# Training program by using simple and complex feints before the attack associated with foot work and its effect on developing the performance level for youth boxers

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**Introduction and problem of the research:**

Boxing is one of the most exciting and fun fighting sports because of the art and beauty of skillful and tactic performance it contains. Year to year, this has been achieved by increasing the awareness of trainers and relying on the results of scientific studies and specialized experts to benefit from them in developing the competitive abilities of boxers.

In order to achieve victory and reach the international sporting levels and win the largest number of medals, the coach must prepare his boxer in a way that qualifies him to benefit from his strengths and try to improve his weaknesses, as well as follow-up and evaluate the progress that has been achieved on the basis of which it is possible to develop various tactical methods for boxers and training on them in groups. An equal link between the level of the boxer in competition and his level during training, and the boxers' proficiency in attack performance from the long distance punching, as well as mastering all feints skills and foot work with the feet are among the most important requirements for achieving victory because they are effective means to confuse the competitor in the ring, and the boxer chooses among the models of skills and competitive plans that Master it during training to adapt to changing situations on the ring. (4:12) (7:455) (1:13)

The problem of the research becomes clear by observing the researcher during his practice of boxing as a player and then a coach, As well as his follow-up to many of the republic's championships for the youth stage, it became clear that most youth boxers during their execution of the attack were not preceded by some simple and complex feints skills that depend on the foot work, torso and arms, which mainly aim to open gaps in the opponent's defense by distracting him by these simple and complex deception movements, and if there are some youth boxers who perform feints before the attack, after this deception the attack is performed from stability and not through movement, in which the attack punches are performed at the same time as the movement of the foot towards the opponent The researcher explains that the training on the attacking skills of persistence is

`focused on them and the lack of attention to the attacking skills associated with foot work and linking them to simple and complex feints associated with foot work and the appropriate vehicle before their

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implementation, while the boxer who is fluent in the attack associated with foot work after feint during the rounds of the match helps him to impede the possible counterattack. It is executed by the opponent as a response to this attack, because the attack is from the movement On the other hand, the boxer's use of one or both feet at the moment of executing the attack from the movement helps to provide the boxer with the strength and speed necessary to perform successful and effective attack punches to achieve the largest number of Points during the rounds of the match, which prompted the researcher to design a training program by using simple and complex feints before the attack associated with foot work and knowing out its effect on developing the performance level for youth boxers

**- Objective of the Research**:

- Designing a training program by using simple and complex feints before the attack associated with foot work and knowing out its effect on developing the performance level for youth boxers.

**- Hypothese of the Research**:

- There are statistically significant differences between the pre and post measurements for youth boxers in the development of the performance level for post measurement .

**- Terminology of the Research:**

**- Simple and complex feints before the attack associated with foot work:**

It is the ability of a youth boxer to perform a simple feints skill using (arms - torso - legs) or a complex f feints kill using (arms and torso - legs and arms - torso and legs)**. (Procedural definition**).

**-Development Of Performance Level for youth boxers:**

The youth boxer's ability to score the largest possible number of Simple and complex feints before the attack associated with foot work during the experimental matches against the competitor's attack to achieve the largest number of points.(**Procedural definition**).

**- Procedures of the Research:**

**- Method of the Research:**

The researcher used the experimental method by designing the pre- and post-measurement for one experimental group, due to its suitability to the nature and objectives of the research.

**- Community of the Research :**

The research community consists of all youth boxers who are qualified to participate in the championships of the Egyptian Boxing Federation, and representatives of the Menoufia Boxing area (youth centers , clubs).

**-Sample of the Research :**

The research sample was chosen in intentionally way from youth boxers in the Menoufia boxing area, and it consisted of (22) youth boxers who were divided into the following:

.The experimental research sample consisted of (12) youth boxers to implement the proposed training program.

.The sample of the survey study consisted of (10) youth boxers to calculate the scientific coefficients (validity - reliability) for the tests used in research.

