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DEUTSCHE ZUSAMMENARBEIT

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Zusammenarbeit (GIZ) GmbH



# QAXOOTIGA IYO BULSHADA MARTIGELISEY KUBADDA CAGTA OO LOOGA HORTAGO GACAN-KA-HADAL

ISKAASHIGA  
HORUMARINTA  
EE JARMALKA  
ISBOORTI LOO  
ADEEGSADO  
HORUMARIN



Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH

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GIZ ayaa ka mas'uul ah waxyaabaha ku qoran daabacaaddan.

Annaga oo mataleyna  
Wasaaradda Federaalka ee Jarmalka ee Iskaashiga iyo Horumarinta Dhaqaalaha (BMZ)

**QAXOOTIGA IYO BULSHADA MARTIGELINAYSO  
KUBADDA CAGTA OO LOOGA  
HORTAGO GACAN-KA-HADAL**

Ka dib markii ay amartey Wasaaradda Federaalka ee Iskaashiga iyo Horumarinta Dhaqaalaha ee Jarmalka (BMZ), ayaa Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH waxaa ay bilowdey in ay kala shaqeyso Mashruuc Goboleedka 'Sport for Development in Africa' (S4DA) Regional Project sanadkii 2014 kii in isboortiga loo adeegsado xaqijinta ujeeddooyinka horumariinta ee dalal Afrika ah oo la soo xuley.

S4DA waxaa uu hadafkiisu yahay in uu carruurta iyo dhallinta u abuurto qaab ay ku helaan farsado horumar iyada oo loo marayo isboortiga. Waxaa uu diiradda saaraa abuurista in la helo kaabayaal loo adeegsan karo iyo in si joogto ah loo fulin karo hawlaha waxbarashada isboortiga. S4DA waxaa uu ka shaqeyaa dalalka Itoobiya, Kenya, Mozambique, Namibia iyo Togo waxaana – uu si intaa ka yar – uu mashruuca u taageeraa waxqabadyo sidoo kale ka socda dalal kale oo Afrika ah. S4DA waxaa uu wax weyn ku biiriyaa dadaalka 'More Space for Sport – 1,000 Chances for Africa' oo ay daah- rogtey BMZ.

Buug-yarahan waxaa la diyaariyey iyada ay iskaashi dhow ka yeesheen S4DA iyo hay'adaha ah waxaana uu is-dhexgelinayaa aqoon gaar ah oo loo leeyahay baahiyaha degaanka iyo mowduucyada buugga.

Shakhsiyaadkan iyo hay'adahan soo socda ayaa iska kaashadey diyaarinta buug-yarahan oo aqoontooda ku biiriyey waxyaabaha ku jira buug-yaraha:

Macallimiinta is-boortiga iyo barayaasha bulshada ee reer Turkana: *Eriku Patrick, Simon Nanio, Ekiru Wesley, Samuel Lomolen, Martha Ekutan, Yohana Babikir, Elizabeth Mubarak, Njatuba Leek Machar, Ewate Richard, Rock Puok Oak, Chudier James Gatkhor, Yang Yohannes Gony, Eweton Stephen Etapar, Lokitoe Kalock Lowi, Perina Nadai Peter, Zipporah Amoit Baraza, Festus De Muya, Iria Edung Winny, Chiok Dorar Peat, Ekidor Sarah Akiru, David Pitia Wani, Etur Joseph Longok, Sito Lotulo Inyasio, Nyalaat Gordon, Muniolo Fred Sachoni, Martin Achuka Ekanwa.*

streetfootballworld gGmbH; Trans-Nzoia Youth Sports Association (TYSA); Moving the Goalposts (MTG); Horn of Africa Development Initiative (HODI); Auma Obama Foundation – Sauti Kuu; Don Bosco Mondo e.V.; Football Kenya Federation (FKF); Lotus Kenya Action for Development Organisation (LOKADO); Seeds of Peace Africa (SOPA)

