



Boxing Training Session

Pad Drills	Rounds (2 mins)	Drill Explained
Slip & Roll Pad Work	2	Jab, Cross *Slip Padman's jab*, cross, *roll under padman's hook*, cross, hook
Peak-a-Boo Jabs	2	Padman and boxer move around at striking/punching distance. The padman holds up the pad at random intervals. The boxer must jab the pad as soon as the padman holds it up. Occasionally, the padman holds up both pads and the boxer immediately throws a jab, cross combination.
Jab Parry & Counter	2	Padman holds both pads up, as if he is a boxer with a defensive stance. Padman (gently) throws a jab with his left hand. Boxer parries the jab with his right hand & continues the movement of his right hand to throw a right cross to the padman's right hand/pad.
Split Jabs	2	Padman and boxer in orthodox stance. Padman throws a jab with left hand. Padman places right pad close to his face. Boxer parries jab and counters with his or her own jab
Pad Drills	Rounds (3 mins)	Drill Explained
Bas Rutten Combinations*	3	Padman calls out combinations at random - or listen to the bas rutten workouts on YouTube.

*Bas Rutten Combination Numbers:

"1" - jab

"2" - Jab, Cross Combination

"3" - Jab, Cross, Hook

"4" - Jab, Cross, Hook, Cross

Boxing Sparring Drills

Sparring Drills	Rounds (2 mins)
Dust Drills	2
Boxer Vs Stalker	2
Jab Parry & Counter	2
Split Jabs	2

Boxer Vs Stalker

Boxer 1 has to constantly push forwards, looking to land a jab and body shots only.

Boxer 2 must attempt to keep just out of range and throw jab counters by side-stepping etc.

Boxer 1 is ultimately looking to pin boxer 2 in the corner of the ring.

Boxer 2 is aiming to throw counter shots and control the outside of the ring and the range.

Dust Drills

Boxer 1 - Throws a 2, 3 or 4 punch combination

Boxer 2 - Stays in range and blocks and parries each punch

Once boxer 1 has thrown his combination, Boxer 2 throws his combination.

Combinations can be pre-determined, to drill a set defensive technique(s) and counters, or can be thrown at random.

Boxers can throw feints/dummies before executing their combination.

Defender vs Attacker Sparring

Boxer 1 is the defender - he or she is only allowed to parry, block and use head and foot movement to avoid punches

Boxer 2 - very lightly throws punches at boxer 1.

Jabs Only Sparring

As you'd expect, jabs only sparring involves 2 boxers sparring, but only with jabs.

You can take this up a level, with jabs only to the head plus any body shots

Body Only Sparring

Sparring, but only with body shots.

Keep your hands high to keep the defence and general stance/guard realistic