



ENGLAND BOXING SPARRING RESOURCE

DEVELOPING A SHARED UNDERSTANDING AND APPROACHES
TO COACHING

SPARRING – SAFETY, RULES AND REGULATIONS

- Level II (or III or IV) coach must be present to supervise
- Four rope ring with cushioned floor and
- Boxers must be at least 10 years of age, registered on ‘the vault’ and have had a boxing medical within the preceding 12 months
- Boxers should be injury free and not be serving a medical suspension
- Boxers returning to training following a medical suspension must follow England Boxing concussion protocols



SPARRING CONTINUUM – OPPOSED, VARIED AND RANDOM PRACTICE

Boxer Learning – Boxer Decision Making - Demands of Boxing – Apply to Performance

Technique Sparring

In technique sparring, a specific skill is developed. The speed is usually controlled, and the sparring partner usually acts in a semi-passive role. e.g. lead hand to the head with a block as a defence. Technique sparring is to develop movement control of the skill.

Movement Coordination

Movement Stability

Conditioned Sparring

In conditioned sparring the coach sets a condition (or several conditions) that each boxer must adhere to. The speed is more realistic than a technique spar but the power is usually kept quite low. The sparring is generally geared to skill development in an individual. Developing adaptability, decision making and tactical awareness .

Skill Adaptability Training

Adapting & Learning

Movement Variability

Perception (see) Decision & Action (Do)

Open Sparring

In open sparring the range of punches and defences are unlimited. Punches and footwork are full speed. Even in open sparring the power is often reduced. Open Sparring still has a level of learning and development. Boxers to refine their skills, apply new skills and adapt to meet the demands of the situation.

Performance Training

Performance Optimisation

Performance Stability

Deception

Reflect - Post Session

Competition

Knowledge of Results

Knowledge of Performance

Learning

De-Brief

Boxer Development Plans

Practice conditions need to be dynamic, realistic, and challenging in order to create necessary adaptations.

MANIPULATING THE VARIABLES OF SPARRING - OPTIONS FOR COACHES TO ADAPT THE ENVIRONMENT TO MEET THE NEEDS OF THE BOXER(S)

Consider (the objective, how are you coaching, selecting the most effective sparring option)

Deception – out wit the opponent

Perception – ability to read and anticipate the opponent

Action – deliver in the moment and when it matters (Punches)

Variables

- Power (Increase or Decrease)
- Speed (Increase or Decrease)
- Distance / Range (Increase or Decrease)
- Time (Increase or Decrease)
- Task (Boxer Set or Coach Set, Choice, Decisions, Simple to Complex, Hidden / Individual Vs Explicit Conditions)
- Area (Size, Shape, Surface)
- Frequency (Increase or Decrease)
- Intensity / Pressure (Internal, External, Up or Down)
- Feedback (internal vs external, frequency, delayed feedback, video feedback, boxer to boxer)
- Coach Problem Setting or Solving (Boxer to become effective problem solver)
- Blending Pads, Shadow and Bags into the Sparring Continuum (clear on purpose)



OTHER SPARRING OPTIONS AND IDEAS

- Shadow Sparring (the 2 Boxers are just out of striking distance and essentially shadow box facing one another)
- Assimilate Sparring (take on a style that is not their own, boxer like a....)
- Gym Bout Sparring (with Referee and Judges)
- Assessment Sparring (no coaching allowed, testing the independence of the boxer, coach to intervene if required in relation to welfare and boxer safety)
- Adaptive Sparring (the coach brings in a different boxer and the process of rotating and changing is ongoing. Coach sets the overall time or based on coach observations.)