### **La-taliyeyaasha**

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Andrew Oloo  
Jörg Le Blanc

### **Ilo kale oo macluumaad dheeri ah laga heli karo**

Youth Development through Football (YDF) – Manual for Coaches








### **Nakh-shadeynta iyo Layout-ka**

Prime Kasuku, Design Specifications Ltd, Nairobi

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## Jaantuska Qoralka

	Isu Dhiibid		Caga wareejis		Isu dhiibid ama Darbo
<b>GK</b>	Gool Haye	  	Caagagga sida toobinka u sameysan		Orod

Tababarrada ku jira buugan yar waxaa looga danleeyahay in macallimiinta maaddada ciyaaraha iyo tababarayaasha uu ku hago sida mabaa'diida aasaasiga ah ee ku saabsan in si xaq ah loo dheelo kubadda cagta loogu adeegsado ka-hortagga gacan-ka-hadalka iyada oo la dhiirrigelinayo nabad-ku-wada-noolaasho/

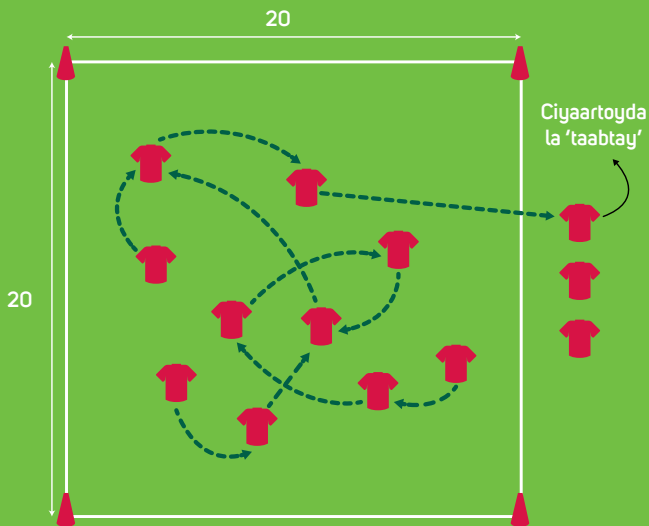
U fiirso in agabka lagu xusey tababarrada ay yihiin kuwo lagu beddelan karo waxyaabo laga heli karo degaanka, t.a. dambas lagu calaamadiyo garoomada, caagagga biyaha iyo waxyaabo kale.

ISUDUWID

SOO QABO  
INTAAD  
AWOODDO

KA-QAYBGALAYAAL  
10 AMA KA BADAN

QALAB  
CAAGAGGA SIDA  
TOOBINKA U SAMEYSAN  
FUNAANADO



# Waxa la sameynayo

Ka-qaybgalayaashu waa in ay si siman ugu faafaan ga roonka. Ka dib marka uu faro korjoogaha, horey loogu heshiyey, ciyaartoy kasta waxaa uu bilaabayaa in uu isku dayo oo uu taabto tirada ugu badan ee suuragalka ah oo ka tirsan ciyaartoyda ay wada dheelayaan. Marka la taabto ka dib, ciyaartoyga waa in uu ka baxo ciyaarta oo uu kadaloobsado, Marka ciyaartu dhammaato ka dib marka ay dhammaan ciyaartooyda ka baxaan ciyaarta, ayaa la bilaabayaa wa reeg cusub.

## CIYAAR TAN KA YARA DUWAN:

Ciyaartoy kasta waxaa uu xiranayaa funnaanad isboorti waxaana uu isku dayayaa in uu funaanadaha ugu badan ee suuragalka ah uu ka soo qaato ciyaartoyda kale.

Ciyaartoy kasta waxaa uu goosgoosmo ku ciyaarayaa kubaddiisa, waxaana uu isku dayayaa in uu laado kubadda (kubadaha) kuwa la tartamaya, isaga oo ilaashanaya tiisa.

## MUNAAQASHO DABA-SOCOTA WAXQABADKA

Qof kasta qofka kale ayuu cadow u yahay: sidee ayaa gacan-ka-hadalku qof uu u gaaraa qofka kale?

