

Uqeqesho 0: Ukujongana

Ingcaciso

Ukujongana sisenzo sokukwazi ukujongana nomntu okanye into ngaphandle kokumphepha okanye ukuyiphepha.

I Purpose

Le drill ikuqeqeshela ukuba UJONGANE ngokukhululekileyo nomnye umntu.

Isikhundla

Wena nomnye umntu nihleli phantsi malunga neenyawo ezintathu omnye komnye, nijongane.



Imiyalelo

Akukho ngxoxo. Le yi drill ethuleyo. Uhlala ujonge lomntu ungaphesheya kuwe, ungathethi kwaye ungenzi nto. Akufuneki uthethe, ushukume ujikeleze, ube neentloni okanye ulale. JONGANA NGOKUKHULULEKILEYO NOMNYE UMNTU.

I patter

I Coach: "Qala" okanye "Yiyo."

U coach unezinto ezimbini anokuzithetha. Ukuba umfundi akayibamanga indawo yakhe, atyibilike, angazazi ukuba uphi, ejjitheka, eqalisa amehlo akhe ebhadula okanye nangayiphi na indlela ebonisa imeko engeyiyo, u coach unokumnceda athi "Nguwe lowo" kunye nokulungisa ubunzima. Emva koko uthi "Qala" kwakhona kwaye i drill iyaqhubeka. Xa u coach enqwenela ukwenza uluvo, uthi "Yiyo loo nto," elungisa inqaku aze athi kwakhona "Qala."

Isiphelo

I drill yenziwa de ube ukwazi ngokulula ukubalapho kwaye UJONGANA ngokulula nomnye umntu.