



Daily Boxing Training Program

NAME	LOCATION	DATE	EQUIPMENT
USA Boxing High-Performance Coach Education	Home	Tuesday – Day 2/7	- 6ft of space - Stopwatch -Interval clock/app -Jump rope

OBJECTIVES:	<ul style="list-style-type: none"> • Focus on technique • Boxing vs. Shorter Opponent • Long punches from long distance with big circles
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EXERCISES	DURATION	Comments and Mobile Coach App PATHWAY
Warm-Up		
MATCHDAY WARM-UP	10m	3x 60s rest between each USAB Mobile App > Matchday > For Coaches > BR Matchday Warm-up
3-PHASE SHADOWBOXING	12m	3 rounds: Shadowbox vs. Shorter Opponent 1m: footwork/head movement 1m: +feints 1m: +punches and bunches/high volume combinations 60s: rest
Main		
SHADOWBOX DEFENSES	12m	3 rounds: Shadowbox vs. Shorter Opponent Rd1: Blocking/catching/sidesteps vs. pressure opponent Rd2: Head movement/angles vs. pressure opponent Rd3: All the above vs. pressure opponent <i>Suggest watching for defenses when your shorter opponent gets inside:</i> USAB Mobile App > Drills & Lessons > School of Combat > SI Close Distance Drilling
SHADOWBOX	12m	3 rounds: Shadowbox vs. Shorter Opponent Imagine a specific opponent in front of you who may be short, but definitely pressuring you. Focus on long punches, sidesteps and controlling the center of the ring. Lots of jabs and throwing combinations every few seconds
JUMP ROPE	11m	Continuous
Cool-Down	5m	
HOLDING STRETCHES		

NOTES:

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For instructions to get the USA Boxing Mobile App click [HERE](#)