Sidee ayaa loo dhiirrigelin karaa nabadda iyada oo saameyn wanaagsan uu qofba qofka kale ku yeelanayo?

**Nabaddu waa  
mas'uuliyad  
ina wada  
saaran**

### **Talooyin tababarenimo:**

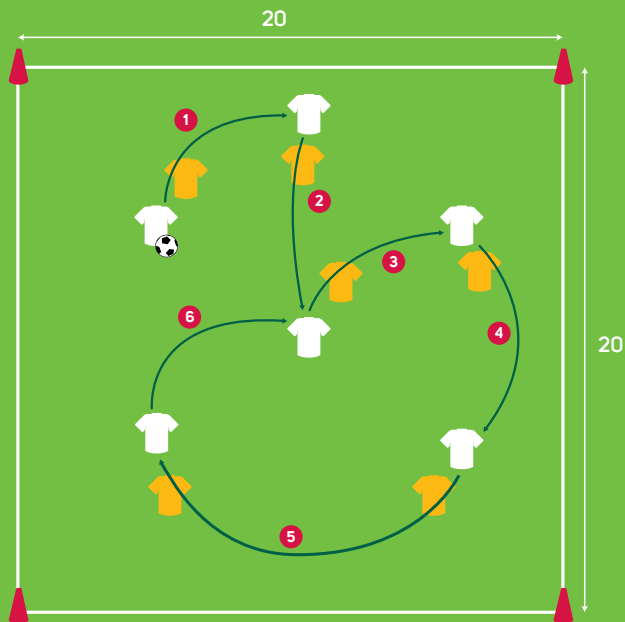
*ciyaar la isku kululeeyo, helidda goob waasac ah.*

**BALL  
POSSESSION**

# HAYSASHADA KUBADDA

**KA-QAYBGALAYAAL  
8 AMAKA BADAN**

**QALAB  
CAAGAGGA SIDA  
TOOBINKA U SAMEYSAN  
KUBADDA CAGTA  
FUNAANADO**





# Waxa la sameynayo

Abuur laba kooxood oo ciyaartoy tiradoodu isle'eg tahay ka kooban. Ciyaartoyda koox kasta ayaa isku dayaya in ay kubadda isu dhiibaan tirada ugu badan ee suuragalka ah. Kooxda ka soo horjeedda ayaa isku dayaya in ay ka hortago arrintaa oo iyana dhexdooda isu dhiib-dhiibaan tirada ugu badan ee suuraga lka ah. Isu-dhiibid kasta waxaa lagu qaadanayaa dhibic. Keliya isu-dhiib-dhiibka is-xigxiga ee koox kasta dhexdeeda isu dhiibto ayaa la tirinayaa. Haddii kubadda la isu dhiibayo ay kooxda kale dhexda ka qabsato, tirinta waa in dib loo soo bilaabaa. Kooxda dhibcaha ugu badan ku hesha waqti cayiman (t.a. 10 daqiiqo) ayaa guuleysaneysa. Iyada oo la adee gsanayo garoon xariiqo cayiman ku calaamadisana, ayaa haddii ciyaartoy uu dhaafto xariiq ka mid ah xariiqaha garoonka, kooxda ka soo horjeedda ay la wareegeysa kubadda. Ha la cararin kubadda adiga oo gacanta ku haya wax ka badan 2 tallaabo yacni istaag, oo sii gudbi ama cid u googooy. Hala cararin kubadda wax ka badan 3 ilbiriqsi.

## CIYAAR TAN KA YARA DUWAN:

Kubadda cagta waxaa la isu dhiibaa ama la isu gooyaa iyada oo la adeegsanayo cagta. Ciyaartoyda koox kasta waa in ay isku dayaan in ay dhexdooda isu dhidhiibaan kubadda tirada ugu badan ee suuralka ah.

## MUNAAQASHO DABA-SOCOTA WAXQABADKA

Maxaa ka-qaybqaatey guusha kooxda guuleysatey?

Maxay tahay muhiimadda wada-shaqeynta kooxeed.

