant supervision By the analytical coach who guides his boxers as the opportunities missed, or occasions when the New skill was tried but when the cue was misread. The coach should disrupt of the spar as little as Possible, but yet should not let an opportunity go by for stopping the spar and showing the boxer how He wrongly interpreted the particular situation. It is also necessary to add that the coach not over Impose his own tactical and technical interpretation of the situation, and the boxer should be Encouraged to be original --- to develop his flair .

The coach supervising the sparring is a NCCP certify level one and register with Boxing Alberta And Boxing Canada. Club sparring ring . That the rope are in good condition . That there isn't a wall or Ceiling support Beans to close to the ring or windows and mirror . Sparring gloves use for sparring are 14 to 16 oz and in good condition . To be use Mouthpieces and headguards /abdominal/ groin protector.