

**USA
BOXING®**

COACH RESOURCE PACKET

BRONZE



TEAM USA MOBILE COACH

Topic Pathways

Warm-up exercises

Mobile App > USA Boxing > Coaches > Drills & Lessons > School of Boxing Individual Drills > Full Dynamic Warm-up Example

EDIP, Universal Boxer and Neutral Stance

Mobile App > USA Boxing > Coaches > Drills & Lessons > School of Boxing Individual Drills > Static Position & Straight Punches

Boxing Stance

Mobile App > USA Boxing > Coaches > Drills & Lessons > School of Boxing Individual Drills > Neutral Stance to Boxing Stance

Coordination Drills

Mobile App > USA Boxing > Coaches > Drills & Lessons > Mechanics of Movement Drills > Mechanics of Movement & Punching

Partner Drills and Sparring

Mobile App > USA Boxing > Coaches > Drills & Lessons > Games & Activities > (see all videos as examples)

Mobile App > USA Boxing > Coaches > Drills & Lessons > School of Combat Drills > (see all videos as examples)

How to use three styles of Leadership

Mobile App > USA Boxing > Coaching > Coach Fundamentals > 3 Styles of Leadership

How to do mitts

Mobile App > USA Boxing > Coaches > Drills & Lessons > Coach Mitts

Day plan

Mobile App > USA Boxing > Coaches > Day/Session Planning > Session Planning Guidelines

Boxing Development Model

Mobile App > USA Boxing > Coaches > Welcome > High Performance Pathway > USA Boxing Development Model

Hydration and weight loss

Mobile App > USA Boxing > Nutrition > Weight Control > Weight Loss Fact Sheet

Mobile App > USA Boxing > Nutrition > Training and Competition > Hydration Fact Sheet

Match day Warm-up

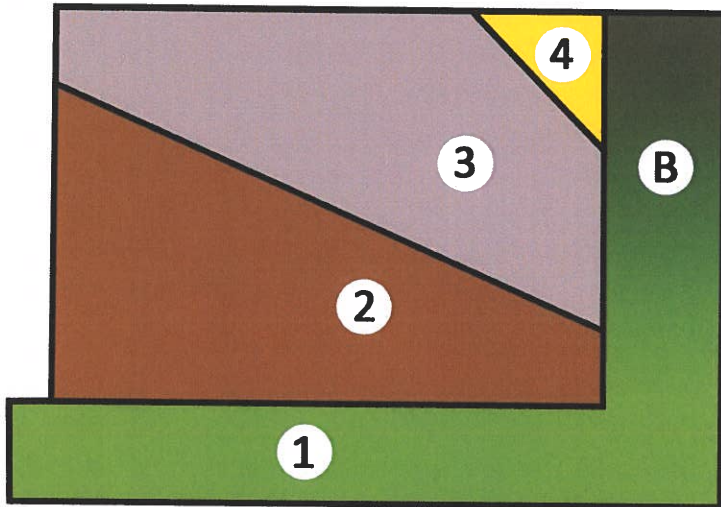
Mobile App > USA Boxing > Preparation > Match Day > For the Coaches > Match Day Warm-Up



USA Boxing Development Model

Athlete Centered. Coach Driven. "Coaching the athlete in front of you"

The United States Olympic & Paralympic Committee and USA Boxing understand the role sport plays in the lives of Americans. Sport is an outlet for exercise, a way to build lifelong relationships, and a platform for achieving our goals and realizing our potential. The USA Boxing Development Model is a roadmap for coaches, athletes, parents and organization administrators to ultimately create positive experiences for American athletes who choose boxing as an activity during their athletic journey.



1 Discovery Stage *Learn FUNDamentals*

Guidelines
Pee Wee
ages 8-10

0-3 yr exp.

Development
Bouts
to under
3 matches

Principles
-Fun play & Socialize with others

-Fundamental motor skills like jumping, throwing, running, Agility-Balance-Coordination (ABC's)

-Boxing inside multi-sport programming

-Spontaneous play

-Passion for sport & active lifestyle

2 Development Stage *Learn to Train*

Guidelines
Bantam
ages 11-12

Intermediate
ages 13-14

3-6 yr exp.

Novice to
15 Matches

Principles
-Fundamentals for ABC's, speed, and strength
-Self-awareness, teamwork and communication through sport challenges
-Boxing skills, identifying personal strengths and areas to improve with a continued emphasis on proper technical mechanics
-Age-appropriate times for practice and competition
-Passion for boxing

3 Optimization Stage *Train to Compete*

Guidelines
Junior
ages 15-16

Youth
ages 17-18

6-10 yr exp.