### **Talooyin tababarenimo:**

*Helidda garoon, war-iskaarsiin iyo isudhiib-dhiibid sax ah.*

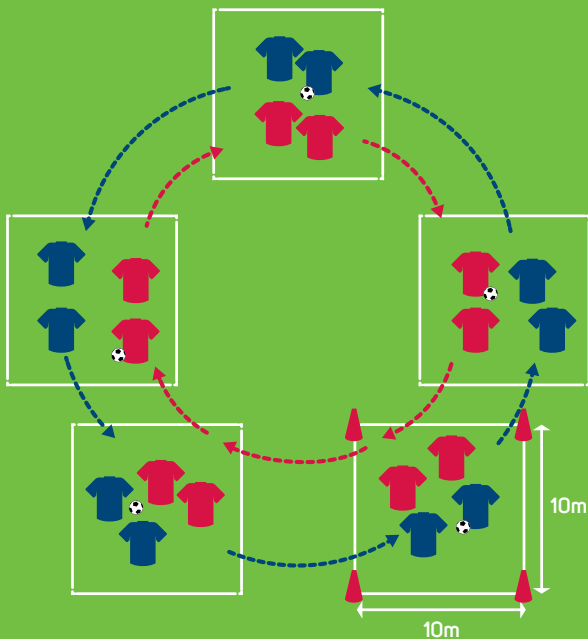
**Qof walba ha ka  
qaybqaato –  
Wada-shaqeyn  
kooxeed!**

ISUDUWID

2V2

KA-QAYBGALAYAAL  
8 AMAKA BADAN

QALAB  
CAAGAGGA SIDA  
TOOBINKA U SAMEYSAN  
KUBADDA CAGTA  
FUNAANADO



# Waxa la sameynayo

Layligu waxaa uu ku bilaabanayaa shan ciyaarood oo lagu dheelayo bed laba-jibbaaranayaal ah. Kooxaha bedka hal laba-jibbaarane ku wadajira ayaa u tartamaya haysashada kubadda, marka uu tababaruhu ku dhawaaqo 'beddel' ama uu yeeriyi firimbi , koox kasta waxaa ay kubadda kaga tegeysaa laba-jibbaaranaha dhexdiisa waxaana ay u ordeysaa dhinaca saacaddu u socoto iyada oo tegeysa laba -jibbaaranaha xiga waxaana ay la ciyaareysaa isla ciyaartoydii. Ka dib marka ay beddeshaan bedka laba-jibbaaranaha, ciyaaryahannada hor qabsada kubadda ayaa bilaabaya ciyaarta.

## CIYAAR TAN KA YARA DUWAN:

Ciyaartoyda haysata kubadda ayaa u ordaya dhinaca saacaddu u socoto waxaana ay ciyaartoyda aan kubadda haysan u ordayaan lidka dhinaca ay saacaddu u socoto iyaga oo tegaya bedka labajibbaaranaha ah ee xiga.

## MUNAAQASHO DABA-SOCOTA WAXQABADKA

Sidee ayaan uga falcelinnaa isbeddellada?

Waa maxay muhiimadda ay leedahay in qofka la siiyo fursad labaad?

La wadaag waayo-aragnimooyin tilmaamaya qof sharwadaha ahaan jirey oo hadda nabadda ka shaqeeya iyo taas beddelkeeda.

