

Intro to Boxing for Phys.Ed.

A 5-day teaching block for Senior Years Phys Ed.

Instructors: Mike Zurba , Brendan McManus, & Garrett Jones



Equipment: Skipping ropes, gloves, & hand pads (all provided today!)

Schedule & Exercises:

Today we will cover each training day in 15 minutes. Each theme has been boiled down from a weekly training regiment at the Sanford Collegiate Boxing Club. See reverse for additional workout options within each theme.

Day 1: Stance & Punch Fundamentals

- Technical boxing skills: Passive defensive stance, jab, cross, 1-2 combo, foot movement
- **Today's exercises:** Shadowboxing

Day 2: Endurance

- Technical boxing skills: Feet, muscle memory, punching with full body. Thinking while exhausted.
- **Today's exercises:** Skipping, pushups, squat variations, planks.

Day 3: Power

- Technical boxing skills: blocks, slips, weaves, hooks, uppercuts
- **Today's exercises:** Shadowboxing, ab circuits (upper, lower, obliques). Purpose of core building.

Day 4: Accuracy

- Technical boxing skills: Punch combos. Finding openings, creating openings, and counter-punching.
- **Today's exercises:** Partner hand pads (4 x 3 min rounds)

Day 5: Fight Strategy

- Technical boxing skills: Body positioning, simultaneous offense & defense, creativity, and range.
- **Today's exercises:** Shoulder tap game, wrestling, 10% body "tag" sparring



Any questions? Email us at mzurba@rrvsd.ca, bmcmanus@rrvsd.ca, gjones@rrvsd.ca

Check out the SCBC Website at <https://sites.google.com/rrvsd.ca/zurba-online/scbc>

For information about borrowing equipment from Boxing Manitoba for your classes,

Email info@boxingmanitoba.com or call (204) 925-5658

SCBC WEEKLY TRAINING GOALS 2023

Week 1	Week 2	Week 3	Week 4	Week 5
FUNDAMENTALS	ENDURANCE	POWER	ACCURACY	FIGHT STRATEGY
Technical Focus	Technical Focus	Technical Focus	Technical Focus	Technical Focus
hand wraps	speed combinations	hooks	bob, slip, weave	parry - counter
equipment	jab / cross defense	hook defense	volume combinations	block - counter
jab, cross	parry / catch	head movement	uppercut	move - counter
1-2 combo	circular foot movement		uppercut defense	opponent analysis
linear foot movement				ring awareness
				defensive openings
Concept Focus	Concept Focus	Concept Focus	Concept Focus	Concept Focus
Punch weight distribution	outside fighting	inside fighting	pressure fighting	counter-punching
defensive posture	range	offensive footwork	defensive movements	Tactics / mental toughness
New Exercises	New Exercises	New Exercises	New Exercises	New Exercises
shadowboxing	skipping	speed bag	double end bag	Sparring with Coach!
heavy bags	plyometric 2 lbs weight circuits	med ball catch	chase the glove	student-run core workouts
abs: upper, lower, & obliques	stairs	manmaker circuits	impact ab training	energy mgmt body spar
planks	med ball throws	med ball punches	ring move with med ball	multiple round hand pads
squats / split jumps	heavy bag drills	shadowboxing 2 lbs weights	shadow punching	2 on 1, 10% body spar
burpees	technical / speed hand pads	chase the med ball	shoulder tag	foot in hula-hoop body spar
pushups	dive bomb defense	round based time-training	1 on 1, 10% body spar	tennis ball drills
Fitness Objectives	Fitness Objectives	Fitness Objectives	Fitness Objectives	Fitness Objectives
3 x 2 min rounds on heavy bag	3 x 2 min rounds skipping with calisthenics	3 x 3 min rounds heavy bag with calisthenics	3 x 3 min rounds skipping with calisthenics	maintain 60 mins of activity
15 pushups	20 pushups	25 pushups	30 pushups	35 pushups
ab circuit - reps of 10	100 jabs & 100 crosses in 2 mins	ab circuit - reps of 15	150 jabs & 150 crosses in 2 mins	ab circuit - reps of 20
				hitting "the wall" of exhaustion