**Homogeneity of the Sample (experimental - survey):**

The researcher made sure of the equilibrium distribution of the research sample (experimental - survey) of the (22) youth boxers, in the variables (age, length, weight, training age, pulse rate), The Skewness coefficient was applied to all sample to be sure that they are under the equinox as shown in Table (1 ) :

**Table (1)**

**The Homogeneity of the ( experimental - survey) research sample in (age – length – weight - training age - pulse rate ) n = 22**

| The variables | Measure unit | mean | Standard deviation | Median | Skewness |
|---|---|---|---|---|---|
| age | month | 205.17 | 0.90 | 205.03 | 0.467 |
| length | cm | 168.92 | 4.10 | 168.50 | 0.307 |
| weight | Kg | 61.73 | 7.95 | 60.20 | 0.577 |
| training age | month | 66.24 | 0. 88 | 65. 80 | 1.500 |
| pulse rate | p/m | 73.02 | 1.79 | 72.60 | 0.704 |

Table (1) shows that Skewness among the individuals of the (experimental - survey) research sample in the variables (age, length, weight, training age, pulse rate) were limited between ( -3 , +3 ) which shows homogeneity of the research sample individuals in these variables .

**- Tools of data collection:**

. A form for recording the results of using simple and complex feints before the attack associated with foot work among youth boxers in the experimental matches under study (prepared by the researcher). (annex 1)

. Expert opinion survey form to identify simple and complex feints before the attack associated with foot work of the youth boxers in question . (annex 2)

. An expert opinion survey form to determine the most important physical and skill tests for the youth boxers and their percentage according to the personal interview or reference survey (annex 3), the researcher satisfied the physical and skill tests that exceeded (95%). (annex 6 ,7 )

. Expert opinion survey form to determine the variables of the proposed training program for simple and complex feints before the attack associated with foot work for the youth boxers. (annex 4)

**- Scientific coefficients for the tests used in research:**

**. The validity of tests ( physical – skill ) :**

To verify the validity of the tests (physical - skill) , the researcher conducted an study to calculate validity of the differentiation by applying the tests on a sample of (10) youth boxers who were deliberately selected from the research community and outside the experimental sample, and it was divided into distinguished groups and it consists (5 ) Boxers who have advanced positions, and the other groups is not distinguished and it

consists (5) boxers who have not advanced positions, as shown in Table (2):

**Table (2)**

**Indication of the differences between the two groups ( distinguished and non Distinguished ) in the tests (physical - skill) n1 = n2 = 5**

| The variables | | measure unit | distinguished group | | non - distinguished group | | T.Test |
|---|---|---|---|---|---|---|---|
| | | | mean | St .div | mean | St .div | |
| physical tests in research | Muscular Power of the right arm | M | 6.27 | 0.41 | 5.44 | 0.37 | 4.51 |
| | Muscular Power of the left Arm | M | 7.39 | 0.55 | 6.31 | 0.45 | 4.56 |
| | Muscular Power of the legs | M | 1. 82 | 0.24 | 1.54 | 0.32 | 2.10 |
| | Balance (rotation around the body's axis within 1 minute) | Num | 51.20 | 4.06 | 44.17 | 4.95 | 3.30 |
| | agility | Sec | 12.24 | 0.39 | 13.15 | 0.42 | 4.76 |
| Skill tests in research | Speed performance of right Straight Punch on (30sec) | Num | 48.93 | 1. 82 | 43.97 | 2.42 | 4.91 |
| | Speed performance of left Straight Punch on (30sec) | Num | 55.76 | 2.19 | 51.24 | 2.50 | 4.07 |
| | Speed performance of left and right Straight Punch on (30sec) | Num | 106.41 | 2.37 | 98.91 | 2.76 | 6.18 |

" T " value from the table at (0.05) = 1.860

Table (2) shows that there are statistically significant differences between two groups (distinguished – non distinguished) in the physical and skill tests in favor of distinguished group, which indicates that these tests are able to distinguish between the groups, and the tests are a high degree of validity.

**- Stability of tests (physical- skill):**

To find the stability coefficient of tests (physical - skill) , the researcher used the ( Test - Retest ) method as the researcher applied retest a week after first application on the survey sample in order to find the correlation coefficient between two applications first and second, as shown in Table (3)