Open Class
Matches

Principles
-Boxing specific specialization
-Training through coaching
-Boxing skills and strategies
-Training schedule and development camps
-Sport sciences such as nutrition and sport psychology
-Appropriate challenges outside boxer's comfort zone
-Passion for competition

4 Excellence Stage *Compete to Perform*

Guidelines
Elite
ages 18-35

10+ yr exp.

Open Class
Matches &
Tournaments

Principles
-High Performance potential
-Maximize talents
-Individualized coaching in team environment
-Annual and periodized planning
-Passion for performance

B Retirement Stage *Recreational*

Guidelines
Any Age

Any
Experience

Recreational
Activity

Principles
-Thriving in personal health and exercise
-Sport involvement as coach, official or administrator
-Masters and recreational programs and competitions
-Share experience, knowledge and passion for boxing
-Keep passion for health and fitness

Warm-Up Assignment

- Task
 - Teach 4 dynamic stretches/exercises to 2-5 people and include low impact modification for each
 1. ***Jogging; Irish jig; flutter in front; skydiver***
 2. ***Knees high; cariocas; comb hair back; pike***
 3. ***Butt kicks; reach back/forwards; comb hair forwards; 360's***
- Conditions
 - You will be assigned the lesson
 - Classroom setting with multiple groups going at the same time
 - Peer-to-peer feedback
 - How well did you use EDIP?
 - Their experience as the boxer
 - What worked
 - Areas for improvement
 - 4 minutes
- Standards
 - Manage your students in your room/space
 - Must use EDIP (Explain, Demonstrate, Imitate, Practice)
 - Teach your assigned skill
 1. Jogging; twisty elbows; flutter in front; skydiver
 2. Knees high; cariocas; comb hair back; pike
 3. Butt kicks; reach back/forwards; comb hair forwards; 360's

Skills Assignment

Task: Teach one set of skills to 2-5 coaches

- Straight punches from neutral to boxing stance
- Head movement from neutral to boxing stance
- Coordination drills from stationary to movement

Conditions

- You will be assigned the lesson
- Classroom setting with multiple groups going at same time
- Peer-to-peer feedback
 - How well did you use EDIP?
 - Their experience as the boxer
 - What worked
 - Areas for improvement
 - **REMEMBER: good feedback is like sparring match.**
- 6 minutes

Standards

- Manage your students in your space/room
- Use EDIP (Explain, Demonstrate, Imitate, Practice)
- Teach your assigned skill
 - Straight punches from neutral to boxing stance (cue joints from stationary; chin, wrists, elbows, hips, knees, foot position ... to punches; chin down, shoulder back, defense hand up, palm down, hips high, base knee solid and bent, pivot foot turning ... repeat in boxing stance)
 - Head movement from neutral to boxing stance (cue joints from stationary; chin, wrists, elbows, hips, knees, foot position ... to slips; chin down, shoulder back, hands in defensive positions, hips medium-high, base knee solid and bent, pivot foot turning ... repeat in boxing stance)
 - Coordination drills from stationary to locomotion (cue joints from stationary; chin, wrists, elbows, hips, knees, foot position ... to stationary punches; step forward opposite foot/hand [5x], switch foot/hand [5x], step back same foot/hand [5x], switch foot/hand [5x], alternate forward steps with punches, alternate back steps with punches ... to movement forwards with opposite hand/foot, and back with same hand foot)



Objective: What are your goals and what results do you want created by the end of the session? What equipment is needed?

Pre-brief: Take a few minutes and give a short summary to the team on what practice is going to look like, concerning objectives and exercises/drills/tools used to create those results.

Warm-up: Light physical activity, movements that mimic the sport, dynamic (moving) stretches