Is-beddel waa  
lagama  
maarmaan

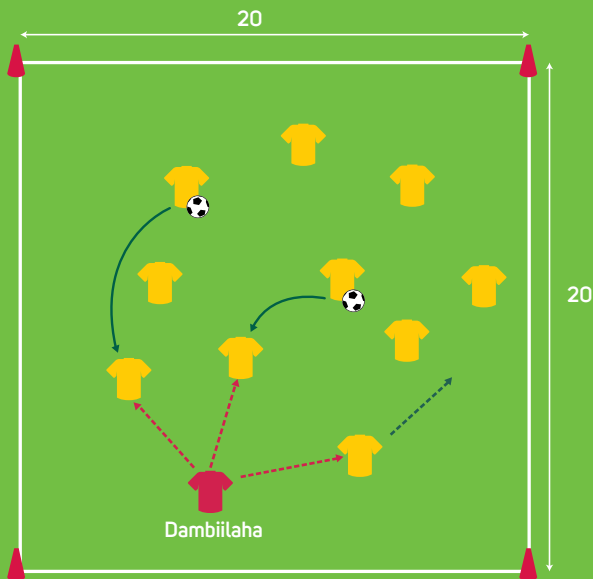
*Talooyin tabbaranimo: Maareeyn .*

**BALL  
POSSESSION**

# HAYSASHADA KUBADDA

**KA-QAYBGALAYAAL  
8 AMAKA BADAN**

**QALAB  
CAAGAGGA SIDA  
TOOBINKA U SAMEYSAN  
KUBADDA CAGTA  
FUNAANADO**



# Waxa la sameynayo

Layligu waxaa uu ku bilaabanayaa shan ciyaarood oo lagu dheelayo bed laba-jibbaaranayaal ah. Kooxaha bedka hal laba-jibbaarane ku wadajira ayaa u tartamaya haysashada kubadda, marka uu tababaruhu ku dhawaaqo 'beddel' ama uu yeeriyo firimbi , koox kasta waxaa ay kubadda kaga tegeysaa laba-jibbaaranaha dhexdiisa waxaana ay u ordeysaa dhinaca saacaddu u socoto iyada oo tegeysa laba -jibbaaranaha xiga waxaana ay la ciyaareysaa isla ciyaartoydii. Ka dib marka ay beddeshaan bedka laba-jibbaaranaha, ciyaaryahannada hor qabsada kubadda ayaa bilaabaya ciyaarta.

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## **MUNAAQASHO DABA-SOCOTA WAXQABADKA**

Sidee ayaan uga falcelinnaa isbeddellada?

Waa maxay muhiimadda ay leedahay in qofka la siiyo fursad labaad?

La wadaag waayo-aragnimooyin tilmaamaya qof sharwadaha ahaan jirey oo hadda nabadda ka shaqeeya iyo taas beddelkeeda.

**Is-beddel waa lagama maarmaan**

### ***Talooyin tababarenimo:***

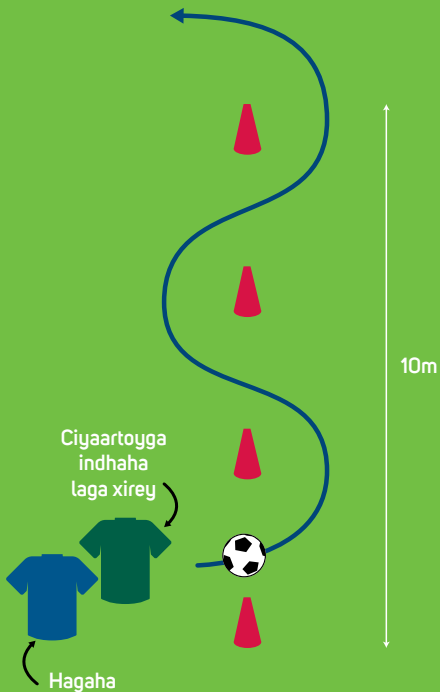
*Xakamee kubadda aad haysato, adeegso tabo aad ku daaliso kuwa kaa soo horjeeda, oo beddelidda dhinaca aad u socoto.*

DRIBBLING

# CAG WAREEJIS

KA-QAYBGALAYAAL  
2 AMAKA BADAN

QALAB  
CAAGAGGA SIDA  
TOOBINKA U SAMEYSAN  
KUBADDA CAGTA  
INDHO-XIR



# Waxa la sameynayo

Caagagga toobinka oo ka le uu sameysan u dhig qaab xarriiq toosan oo kale ah. Ciyaartoy ka sta waxaa lagu lamaa nayaa ciyaartoy kale, labada ciyaartoy midkood ayaa indhaha laga xirayaa. Ciyaartoygii indhaha ka xirnaa ayaa kubadda la dhex maraya caagagga toobinka oo kale u same ysan isaga oo uu hagayo ciyaartoyga kale. Waa in aane y jir ahaan isu taaban labada ciyaartoy. Labada ciyaartoy ayaa markaa ka dib kala beddelanaya doorarkii hore ay u kala lahaayeen.

