

Basic Boot Camp Boxing Drills

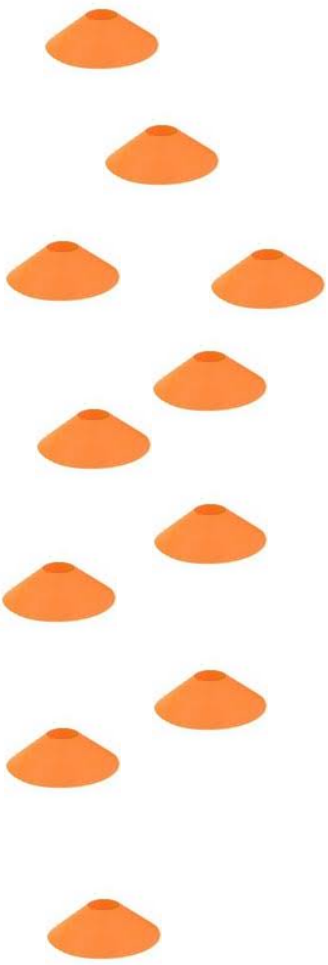


Watch Video For Detailed Explanations:

<http://www.youtube.com/watch?v=oB3yoP6fp5U>

Boxing Drills

Cone Pick up

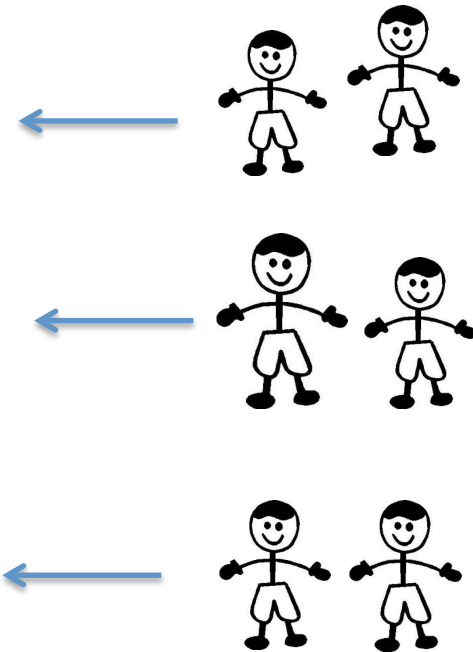


10 punches
10 hooks
10 upper cuts
10 high

20 punches
20 hooks
20 upper cuts
20 high

30 punches
30 hooks
30 upper cuts
30 high

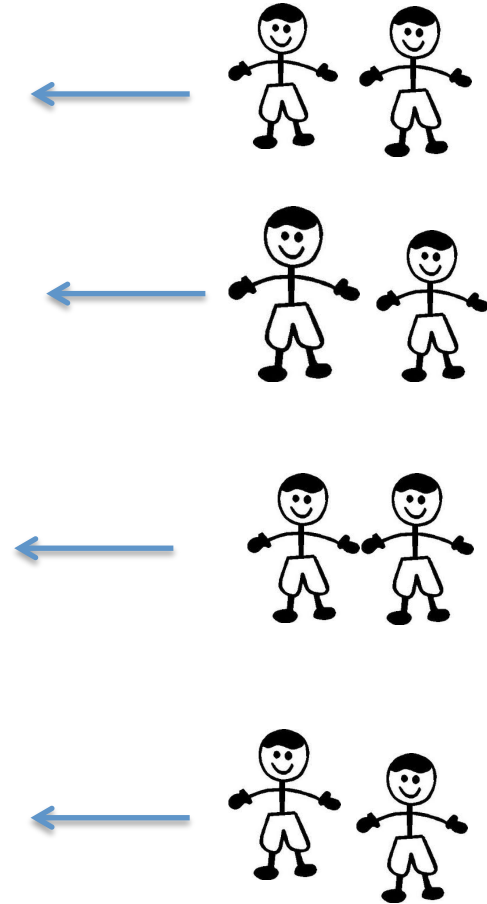
SWAP 2x rounds



After boxers complete their hit, they must run down the end to pick up a cone – if they drop it on their way back, both partners have a 5 burpee penalty