Review Past Techniques & Tactics: School of boxing, focus mitts

Introduce New Techniques & Tactics: School of boxing, focus mitts

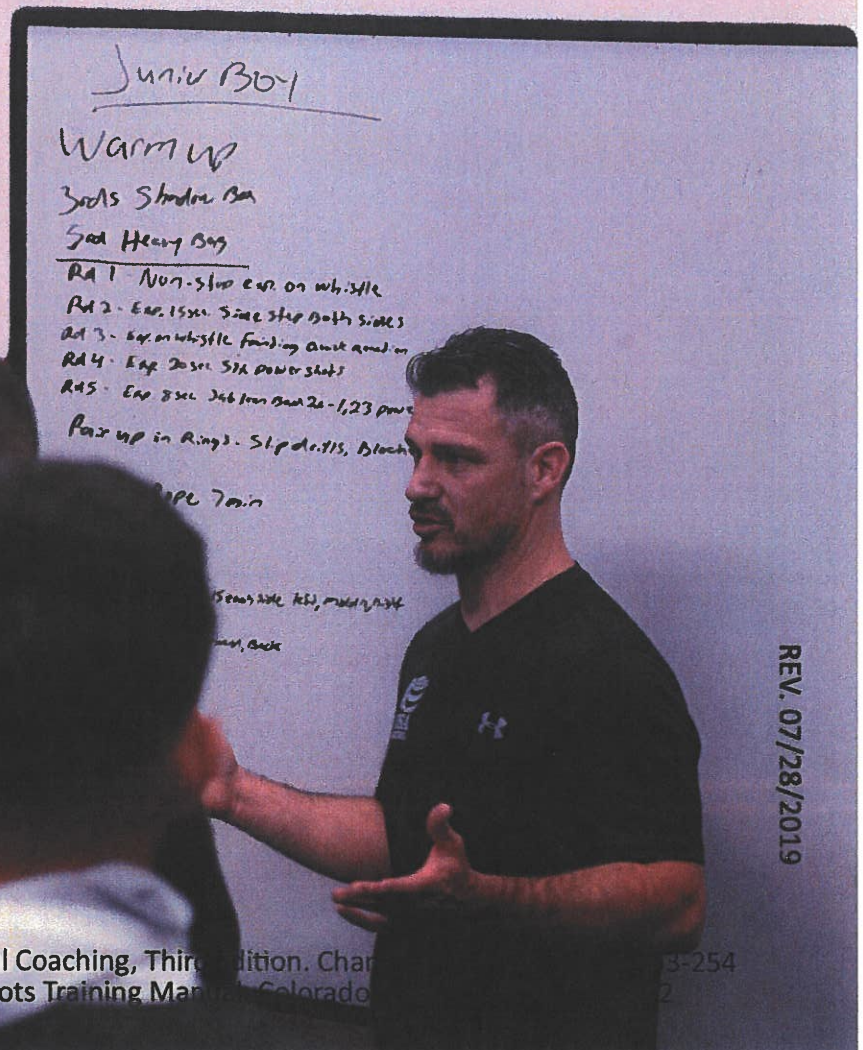
Spar/Partner Drills: Games, school of combat, open spar

Boxing Specific Exercises: Ex. heavy bags, and light bags

Strength and Conditioning Exercises: Agility, balance, coordination (ABC's), general resistance, boxing specific resistance, power, speed, endurance

Cool-down: Light aerobic, static (holding) stretches

Debrief: Check-in with team for feedback, and evaluate if objective was accomplished



References:

HYDRATION

Hydration and the Body

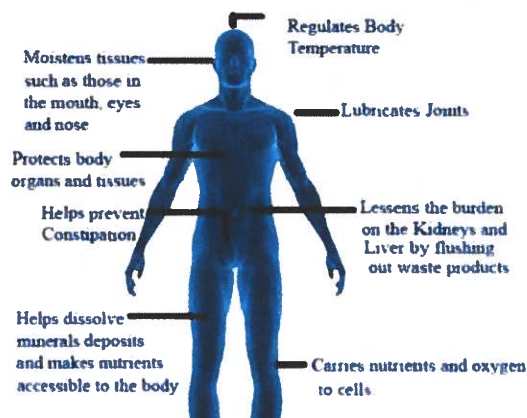
Hydrated cells are critical to get the most out of daily training and facilitate recovery. The effects of significant dehydration can take hours and even days to recover from. Athletes should develop strategies to monitor and adapt an individual hydration plan according to changes in:

- ▶ Intensity of training
- ▶ Duration of training
- ▶ Frequency of training
- ▶ Fitness level
- ▶ Environmental conditions (e.g. heat, altitude, plane travel, surgery, illness, hard training)

Performance can be negatively impacted by as little as 2 to 3% body weight loss from sweat (e.g. 3-4 lb. for 150 lb. athlete)

Signs and Symptoms of Dehydration

- ▶ Lack of concentration
- ▶ Early fatigue in training session
- ▶ High perceived exertion in training
- ▶ Trouble tolerating heat
- ▶ Delayed recovery
- ▶ Muscle cramps
- ▶ Headaches
- ▶ Nausea and vomiting
- ▶ Heart rate elevated above normal response



Importance of Hydration on Performance

- ▶ Enhances the body's ability to regulate temperature and cool efficiently while avoiding unnecessary elevation in heart rate
- ▶ Improves ability to recover quickly from training and competition
- ▶ Minimizes muscle cramps
- ▶ Enhances mental function, decision making, concentration, and motor control
- ▶ Supports effective immune defenses

Three Indicators of Dehydration

You are likely dehydrated if *two or more* of these markers are outside the normal range:

1. Color of morning urine (dark in color)
2. Waking body weight (lower than usual)
3. Thirst (greater than usual)

It can take up to 24 hours for the body to regain fluid balance after dehydration

How Much Fluid is Enough?