**Table (3)**
**The correlation coefficient between first application and second application of tests ( physical – skill ) in the research n = (5)**

| The variables | | measure unit | first application | | second application | | R |
|---|---|---|---|---|---|---|---|
| | | | mean | St .div | mean | St .div | |
| physical tests in research | Muscular Power of the right arm | M | 6.27 | 0.41 | 6.30 | 0.43 | 0.91* |
| | Muscular Power of the left Arm | M | 7.39 | 0.55 | 7.46 | 0.59 | 0.88* |
| | Muscular Power of the legs | M | 1. 82 | 0.24 | 1. 84 | 0.26 | 0.93* |
| | Balance (rotation around the body's axis within 1 minute) | Num | 51.20 | 4.06 | 51.27 | 4.31 | 0. 89* |
| | agility | Sec | 12.24 | 0.39 | 12.20 | 0.42 | 0.90* |
| Skill tests in research | Speed performance of right Straight Punch on (30sec) | Num | 48.93 | 1. 82 | 49.22 | 1.79 | 0.95* |
| | Speed performance of left Straight Punch on (30sec) | Num | 55.76 | 2.19 | 56.14 | 2.27 | 0.93* |
| | Speed performance of left and right Straight Punch on (30sec) | Num | 106.41 | 2.37 | 107.09 | 2.46 | 0.92* |

The tabulated value of " R " is (0.805) at significance level (0.05)

As shown in the table (3), that calculated value of " R" is higher than the tabular value of "R" , as the values of the correlation coefficients between two applications first and second in (physical - tests) ranged between (0.88, 0.95), which indicates to Stability Tests.

**- Homogeneity of the experimental sample of youth boxers :**

The researcher made sure of the moderate distribution of the experimental sample, which consists (12) youth boxers , in the variables (physical- skill- level of plan performance) ,Table (4 , 5) shows that:

**Table (4)**
**The homogeneity of the experimental sample of youth boxers in the variables ( physical - skill) n = 12**

| The variables | | measure unit | mean | Standard deviation | median | Skewness |
|---|---|---|---|---|---|---|
| physical tests in research | Muscular Power of the right arm | M | 6.29 | 0.37 | 6.10 | 1.45 |
| | Muscular Power of the left Arm | M | 7.41 | 0.52 | 7.25 | 0.92 |
| | Muscular Power of the legs | M | 1. 83 | 0.33 | 1.65 | 1.63 |
| | Balance (rotation around the body's axis within 1 minute) | Num | 51.22 | 4.11 | 51.00 | 0.16 |
| | agility | Sec | 12.26 | 0.40 | 12.10 | 1.20 |
| | Speed performance of right Straight Punch on (30sec) | Num | 48.96 | 1.77 | 49.60 | 0.61 |
| Skill tests in research | Speed performance of left Straight Punch on (30sec) | Num | 55.79 | 2.17 | 56.70 | 0.53 |
| | Speed performance of left and right Straight Punch n (30sec) | Num | 106.45 | 2.33 | 107.45 | 0.45 |

Table (4) shows that Skewness in the variables ( physical - skill ) was limited between ( -3 , +3) which shows the homogeneity of the experimental sample of youth boxers in these variables.

**Table (5)**
**The homogeneity of the experimental sample of youth boxers in the level of plan performance n = 12**

| The variables | | | mean | Standard deviation | median | Skewness |
|---|---|---|---|---|---|---|
| before the attack associated with | Legs | Feint by a half-step with the front leg forward before attacking before the attack associated with foot work. | 0.62 | 0.604 | 0.55 | 0.348 |
| | | Feint by bending the knees before attacking before the attack associated with foot work. | 0.59 | 0.513 | 0.52 | 0.409 |

**Follow Table (5)**
**The homogeneity of the experimental sample of youth boxers in the level of plan performance n = 12**

| The variables | | | mean | Standard deviation | median | Skewness |
|---|---|---|---|---|---|---|
| Complex feints before the attack foot work associated with | Arms | Feint by un complete punch before attacking before the attack associated with foot work. | 0.64 | 0.556 | 0.60 | 0.216 |
| | | Feint by a weak punch before attacking before the attack associated with foot work. | 0.66 | 0.414 | 0.59 | 0.507 |
| | Trunk | Feint by leaning the trunk forward to the left before attacking before the attack associated with foot work. | 0.57 | 0.490 | 0.51 | 0.367 |
| | | Feint by leaning the trunk forward to the right before attacking before the attack associated with foot work. | 0.52 | 0.639 | 0.47 | 0.235 |
| | Arms, trunk | Feint by un complete punch and leaning the trunk forward to the left before attacking before the attack associated with foot work. | 0.40 | 0.591 | 0.35 | 0.254 |
| | | Feint by a weak punch and leaning the trunk forward to the right before attacking before the attack associated with foot work. | 0.37 | 0.619 | 0.31 | 0.291 |
| | Legs, Arms | Feint by a half-step with the front leg forward and un complete punch before attacking before the attack associated with foot work. | 0.45 | 0.679 | 0.40 | 0.221 |
| | | Feint by bending the knees and a weak punch before attacking before the attack associated with foot work. | 0.34 | 0.642 | 0.30 | 0.187 |
| | Trunk, Legs | Feint by leaning the trunk forward to the left and a half-step with the front leg forward before attacking before the attack associated with foot work. | 0.42 | 0.576 | 0.37 | 0.260 |
| | | Feint by leaning the trunk forward to the right and bending the knees before attacking before the attack associated with foot work. | 0.33 | 0.690 | 0.26 | 0.217 |