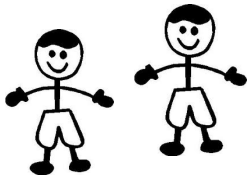
Boxing Drills

Boxer stops at half way to do a burpee

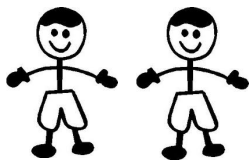
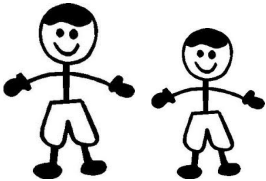
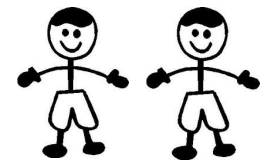
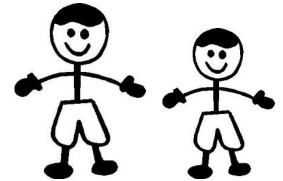
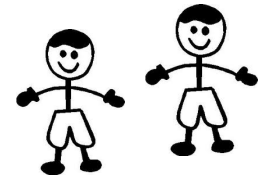


Boxing Drills

Hills & Valleys

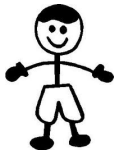


10 punches
then run to
flip a cone

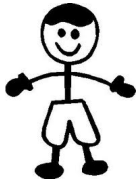


When the boxer is running, the pad holder is doing an exercise

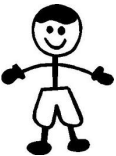
Boxing Drills



10 punches
10 hooks
10 upper cuts
10 high



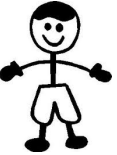
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SWAP 2x rounds



Boxing Drills

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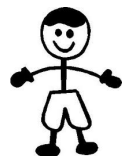
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SWAP 2x rounds



Boxing Drills

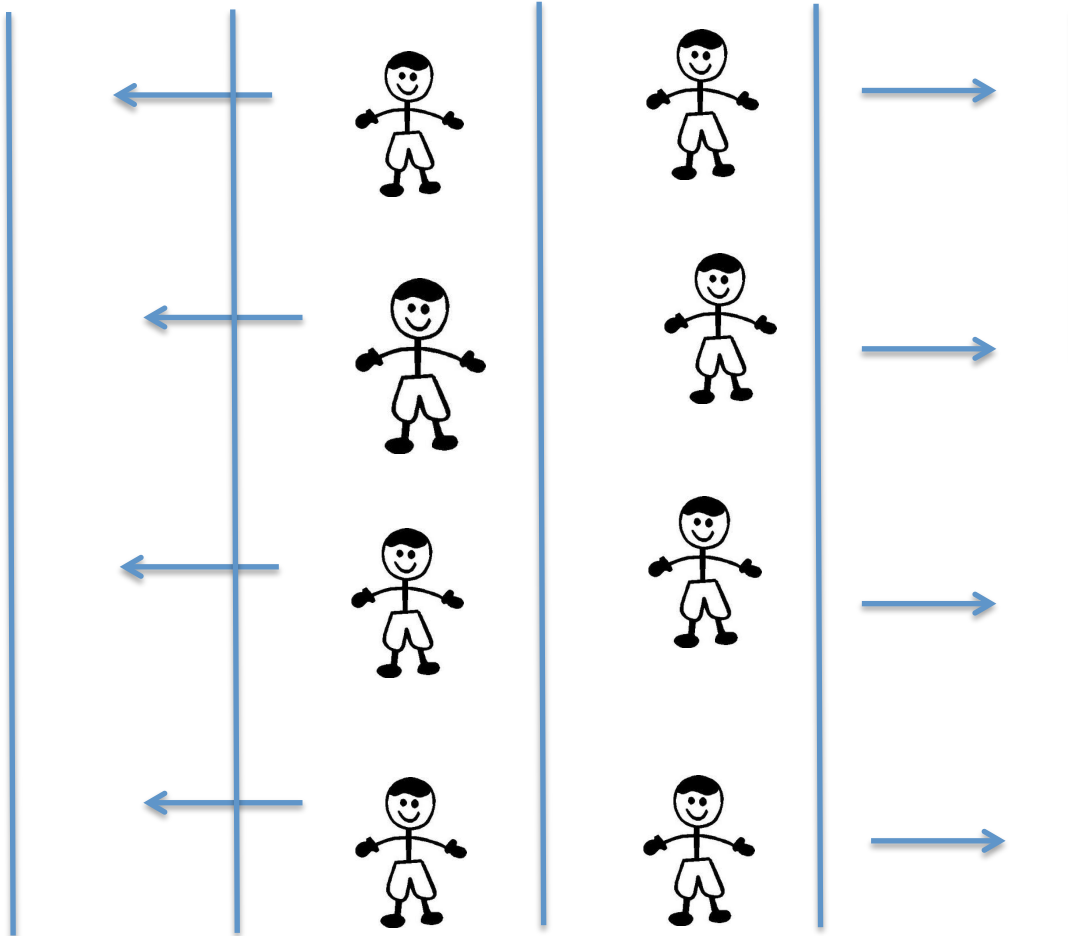
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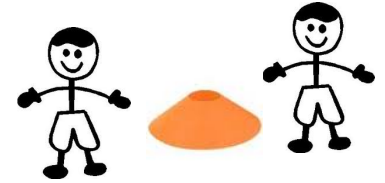
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SWAP 2x rounds