Fluid needs are very individual. These are general guidelines and a starting point.

When	How much
Before training	2-3 hours before: > 16 oz. 15 minutes before: 8 oz.
During training	Enough to limit dehydration to <2% body weight loss
After training	16-24 oz. for every pound lost

Drink Up! Fluid needs are higher during:






- Heat Hard Training
- Humidity Altitude

Note: If you are a salty sweater, eat salty foods like pretzels and soup after training to help replace sodium losses.

Monitoring Daily Hydration Status

Use the urine color chart and aim for a morning urine color of 2 - 3 (pale yellow, lemonade color).

Dehydration is indicated by a urine color of ≥ 4 .

	USG Value	Indication
	1 < 1.009	Well-hydrated
	2 1.009 - 1.020	Hydrated
	3 1.021 - 1.025	Minimal dehydration
	4 1.026 - 1.030	Significant dehydration
	5 ≥ 1.031	Severe dehydration

The color of urine is associated with urine specific gravity (USG). USG measures the concentration of particles in the urine with > 1.020 indicating dehydration. USG should be assessed at the first morning urine void.

Athlete Recommendations:

% Body Weight Loss Calculation

% body weight loss = (wt before - wt after) / wt before

Ex: If weight before is 150 lb and weight after is 146 lb..

$$(150 - 146) / 150 = 2.6\% \text{ loss}$$

Goal is to drink more during exercise to minimize weight loss.

Water vs. Sport Drinks

The best fluid to consume is water, which should be consumed throughout the day, during training, and at meal times.

If training is > 60-90 minutes, a sports drink may help replenish fluids and electrolytes lost in sweat and provide a quick energy source to sustain performance during intense and longer duration training sessions.

Simple ways to increase fluid intake

- ▶ Carry a water bottle at all times to increase water consumption throughout the day
- ▶ Aim to drink at least 2 cups of water at all meals
- ▶ Fruit and veggies have high water contents
 - ▶ Snack on oranges, berries, melons, pineapple
 - ▶ Top a rice bowl with eggplant, bell peppers, zucchini, shredded carrots
- ▶ Make a fruit smoothie for breakfast or a snack
- ▶ Drink 8 oz. of water, milk, 100% fruit juice, herbal tea or coconut water with breakfast
- ▶ Begin lunch or dinner with veggie soup
- ▶ Drink a glass of milk after training or before bed
- ▶ Brew a cup of herbal tea in the evening

- 37.9 All headgear must be cleaned using 10% bleach solution or comparable wipes before they are used again.
- 37.11 For all competitions, it is mandatory for boxers with long hair to use a cap or hair net under their headgear. Hair cannot extend beyond the neckline. If the length of the hair interferes with the bout, corrective measures must be taken or the bout will be terminated and boxer disqualified.

RULE 38 BANDAGES/HANDWRAPS

- 38.1 For all USA Boxing bouts bandages (gauze or handwrap) must meet specifications below. Training handwraps are allowed. USA Boxing may provide specific handwraps for USA Boxing national competition.
- 38.2 Use of Bandages
The equipment inspector(s) will sign off directly on the bandage verifying its compliance as outlined below.
- 38.3 Specifications
- 1) In all categories, the bandage for each hand shall be made of:
 - a. Gauze Specifications
 - a maximum of 15 meters (49 feet) length and 5 centimeters (2 inches) width of gauze plus a maximum of 5 meters (16 feet) length of 10 centimeters (4 inches) width of gauze pad.
 - Athletic Tape: A maximum 5 meters (16 feet) length and 2.50 centimeters (1 inch) width.
 - In all categories, athletic tape, no more than five (5) Millimeters (0.25 inches) wide, may be applied between the fingers.
 - A boxer may apply the bandage to the hands as he/she likes, provided that the knuckles are not covered by the tape.
 - b. Handwrap Specifications
 - Bandages must not be longer than 4.5m (14.76 feet), and not shorter than 2.5m (8.2 feet).
 - Bandages may be no wider than 5.7cm (2 ¼ inches) wide.
 - Bandages must be made of stretchy cotton material with a velcro closure.
 - 2) The use of any substance on the bandages is prohibited.

