



Fig. 10. Bennett's fracture dislocation of thumb metacarpal.

replaced; damage to actively growing epiphyses can



Fig. 11. Old untreated Bennett's fracture.

result in arthritic changes later on, this applies to all sports and it behoves all those responsible for youth training centres to ensure that all precautions are taken to avoid injuries at an early age.

BOOK REVIEW

The A.B.A. Coaching Manual. 'BOXING' by David James.

Price £2.10

Published by Kaye and Ward, London

Although boxing is not taught in all schools, it is still a very popular sport amongst youngsters, and is frequently a Youth Club activity. There is therefore a very real need for a good coaching manual which covers not only the technical aspects of the sport, but also gives background information about methods of coaching, and also about the fitness aspect of boxing. All too often tradition has dictated methods of training, and it is high time that modern methods of training were presented to coaches and boxers alike.

This book, which is excellently produced with many good photographs and line drawings meets these needs. The introductory chapter deals with the educational aspects of coaching, and could well prove required reading for student teachers and coaches in any sport. In subsequent chapters the principles of fitness training, interval training circuit and weight training are covered in some detail, and the results of recent research are discussed. Perhaps too much emphasis is placed on high quality interval training, and the need for the development of basic cardio-respiratory fitness by steady state work is not stressed sufficiently; however the tradition of road work for fitness training for boxing will probably redress the balance in practice.

Chapter 7 deals with the medical care of the amateur boxer, and stresses the importance of an initial medical examination - other sports please notice - unfortunately this rule is not infrequently broken at local level. It was perhaps a pity that the writer of this chapter felt it necessary to justify amateur boxing by quoting casualty statistics for various sports. In a coaching manual it would seem inappropriate to justify the sport.

Inevitably in a work to which various authors contribute there will be some divergence of opinions, however it is a very great pity that the chapter of planning the training programme is full of generalisations such as 'use of weights and power circuits', and confuses interval work in the ring with interval training. It would seem that this contributor had not had the opportunity of reading the previous chapters, since his advice is somewhat at variance with the information given earlier.

All in all this is an excellent manual, which could be studied by anyone interested in coaching in general. The technical information is well and clearly presented, and the tactical aspect of the use of the various punches is covered in some detail. All in all this is a book which can be very strongly recommended.

P. R. Travers.