Table (5) shows that Skewness in The level of plan performance was limited between (-3 , +3) which shows the homogeneity of the experimental sample of youth boxers in these variables.

**- The foundations of designing a proposed training program in research:**

. The suitability of the training program to the sample age.

. The training program should be compatible with the objectives set.

. Program flexibility and adapt ability.

. Regular practice of the exercises set in the program to achieve the desired benefit.

. Taking into account the principles and foundations of training when develop the training program.

**- Determinants of the training program :**

**. Program implementation period :**

The time plan for implementing the training program amounted to (12 ) weeks , with (36) training units , each week includes (3 ) training units , and the time of the training unit reached (120 ) minutes.( annex 5 )

**- Determination of feint skills:**

Determining (6) simple feint skills and (6) complex feint skills appropriate for the age group were determined by presenting the skills to experts and placing them in the proposed training program to link them to the attacking skills associated with foot work, and they are as follows:

- Simple feint are as follows:

. Feint by a half-step with the front foot forward.

. Feint by bending the knees.

. Feint by uncompleted punch cheating.

. Feint by a weak-strength punch cheating.

. Feint by leaning the trunk forward to the left.

. Feint by leaning the trunk forward to the left.

- Complex feint are as follows:

. Feint by un complete punch and leaning the trunk forward to the left.

. Feint by a weak punch and leaning the trunk forward to the right.

. Feint by a half-step with the front leg forward and un complete punch.

. Feint by bending the knees and a weak punch.

. Feint by leaning the trunk forward to the left and a half-step with the front leg forward.

. Feint by leaning the trunk forward to the right and bending the knees.

**- Determination of attack skills associated with foot work:**

Determining (6) attack skills associated with foot work have been identified suitable for the age stage of youth by presenting the skills to the experts , annex(8 ) and placing them in the training program , which are as follows:

. Attack associated with foot work by taking a half step forward with front foot and performing a straight left punch to the head .

. Attack associated with foot work by taking a half step forward with front foot and performing a straight right punch to the head .

. Attack associated with foot work by taking a half step forward with the front foot and performing a straight left punch to head, followed by a half step forward with the back foot and performing a straight right punch to head.

. Attack associated with foot work by taking a half step forward with the front foot and performing a straight right punch to head, followed by a half step forward with the back foot and

performing a straight left punch to head.

. Attack associated with foot work by taking a half step forward with the front foot and performing a straight left punch to the head, followed by a half step forward with the back foot and performing a straight right punch to head, followed by a half step forward with the front foot and performing a straight left punch to the head.

. Attack associated with foot work by taking a half step forward with the front foot and performing a straight right punch to the head, followed by a half step forward with the back foot and performing a straight left punch to head, followed by a half step forward with the front foot and performing a straight right punch to the head.

**- Training methods used in the training program:**

**.** The training method used in the training program has been determined and experts have agreed to use interval training method (high intensity -low intensity).

**.** The load intensity of the simple and complex feints skills was determined before the attack associated with foot work used in the training program, where the load intensity of the experimental group in the selected skills ranged between (51%: 98%), and with a pulse rate between (139: 200) Pulse/min, the training loads were rationed using the pulse rate through the following equation:

Target pulse Rate =

.Resting pulse rate+[Training ratio×(Maximum pulse rate –Resting pulse rate )/100] Where :

- Maximum pulse rate = 220 – age = ….. Pulse / min

- The reserves of the maximum rate of the pulse = Maximum pulse rate – pulse rate at rest = ….. Pulse / min (3: 235)

**- Rationing of the training loads inside the program:**

. Average age of the research sample (17 years) .