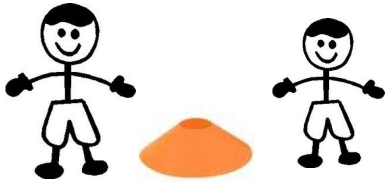
Lines to be 10m apart



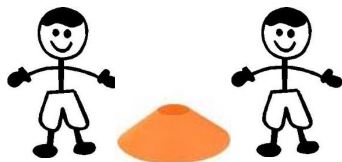
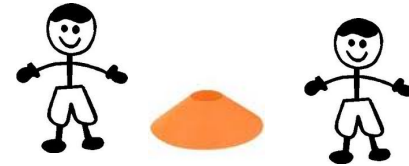
Boxing Drills



Scattered Cones



Boxers will do the allocated punches given by pad holder, (30max) then run to the next available cone



Pad holder is to do a certain exercise if there is no boxer at their cone.

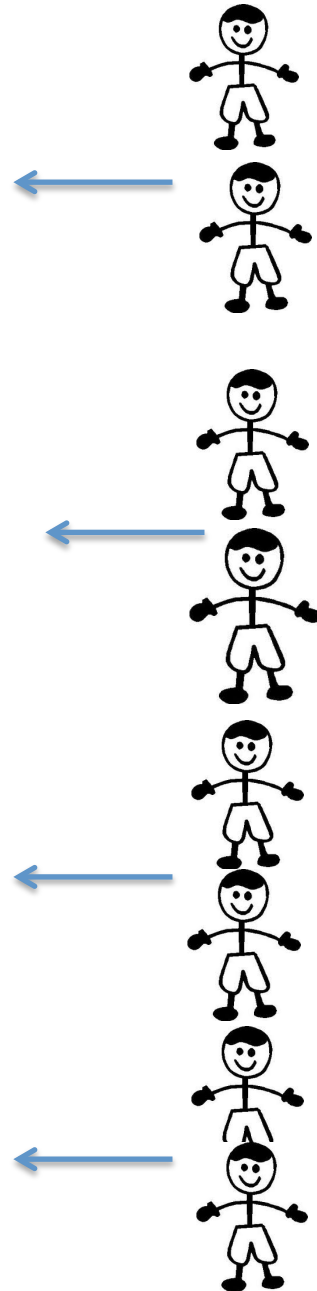
Boxing Drills

Side Step Boxing

Boxers will do 10 straight punches, then side shuttle 2 steps then repeat. You can also add a squat at the start of the new 10 punches. I.e: 10 punches – side shuttle- squat – 10 punches...

Once the boxer has gone down and back – swap boxers then repeat.