RULE 39 MOUTHPIECE

- 39.1 A Mouthpiece must be worn by boxers.
- 39.2 No red, shades of red, or partially red-colored mouth pieces may be worn.
- 39.3 Boxers who wish to compete with braces are required to have attached to their passbooks a completed Release to Compete with Braces form (Appendix G). This form requires the written approval of their dentist, parents and/or guardian (if under 18 years of age) and a dentist-molded mouthpiece that covers upper and/or lower braces. Boxers competing with braces waive the right to dental coverage under the USA Boxing insurance program.



USA Boxing Top 10 Rules

Coaches must be certified (registered, Safe Sport and background check) before they can step into the Field of Play to work a corner

Following a restriction, the boxer should not be actively involved with boxing (competition nor gym training) until cleared by a doctor

10 Point Must System

The winner of the round will be awarded 10 and the opponent 9 or less (no ties)

- i. 10 vs 9 – close round
- ii. 10 vs 8 – clear winner
- iii. 10 vs 7 – total dominance

Scoring Criteria

- a. Number of quality blows on the target area (most important)
- b. Domination by technical and tactical superiority
- c. Competitiveness

A mouth piece must be worn by boxers. No red, shades of red, or partially red-colored mouth pieces may be worn.

4 Commands from Referee

- a. Box (begin action)
- b. Stop (stop action)
- c. Break (take one step back before resuming action)
- d. Time (the clock stops, which means the bout length may appear altered from the agreed duration)

Cautions, Warnings, Disqualifications

- a. Cautions are given at the discretion of the referee
- b. Warnings result in a deduction of points
- c. 3 warnings result in a disqualification
- d. Official can disqualify at any time. It is up to the referee's discretion for harmful, intentional and/or major fouls

The bout ends with three 8-counts in a round, or four 8-counts in a match

- a. An 8-count is the same as any other quality blow; not necessarily a lost round
- b. Once the referee has started counting, throwing the towel in will not save the boxer

Common Outcomes for a Boxing Match

- a. Win on points – WP
- b. Win by Abandon – ABD (either boxer retires, or coach throws in towel or appears on the ring apron)
- c. Referee Stops Contest – RSC (boxer fails to resume, is outclassed, or terminated by Dr.)
- d. Referee Stops Contest – Injury – RSC-I
- e. Win by Disqualification – DQ
- f. Win by Knockout – KO

Common Fouls

- a. Holding (“clinging” is an unintentional tie-up. “Holding” is an “unfair” advantage with one boxer restricting the other)
- b. Slapping (hitting with anything other than the knuckle portion of the glove)
- c. Leading with head (charging forward with the head).
Hint: keep your eyes on your opponent
- d. Low head (head travels below beltline)

This list is a reference to be used as an introductory guide. Please refer to the actual, up-to-date rulebook for the most current rules.



REV. 08/18/2019

APPENDIX E – BOXERS' UNIFORM GUIDELINES

1. SINGLET/JERSEY AND SHORTS SPECIFICATIONS

- 1.1. Red and blue uniforms, in conjunction with the assigned corner, are recommended for all USA Boxing Competitions.
 - 1) No nicknames or phrases will be permitted on the competition uniform.
 - 2) Boxers are permitted to have last name screen printed or embroidered onto the back of the singlet/jersey.
 - 3) No adornment may be affixed to the trunks such as metal or plastic objects, sequins, etc.
 - 4) Boxers must wear a sleeveless athletic shirt (singlet or jersey), of a different color from the waistband of the trunks.
 - 5) Sponsor and/or club logos will be permitted on competition uniform. Slogans must be a part of the sponsor and/or club logo to be included on the competition uniform.
- 1.2. Boxers must wear a pair of loose-fitting trunks that reach halfway down the thigh, no lower than the knees. The trunks must provide a waistband of a different color than the athletic shirt.
 - 1) Trunks cannot have fabric that is partially attached and therefore able to flap with the movement of the Boxer. This includes “gladiator/Thai” type trunks, fringe, and tassels.
 - 2) Boxers are permitted to have their last name embroidered onto competition trunks as long as it is a different color from the competition singlet/jersey.
- 1.3. Boxers are not permitted to wear additional apparel other than the competition uniform into the ring or upon completion of the bout while in the ring, before the announcement of the winner.
- 1.4. If USA Boxing provides competition uniforms, those competition uniforms must be worn by all boxers.
- 1.5. No tape or binding of any kind will be permitted on the competition uniform at national competition or competition leading to national competition. This rule may be relaxed at the local and LBC level (to support waistband rule)