- The average pulse rate at rest for the research sample (73 ) pulse / min **.**

- Maximum pulse rate = 220 – average age .

- Maximum pulse rate for the research sample = 220 – 17 = 203 pulse /min.

- Reserves of pulse = Maximum pulse rate – pulse rate at rest .

- Reserves of pulse for the research sample = 203 – 73 = 130 pulse / min .

**- Rationing of the training loads by using the pulse rate :**

. Maximum load ,percentage 90 : 100 % ,Pulse rate 190 : 203 pulse / min .

. High load ,percentage 75: 89% ,Pulse rate 170 : 189 pulse / min .

. Average load ,percentage 50:74 % ,Pulse rate 138 : 169 pulse / min .

**- The pre – measurement :**

The researcher conducted a pre-measurement of the experimental sample of youth boxers on Thursday, 10/1/2020, to identify the level of performance of boxers, by conducting experimental matches among the youth boxers in the experimental sample, and the matches were recorded to identify the recurrence of performing simple and complex feints before the attack associated with foot work through the data registration form prepared for that.

- **Applying the training program :**

The researcher applied the training program on the experimental sample of youth boxers, from Saturday 3/10 /2020 to Wednesday 23/12/2020 , for (12 weeks) at ( 36 ) training units .

- **The Post - measurement :**

The researcher conducted a pre - measurement of the experimental sample of youth boxers on Thursday, 24/12/2020, to identify the level of performance of boxers, by conducting experimental matches among the youth boxers in the experimental sample, and the matches were recorded to identify the recurrence of performing simple and complex feints before the attack associated with foot work through the data registration form prepared for that.

- **The statistical processing :**

The researcher used the following statistical processes to calculate the data of the research: Median- Arithmetic mean- Skewness -T. test Correlation coefficient- Standard deviation .

- **Presentation and discussion of the results :**

**Table (6)**

**Indication of the differences between the two measurements ( Pre - Post ) for the experimental sample of youth boxers in developing the level of performance n=(12)**

| The variables | | | pre - measurement | | post - measurement | | T |
|---|---|---|---|---|---|---|---|
| | | | mean | St .div | mean | St .div | |
| Simple feints before the attack associated with foot work | Legs | Feint by a half-step with the front leg forward before attacking before the attack associated with foot work. | 0.62 | 0.604 | 3.02 | 2.174 | 3.529* |
| | | Feint by bending the knees before attacking before the attack associated with foot work. | 0.59 | 0.513 | 2.63 | 1.965 | 3.333* |
| | Arms | Feint by un complete punch before attacking before the attack associated with foot work. | 0.64 | 0.556 | 3.15 | 2.234 | 2.604* |
| | | Feint by a weak punch before attacking before the attack associated with foot work. | 0.66 | 0.414 | 3.30 | 2. 861 | 3.028* |
| | Trunk | Feint by leaning the trunk forward to the left before attacking before the attack associated with foot work. | 0.57 | 0.490 | 2.94 | 1.725 | 4.381* |

**Follow Table (6)**
**Indication of the differences between the two measurements ( Pre - Post ) for the experimental sample of youth boxers in developing the level of performance**
**n=(12)**

| The variables | | | pre - measurement | | post - measurement | | T |
|---|---|---|---|---|---|---|---|
| | | | mean | St .div | mean | St .div | |
| Complex feints before the attack associated with foot work | | Feint by leaning the trunk forward to the right before attacking before the attack associated with foot work. | 0.52 | 0.639 | 2.76 | 1. 870 | 3.758* |
| | Arms, trunk | Feint by un complete punch and leaning the trunk forward to the left before attacking before the attack associated with foot work. | 0.40 | 0.591 | 2.65 | 2.056 | 3.488* |
| | | Feint by a weak punch and leaning the trunk forward to the right before attacking before the attack associated with foot work. | 0.37 | 0.619 | 2.41 | 2.211 | 2.984* |
| | Legs, Arms | Feint by a half-step with the front leg forward and un complete punch before attacking before the attack associated with foot work. | 0.45 | 0.679 | 2.94 | 2.307 | 3.421* |
| | | Feint by bending the knees and a weak punch before attacking before the attack associated with foot work. | 0.34 | 0.642 | 2.31 | 2.104 | 2.971* |
| | Trunk, Legs | Feint by leaning the trunk forward to the left and a half-step with the front leg forward before attacking before the attack associated with foot work. | 0.42 | 0.576 | 2. 87 | 1.905 | 4.083* |
| | | Feint by leaning the trunk forward to the right and bending the knees before attacking before the attack associated with foot work. | 0.33 | 0.690 | 2.59 | 2.162 | 3.304* |