## CIYAAR TAN KA YARA DUWAN:

Haddii aan la heli karin caagagga sida toobinka u sameysan, adeegso agab degaanka laga heli karo t.a. dhagxaan yaryar oo lagu beddesho caagaggii toobanka oo kale u sameysnaa, ama goobaabinno ku calaamadi dhulka adiga oo adeegsanaya ul.

## MUNAAQASHO DABA-SOCOTA WAXQABADKA

Dadka u sheeg waayo-aragnimadaada la xiriirta culeysyadii ku soo wajahay intii aad indhaha ka xirneyn iyo intii lagu hagayey.

Xirfado war-isgaarsiineed iyo xirfado waxhoggaamin oo wanaagsan ayaa gacan ka geysanaya dhiirrigelinta nabadda. Waayoaragnimada tababarka la xiriiri xaaladda bulshadaada.

Adeegso ereyo  
oo ha  
adeegsan  
muruq!

### **Talooyin tababarenimo:**

*Xakameynta iyo goosgoosmada kubadda.*

**GOOL-DHALIN**

**CIYAAR WADA  
GOOL-KU-LAAD  
AH**

**KA-QAYBGALAYAAL  
2 AMAKA BADAN**

**QALAB  
CAAGAGGA SIDA  
TOOBINKA U SAMEYSAN  
KUBADDA CAGTA  
FUNAANADO  
TIIRARKA GOOLKA  
YAR - YAR**





# Waxa la sameynayo

Layligu wuxuu ku bilaabanayaa laba kooxood oo middiiba tahay toddoba ciyaartoy oo uu ku jiro gool-hayaha, iyada oo tababaruhuna u noqonayo garsoore. Koox kasta waxaa ay isku dayeysaa in ay kooxda ka soo horjeedda ka dhaliso goolasha ugu badan ee suuragalka ah. Marka cid khalad laga galo, ama la jebiyo mid ka mid ah xeerarka kubadda cagta (oo ay ku jirto marka ay kubaddu u baxdo dibadda bedka u calaamadisan in lagu dheelo), kooxda ka soo horjeedda ayaa heleysa gool-ku-laad aan ka hadal lahayn.

## **CIYAAR TAN KA YARA DUWAN:**

Waxaad kordhin kartaa tirada ciyaartoyda ama waxaad yareyn karta cabbirka garoonka.

Mid ka mid ah ciyaartoyda ayaa loo magacaabi karaa in uu noqdo garsoore.

## **MUNAAQASHO DABA-SOCOTA WAXQABADKA**

Sidee ayaan wax uga qabaneynaa carada iyo jahawareerka xanaaqa?

Sidee ayaa khaladka hal ciyaartoy uu saameyn ugu yeelanayaa kooxda oo dhan?

La wadaag muhiimadda ay leedahay is-ixtiraamka.

**Joogso, Feker,  
Tallaabo-qaad!**

### ***Talooyin tababarenimo:***

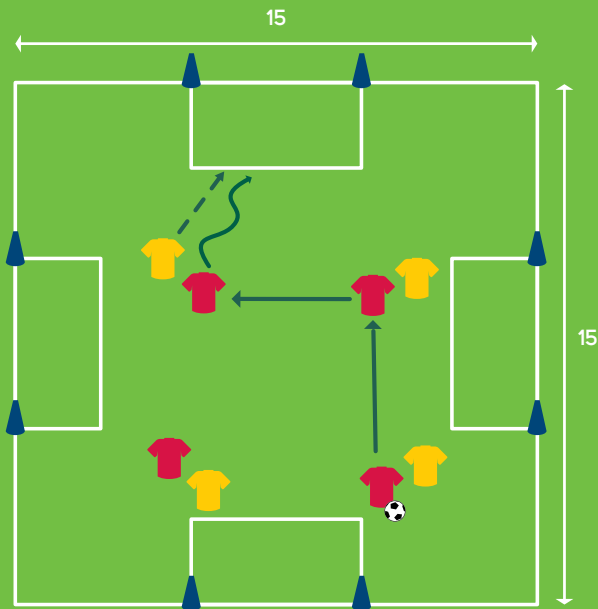
*Go'aan-qaadasho, gool-dhalin (gool-kulaad) iyo war-isgaarsiin.*

