

## Training 0: Yiba Lapho

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### Injongo

Le-drill ikuqeqesha ukuthi ukwazi ukukhululeka UBE lapho.

### Isikhundla

Wena nomunye umuntu nizihlalele cishe ngamamitha amathathu, nibhekene amehlo evaliwe.



## **Imiyalelo**

Akunangxoxo. Le i-drill ethule. Akukho ukudikiza, ukunyakaza noma enye into. Hlala nje lapho futhi UBE lapho. Imvamisa uzobona ubumnyama noma indawo yegumbi lapho amehlo akho evaliwe. NGOKUNETHEZEKA IBA LAPHO.

## **Patter**

I-coaching okuncane kakhulu okusetshenziswe kule-drill.

I-coach ithi “Qala” ukuqala i-drill. I-coach usebenzisa “Yilokho” ukuqeda i-drill noma ukuveza iphutha kumfundi. Isibonelo, uma umfundi elala, i-coach uthi, “Yilokho” kuphela. Uhambe wayolala. Qala.”

## **Umphumela Wokugcina**

I-drill yenziwa kuze kube yilapho unethezeka UBE lapho.