ACTIVE FOR LIFE -

Emphasis should be

• Provide organized physical activity for at least 30 minutes per day for toddlers and at least 60 minutes per day for preschoolers.

• Participate in as many physical activities and sports possible.

Recommendations For Training and Competition

Competitions should be enjoyable events for 8-9 year olds, once they have established solid basic boxing skills. There should be provided:

• Weekly participation in 2-3 boxing specific sessions which should last between 45 – 75 minutes.

LEARN TO BOX -

1. Offense

• Introduction to the three principles of Boxing and the

• Emphasize technical perfection

• Introduction to parry technique

• Focus on participation and good spirit versus outcome

• De-emphasize outcome and encourage fun

Mental capabilities:

improve as the inner ear gradually matures. No gender differences to decision-making skills, as well as simple rules and ethics of sport.

organizations that promote physical activity.

swimming and gymnastics) will enable the child to move effortlessly into the Fundamentals stage.

skills, as these develop depending on the child’s genetics, environment and activity experiences and become harder to learn.

• Promote uninhibited/

LONG-TERM BOXING DEVELOPMENT

4

TRAIN TO BOX - Building the engine - Males ages 12 – 15 Female ages 13 – 15

Physical

• Continue to decrease muscle mass, increase strength.

• Optimize muscle efficiency.

• Improve balance.

• Improve mental focus.

• Improve coordination.

• Improve speed.

Technical

• Improve the efficiency of the mechanics of punching.

• Improve the mechanics of punching.

• Improve the mechanics of punching.

• Improve the mechanics of punching.

Tactical

• Emphasize precision and consistency.

• Emphasize combination punching.

• Emphasize the mechanics of punching.

• Emphasize the mechanics of punching.

Mental

• Focus on process (efforts).

• Focus on process (efforts).

• Focus on process (efforts).

• Focus on process (efforts).

Health

• Continue to optimize hydration.

• Continue to optimize hydration.

• Continue to optimize hydration.

• Continue to optimize hydration.

Parents should:

• Continue to optimize hydration.

• Continue to optimize hydration.

• Continue to optimize hydration.

• Continue to optimize hydration.

• Continue to decrease muscle mass, increase strength.

• Optimize muscle efficiency.

• Improve balance.

• Improve mental focus.

• Improve coordination.

• Improve speed.

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TRAIN TO COMPETE - Potential stage - Males ages 16 - 22 Female ages 17 - 22

Physical

• Continue to optimize hydration.

• Continue to optimize hydration.

• Continue to optimize hydration.

• Continue to optimize hydration.

Technical

• Improved speed.

• Improved speed.

• Improved speed.

• Improved speed.

Tactical

• Emphasize speed.

• Emphasize speed.

• Emphasize speed.

• Emphasize speed.

Mental

• Continue to increase focus.

• Continue to increase focus.

• Continue to increase focus.

• Continue to increase focus.

Health

• Continue to optimize hydration.

• Continue to optimize hydration.

• Continue to optimize hydration.

• Continue to optimize hydration.

• Continue to decrease muscle mass, increase strength.

• Optimize muscle efficiency.

• Improve balance.

• Improve mental focus.

• Improve coordination.

• Improve speed.

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TRAIN FOR PEAK PERFORMANCE - Performance stage - Males ages 23 - Females ages 22+

Physical

• Continue to optimize hydration.

• Continue to optimize hydration.

• Continue to optimize hydration.

• Continue to optimize hydration.

Technical

• Improve the mechanics of punching.

• Improve the mechanics of punching.

• Improve the mechanics of punching.

• Improve the mechanics of punching.

Tactical

• Emphasize the mechanics of punching.

• Emphasize the mechanics of punching.

• Emphasize the mechanics of punching.

• Emphasize the mechanics of punching.

Mental

• Continue to increase focus.

• Continue to increase focus.

• Continue to increase focus.

• Continue to increase focus.

Health

• Continue to optimize hydration.

• Continue to optimize hydration.

• Continue to optimize hydration.

• Continue to optimize hydration.

• Optimize muscle efficiency.

• Improve balance.

• Improve mental focus.

• Improve coordination.

• Improve speed.

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ACTIVE FOR LIFE - Enriched for life - 50+

Physical

• Physical conditioning.

• Physical conditioning.

• Physical conditioning.

• Physical conditioning.

Technical

• Improve the mechanics of punching.

• Improve the mechanics of punching.

• Improve the mechanics of punching.

• Improve the mechanics of punching.

Tactical

• Emphasize the mechanics of punching.

• Emphasize the mechanics of punching.

• Emphasize the mechanics of punching.

• Emphasize the mechanics of punching.

Mental

• Improve mental focus.

• Improve mental focus.

• Improve mental focus.

• Improve mental focus.

Health

• Continue to optimize hydration.

• Continue to optimize hydration.

• Continue to optimize hydration.

• Continue to optimize hydration.

• Optimize muscle efficiency.

• Improve balance.

• Improve mental focus.

• Improve coordination.

• Improve speed.