# EFFECTIVENESS OF TACTICAL DECISION-MAKING IN BOXING COMPETITIONS

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**Abstract.** This article analyzes the impact of tactical decision-making on sports results in boxing competitions, the factors shaping tactical thinking, and the effectiveness of modern training methods. Also, the role of the boxer's technical skills, psychological preparation, physical condition, and cooperation with the coach in the process of making tactical decisions is scientifically highlighted. The article shows the importance of quick assessment of situations arising during the competition, forecasting the opponent's actions in advance, and choosing optimal decisions.

**Keywords:** boxing, tactical preparation, tactical decision, sports skills, competition activities, sports psychology, technical training, strategy, sports results, coach.

Boxing is a complex combat sport that requires a high level of physical, technical, tactical and psychological preparation among modern sports. Every move, strike or defense method in the ring depends on the boxer's pre-developed tactical plan and quick decisions made during the competition. Therefore, tactical decision-making is recognized as one of the main factors determining the boxer's sportsmanship. Highly skilled athletes are distinguished by the ability to analyze their opponent's actions in a short time and choose the most optimal solution in accordance with the situation.

Tactical decision-making in a competitive environment is understood as the boxer's assessment of the current situation, analysis of the opponent's technical and tactical capabilities, control of the pace and distance of the fight and selection of the most effective action based on these factors. This process takes place within seconds and often determines the fate of the fight. Therefore, in modern sports theory, the development of tactical thinking is considered an integral part of the training process [1].

Effective tactical decision-making in boxing competitions depends, first of all, on the boxer's high level of technical preparation. An athlete who has mastered the technical elements can freely use blows in different situations, quickly change defense methods, and effectively organize counterattacks. If technical skills are insufficient, the athlete will have difficulty successfully implementing the right tactical decision even if he makes it. Therefore, technical and tactical preparation are an inextricably linked process.

The athlete's physical preparation also plays an important role in the successful implementation of tactical decisions. A high level of speed, strength, endurance, and agility allows the boxer to quickly change the situation and use new tactical moves. As fatigue increases in the last rounds of the competition, the number of wrong decisions may increase. Therefore, coaches pay special attention in training not only to developing physical qualities, but also the skills to make the right decisions in conditions of fatigue.

Psychological preparation is another important factor in tactical effectiveness. During the competition, the athlete faces strong psychological pressure, the influence of the audience, the decisions of the judges and the aggressive actions of the opponent. In such conditions, controlling emotions, maintaining self-confidence and objectively assessing the situation are of great importance for achieving high results. Boxers with psychological stability are able to correctly choose the balance between risk and caution and use effective tactics even in critical situations.

A thorough analysis of the opponent before the competition also improves the quality of tactical decisions. In modern sports practice, the strengths and weaknesses of the opponent are determined by studying video recordings, analyzing statistical data and observing previous fights. Based on this information, the coach and athlete develop a battle strategy. For example, using counterattack tactics

against an offensive boxer or choosing a high tempo against a defensive athlete often gives effective results.

The coach's experience and recommendations are also important during the competition. During short breaks between rounds, the coach analyzes the athlete's actions and gives the necessary tactical instructions. These recommendations allow the boxer to quickly adapt to the opponent's style, eliminate mistakes and increase efficiency in subsequent rounds. Mutual trust and effective communication between the coach and the athlete are one of the important factors in the success of the competition.

Today, digital technologies are taking tactical training to a new level. Video analysis programs, biomechanical analysis systems of movements and platforms based on artificial intelligence allow for a detailed study of the movements of athletes. These technologies serve to develop individual recommendations by assessing the speed, accuracy of blows, defensive movements and the effectiveness of movement around the ring. As a result, the athlete will be able to identify his tactical mistakes and eliminate them in subsequent training sessions.

To develop tactical decision-making, it is recommended to use various simulated situations in training. Coaches develop the ability to think quickly in athletes by involving opponents with different fighting styles in sparring sessions, organizing exercises under time pressure and creating unexpected situations. Such training is close to real competition conditions and strengthens the boxer's skills in quickly analyzing the situation and making the right decisions [7].

As a boxer's experience increases, his tactical thinking also develops. Athletes who have participated in many competitions understand situations faster, anticipate the opponent's intentions and make optimal decisions in the shortest possible time. Experience allows the athlete not to repeat the mistakes made in previous fights, use new techniques and adapt to opponents of different styles. Therefore, the regular involvement of young boxers in competitions is an important means of developing their tactical skills.

A number of criteria are used to assess the effectiveness of tactical decision-making. In particular, the percentage of accurate punches, the number of successful counterattacks, the effectiveness of defensive actions, the level of control of the ring during the fight, the number of errors and the level of implementation of the tactical plan for the rounds are analyzed. These indicators allow coaches to identify the athlete's strengths and weaknesses and improve the subsequent training program.

In modern boxing, strength or speed alone does not guarantee a high result. The winners of the competition are usually athletes who can quickly assess the situation, predict the opponent's actions in advance and choose the most optimal tactical solution for each situation. Therefore, it is necessary to ensure the harmony of technical, physical, psychological and tactical preparation during training. An integrated approach increases the boxer's confidence in the competition, reduces mistakes and expands the possibility of achieving high sports results [9].

In conclusion, the effectiveness of tactical decision-making in boxing competitions is one of the most important indicators reflecting the overall level of preparation of the athlete. Technical skills, physical qualities, psychological stability, coaching experience and effective use of modern information technologies significantly increase the quality of tactical decisions. Through the comprehensive development of these factors, boxers can achieve high results in competitions, successfully participate in the international arena and consistently improve their sports skills.

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