**GOOL-DHALIN**

# CIYAAR GOOL-DHALIN AH

**KA-QAYBGALAYAAL  
8 AMAKA BADAN**

**QALAB  
CAAGAGGA SIDA  
TOOBINKA U SAMEYSAN  
KUBADDA CAGTA  
FUNAANADO  
TIIRARKA GOOLKA  
YAR-YAR**



# Waxa la sameynayo

Laba kooxood ayaa wada ciyaaraya. Koox kasta waxaa ay isku dayeysaa in ay gool ka dhaliso kooxda kale oo islamarkaana difaacdo afar gool. Haddii ay kooxi gool dhaliso kooxda ayaa la wareegeysa kubadda oo islamarkiibana dib-u-bilaabi karta ciyaarta.

## **CIYAAR TAN KA YARA DUWAN:**

Waxaad kordhin kartaa / yareyn kartaa ciyaartoyda / cabbirka garoonka.

Koox kasta oo difaacda laba gool/

## **MUNAAQASHO DABA-SOCOTA WAXQABADKA**

Sidee u wajahnaa xaq-darrada?

Sidee u wadaagnaa kheyraadka xaddidan ee bulshadeenna?

Sidee uga faa'iideysanaa marka aan helno fursado?

Waayo-aragnimada la mid dhig wadaagidda kheyraadka iyo sida loo oggolaado in lagaaga badiyo ama lagaaga reeyo xaalado kala duwan.

**Xaq-darradu  
mar walba  
ma ahan  
caddaalad-  
darro!**

***Talooyin tababarenimo:***

*Ka sii fekerid, difaacid iyo laadi.*

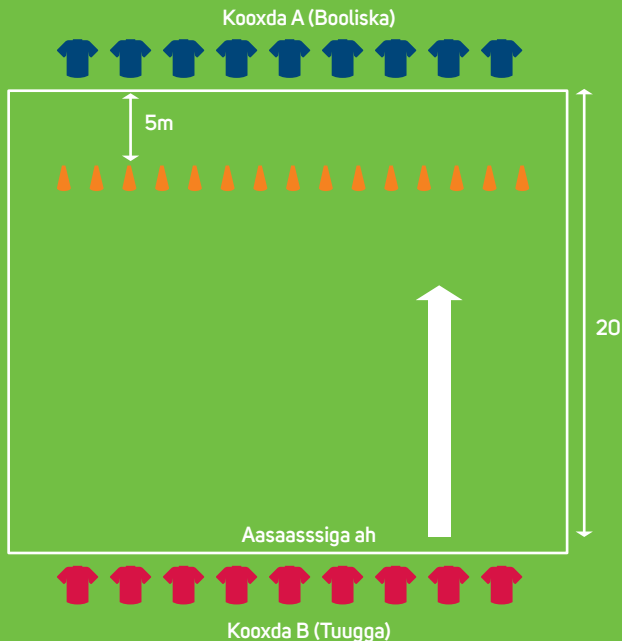
ISUDUWID

# GONDI SINYA

(TUUG IYO BOOLIS)

