

6.1 BALA SEHLOOHO

Thupelo 0: Ho tobana le taba

Tlhaloso

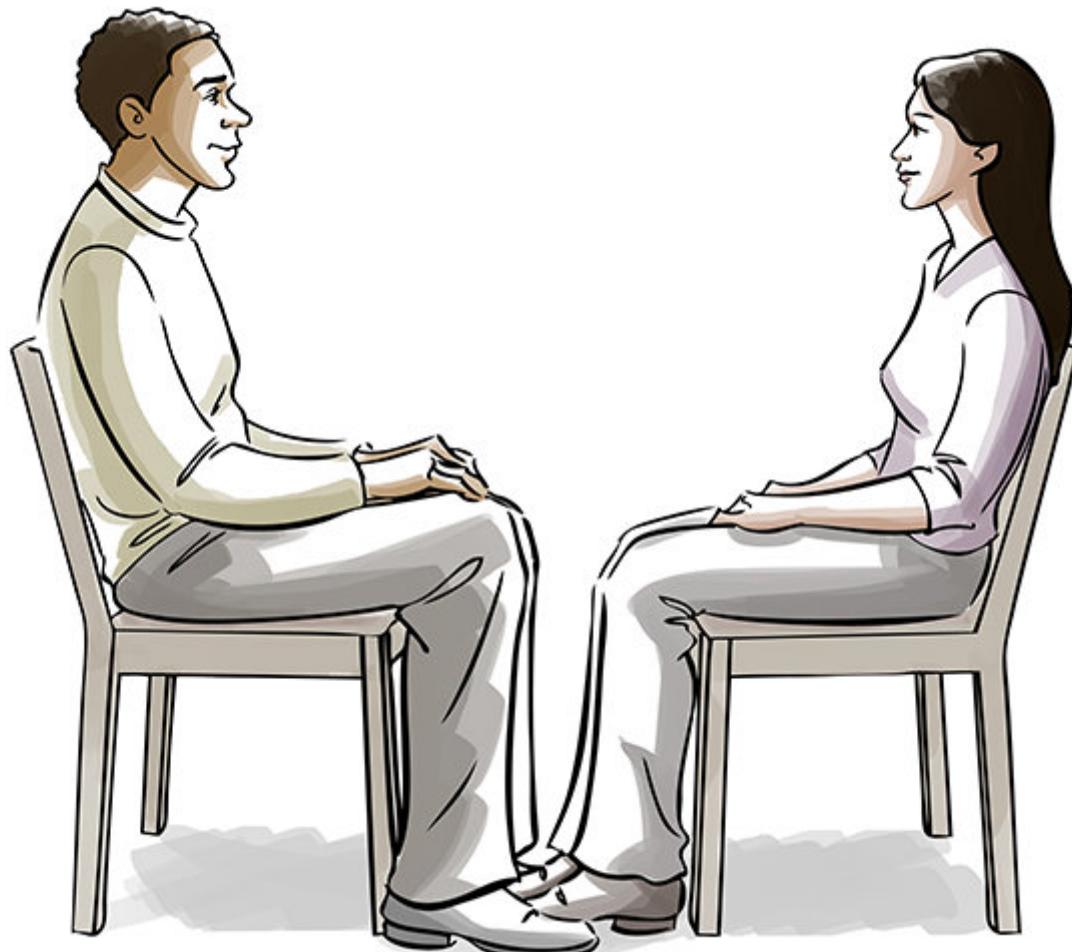
Ho tobana le taba ke ketso ya ho kgona ho tobana le motho kapa ntho e itseng ntle le ho e qobe.

Morero

Drill ena e o kwetlisetsa ho TOBANA le motho e mong hantle.

Boemo

Wena le motho e mong le dutse ka maoto a ka bang mararo, le shebane le mahlo a lona a kwetswe.



Ditaelo

Ha ho na moqoqo. Sena ke drill e kgutsitseng. O dula mme o shebe motho ya tobaneng le wena ebe ha o buwe ebile ha o etse letho. Ha wa lokela ho bua, ho potapota, ho tsheha, ho swaba kapa ho otsela. TOBANA LE MOTHO E MONG HABOBEBE.

Patter

Coach: "Qala" kapa "Ke yona."

Coach o na le dintho tse pedi tseo a ka di buang. Haeba moithuti a sa tsharelle boemo ba hae, ho wela, ho akheha, ho tswa, ho qala mahlo a hae a lelera kapa ka tsela efe kapa efe ho bontsha boemo bo sa nepahalang, coach a ka mo thusa ka ho re "Ke yona" le ho lokisa bothata. Jwale o re "Qalella" hape mme drill e tswela pele. Ha coach a lakatsa ho fana ka maikutlo, o re "Ke yona," o hlakisa ntlha ebe o re, "Qala."

Sephetho

Drill e etswa ho fihlela o kgona ho ba teng hantle mme O TOBANA ha bobebe le motho e mong.