

Boxing Practice – Game Instruction

Title: Boxing Practice

Category: Outdoor

Subcategory: Males

Players: 2 players per round

Time Required: 5–15 minutes per match



Description

A controlled and safe physical training activity where two participants use technique, agility, and discipline to simulate a boxing match.



Materials Needed

- Boxing gloves
 - Headgear and mouthguards
 - Soft mat or safe surface
 - Timer or stopwatch
 - Referee or supervisor
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How to Play

- Two players wear full protective gear and stand in a marked ring or designated space.
 - A referee or adult supervisor explains the rules and oversees the match.
 - Players engage in light sparring using proper technique — no heavy strikes.
 - Each round lasts 1–2 minutes with rest between rounds.
 - Focus is on movement, defense, and form rather than winning.
 - End the session with feedback and sportsmanship.
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Tips & Variations

- Ensure all gear is properly fitted and in good condition.
- Use shadowboxing or pad work for younger players or beginners.
- Emphasize control, safety, and respect — no aggressive behavior allowed.

- **Play non-contact versions like “point sparring” or “glove tag.”**