

Uqeqesho 0: Yiba Lapho

I Purpose

Le drill ikuqeqeshela ukuba ube nakho ukuba UBE khona ngokukhululekileyo.

Isikhundla

Wena nomnye umntu nizihlalele malunga neenyawo ezintathu phakathi kwenu, nijonge omnye ngakomnye, nivale amehlo.



Imiyalelo

Akukho ngxoxo. Le yi drill ethuleyo. Akukho ukujija, ukushukuma okanye nantoni na eyenye. Hlala nje apho kwaye UBE khona. Uza kubona ubumnyama okanye indawo yegumbi xa evaliwe amehlo. NGOKUKHULULEKILEYO UBE KHONA.

I Patter

Incinci kakhulu i coaching esetyenzisiweyo kule drill.

U coach uthi “Qala” ukuqala i drill. U coach usebenzisa u “Yiyo leyo” ukuphelisa i drill okanye ukubonisa isiphoso kumfundi. Umzekelo, ukuba umfundi ulele, u coach uthi, “Yiyo leyo. Uye walala. Qala.”

Isiphelo

I drill yenziwa ude UBE khona kakuhle apho.