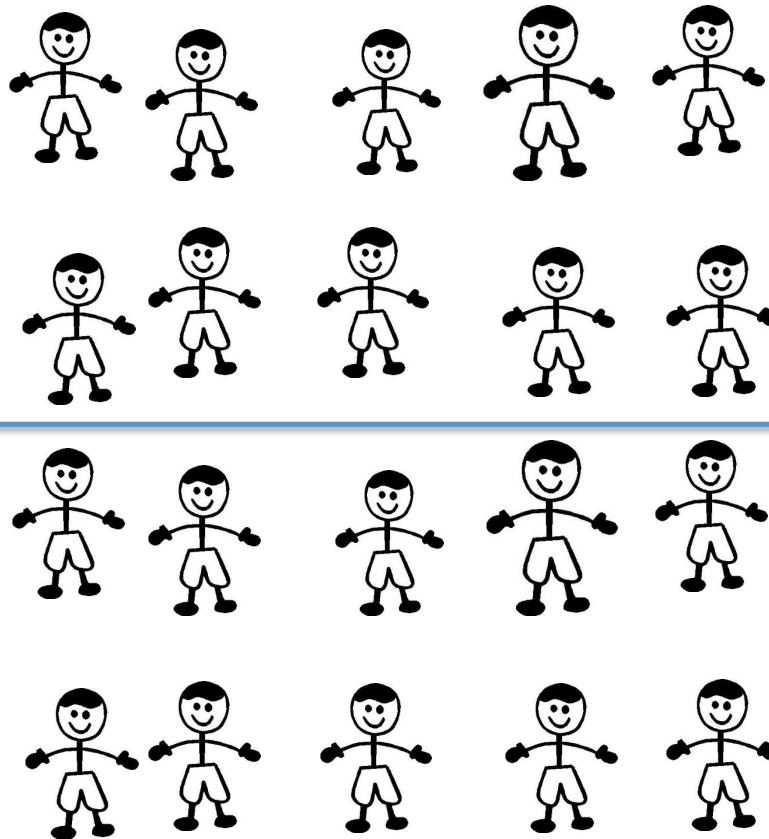
← 20 – 30 meters



Boxing Drills

Pad Holders are closest to the center line

Line Race/ Indian File



Boxing Drills

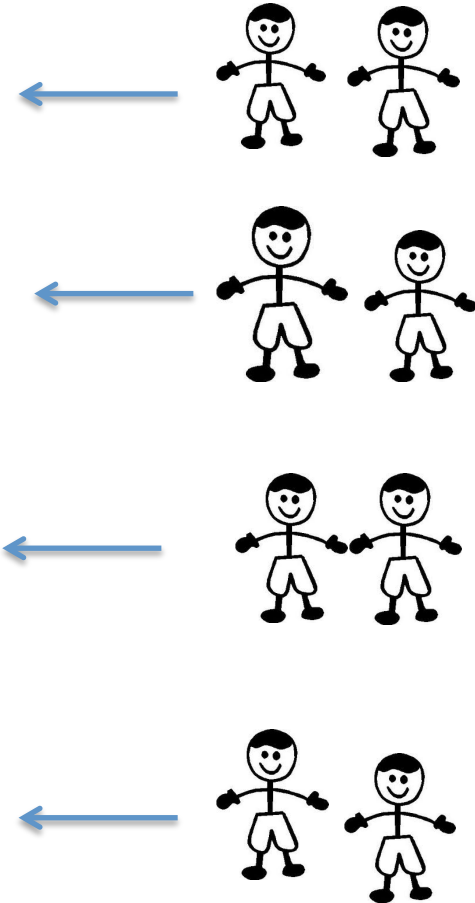
Down & Backs

Jabs

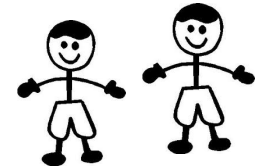
Straights

Upper Cuts – single or double

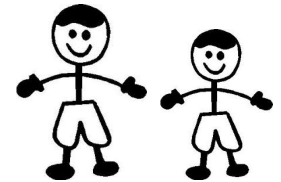
Hooks – single or double



Boxing Drills



Around the world tag



10 punches at each cone – the idea is to try and catch the person in front of you

