Zimba ekitone

Abazadde mukuume enkolagana n'abatendesi

NGA muzadde munnange, nkimanyi bulungi nti kikulu okuteekawo enkolagana ennyweevu era ennungi n'omutendesi w'omwana waffe. Kino kiyamba ku kukolera awamu nga ttiimu, okuwuliziganya, n'okubeera n'ekiruubirirwa ekimu eky'okutumbula ekitone n'enkulaakulana y'omuzannyi waffe omuto. Leero tutunuulidde engeri gye tuyinza okuzimba n'okukuuma enkolagana eno, gy'eyinza okuziba ebituli n'okugonjoolamu ebizibu ebiyinza okubaawo.

Empuliziganya ennungi, y'empagiruwaga mu kutuukiriza ebiruubirirwa by'omwana, ebimweraliikiriza, n'enkulaakulana ye. Kino tekyetaaga nkiiko za bulijjo zokka, wabula n'okukozesa amasimu oba amabaluwa. Kiyamba okuteekawo omukwano eri abazadde n'abatendesi mwe basobola okukubaganya ebirowoozo mu lwatu nga tewali kukweka.

Kiyamba mu kumanya obuvunaanyizibwa bwo. Abazadde, omulimu gwaffe mukulu nnyo; kuwa mwana buwagizi, okumuzzaamu amaanyi, n'okuteekawo embeera ebasobozesa okwagala omuzannyo, mu kisaawe oba ebweru waakyo. Ate abatendesi bali mu by'ekikugu, okutendeka, n'okuddukanya ttiimu. Wano tuyambibwa obutayingira mu ky'otolina kukola ekiyinza okutta ekitone.

Mu ngeri y'emu, kiteekawo obwesige n'okuweesa ekitiibwa. Bino bye bimu ku bikuuma omukwano guno. Nga omuzadde, tulina okwesiga okusalawo kw'omutendesi, enkola ye, n'obukugu bwe, kubanga y'alina obumanyirivu mu kisaawe. N'abatendesi balina okussa ekitiibwa mu bazadde, kubanga be basinga okumanya abaana baabwe.

Kiyamba mu kuzannyisa omwana awatuufu w'alina okukuba n'okumanya essira we lirina okuteekebwa mu kuzimba omwana.

Richard Mugerwa

Mugerwa mukugu era musomesa w'abakung'aanya bwino n'ebibalo by'omupiira (stats). Yazannyirako Maroons, Kibuli SS, Ekika ky'Enkima, Essaza Mawogola ne ttiimu y'eggwanga eya U20. Ye nnannyini Prostat Academy. Ali ku ssimu 0774498980