



Daily Boxing Training Program

NAME	LOCATION	DATE	EQUIPMENT
USA Boxing High-Performance Coach Education	Home	Thursday – Day 4/7	- 6ft of space - Stopwatch -Interval clock/app -Jump rope

OBJECTIVES:	<ul style="list-style-type: none"> • Focus on technique • Boxing vs. Taller Opponent • Short punches from close distance with tight angles
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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. Taller Opponent 1m: footwork/head movement 1m: +feints 1m: +punches and bunches/high volume combinations 60s: rest
Main		
SHADOWBOX DEFENSES	12m	3 rounds: Shadowbox vs. Taller Opponent Rd1: Blocking/catching/sidesteps vs. taller opponent Rd2: Head movement/angles vs. taller opponent Rd3: All the above vs. taller opponent <i>Suggest watching for defenses when your taller opponent is at long range:</i> USAB Mobile App > Drills & Lessons > School of Combat > SI Long Distance Drilling
SHADOWBOX	12m	3 rounds: Shadowbox vs. Taller Opponent Imagine a specific opponent in front of you who may be taller, but definitely evasive and trying to stay away from you. Focus on feinting, drawing their long shot, slipping inside, countering back with combinations, and cutting corners with quick, tight angles, cutting off the ring putting them on the ropes and in corners.
JUMP ROPE	11m	Continuous
Cool-Down	5m	
HOLDING STRETCHES		

NOTES:

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

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