The tabulated value of " T " (1.796) at significance level (0.05)

Table (6) shows that there are statistically significant differences at the level (0.05) between (pre– post) measurements for The experimental sample of youth boxers in favor of post measurements in the use of simple and complex feints before the attack associated with foot work, where the calculated " T " value is higher than the tabulated value of "T" for all variables on the research), as follows:

(Feint by a half-step with the front leg forward before attacking before the attack associated with foot work), where the calculated "T" value is (3.529), (Feint by bending the knees before attacking before the attack associated with foot work), where the calculated "T" value is (3.333), (Feint by un complete punch before attacking before the attack associated with foot work), where the calculated "T" value is (2.604), (Feint by a weak punch before attacking before the attack associated with foot work), where the calculated "T" value is (3.028), (Feint by leaning the trunk forward to the left before attacking before the attack associated with foot work), where the calculated "T" value is (4.381), (Feint by leaning the trunk forward to the right before attacking before the attack associated with foot work), where the calculated "T" value is (3.758), (Feint by un complete punch and leaning the trunk forward to the left before attacking before the attack associated with foot work), where the calculated "T" value is (3.488), (Feint by a weak punch and leaning the trunk forward to the right before attacking before the attack associated with foot work), where the calculated "T" value is (2.948), (Feint by a half-step with the front leg forward and un complete punch before attacking before the attack associated with foot work), where the calculated "T" value is (3.421), (Feint by bending the knees and a weak punch before attacking before the attack associated with foot work), where the calculated "T" value is (2.971), (Feint by leaning the trunk forward to the left and a half-step with the front leg forward before attacking before the attack associated with foot work), where the calculated "T" value is (4.083), (Feint by leaning the trunk forward to the right and bending the knees before attacking before the attack associated with foot work), where the calculated "T" value is (3.304).

The researcher attributed this to the fact that the proposed training program contains simple and complex feint skills and attack skills associated with foot work, which were applied to the youth boxers, the experimental sample, in the scientific method codified according to a specific time program, which contributed to giving these youth boxers sufficient confidence in themselves and gave them the ability to benefit Completed from performing simple and complex feint before the attack associated with foot work and thus a positive impact on the development of their level of performance.

This is consistent with the results of some studies and references, which indicated that the higher the level of boxers, the higher the ability to link the different types of attack and feint skills and the foot work, and boxers who

depend in their attack performance on the speed of foot work, it enables them to achieve the purpose of the attack , as the good use of foot work can be a source of victory by controlling the opponent and moving quickly towards him to deliver attack punches without disturbing the balance of the body.(4:15) (13:27)(5:11) (9:75) (10)

Some studies and references also indicate that the boxer must use appropriate methods to carry out the attack efficiently and effectively during the match, as well as excellence in initiative and speed of proper assessment of his attack punches, as boxers who are distinguished by the speed of reaction accept the attack from different punching distances with good foot work so that the boxer can from Throwing attack punches represents a great danger to the opponent, and those in charge of education and training of boxers must choose among the different tactical methods that are commensurate with the abilities and capabilities of the boxers so that they can be exploited in the best way in controlling and behaving well in the changing playing situations on the ring during the match, and from Then achieve victory and reach the highest levels. (12:12) (2:53) (8:17) (11) (6)

**Conclusions** :

Through the objective of the research and the results reached by the researcher, the conclusions were as follows:

. There are statistically significant differences between averages of the two measurements (pre - post) for the experimental sample of youth boxers in the performance of simple and complex feint before the attack associated with foot work, in favor the average of post measurements.

.The training program led to the development of the performance level of youth boxers through their reliance on simple and complex feint before the attack associated with foot work.

**- Recommendations :**

1. The coaches of the boxing must take care of using simple and complex feint before the attack associated with foot work, and to train youth boxers on it, to can reach the higher levels.
2. Directing the steps of implementing this training program to those working in the field of boxing to design similar programs for different age stages.
3. Holding seminars to direct the attention of coaches to the importance of simple and complex feint before the attack associated with foot work and its impact on the results of matches.

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