KA-QAYBGALAYAAL  
8 AMAKA BADAN

QALAB  
CAAGAGGA SIDA  
TOOBINKA U SAMEYSAN  
KUBADDA CAGTA  
FUNAANADO



# Waxa la sameynayo

Kooxda labo u kala qaybi, koox kasta ha istaagto xarriiq. Ciyaartu waxaa a y bilaabaneysaa marka kooxda koowaad A (booliska) ay gacanta ku hayso caagagga sida toobinka u sameysan. Kooxda B (tuug) waxaa ay ku ordeysaa garoonka gees-ka-gees waxaana ay isku dayeysaa in ay caagagga toobinka oo kale ah ka xaddo kooxda A. Xubin ka tirsan kooxda A, ayaa isku dayaya in uu eryado tuugga (Kooxda B), ka hor inta aanu gaarin xarriiqda taabashada ee kooxdooda. Haddii tuugga la soo qabto caagga toobinka oo kale ah waa la soo celinayaa oo tuuggiina waa laga saarayaa ciyaarta, taas oo yareyneysa tirada kooxda B. Haddii ay dhacdo in tuugga aan la qaban waxaa meesha ka baxaya booliska. Nuska labaad ee ciyaarta kooxaha ayaa kala beddelanaya doorarkoodii.

## CIYAAR TAN KA YARA DUWAN:

Ku dar laba kubadood oo tuugga iyo boolisku ay tahay in ay kujiidayaan lugta ayagoon laadeynin.

## MUNAAQASHO DABA-SOCOTA WAXQABADKA

Layliga waxa uu diiradda saarayaa fahmida shar-wadaha iyo dhibbanaha. Isaga oo shar-wadaha siinaya fursad uu iskubeddelo, la wadaago waayoaragnimooyin kala duwan oo uu la kulmey markii uu ahaa 'tuugga' iyo marka uu noqdey 'boolis' iyo taas beddelkeeda.

Qof kasta  
waxaa uu  
haystaa fursad  
uu  
isku-beddelo.

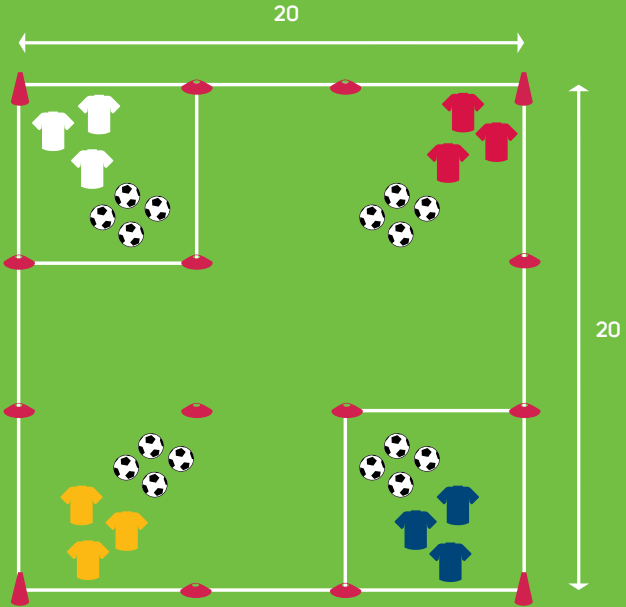
**Talooyin tababarenimo:**  
*Orod degdeg ah, helidda bed furan.*

**GOOSGOOSMO**

**WAQTIGII  
WUU  
DHAMMADEY**

**KA-QAYBGALAYAAL  
8 AMAKA BADAN**

**QALAB  
CAAGAGGA SIDA  
TOOBINKA U SAMEYSAN  
KUBADDA CAGTA**



# Waxa la sameynayo

Ciyaartoyda u qaybi afar kooxood. Koox kasta waxaa ay qaadaneysaa hal gees oo ay yaallaan tiro kubado ah. Marka la yeeriyo firinbiga koox kasta waxaa ay isku dayeysaa in ay gees kale ka soo qaaddo oo ay u daadihiso iyada oo googoyneysa geeskoodii, ciyaartoyna looma oggola in uu ilaaliyo kubadaha yaalla geestooda. Kooxda guuleysaneysa waa midda ururisey kubadaha ugu tiro badan oo geeysey geestooda marka uu waqtigu dhammaado.

## CIYAAR TAN KA YARA DUWAN:

Waxaa lagu sameyn karaa iyada oo la soo ururinayo dhalooyinka caagga ah / kuwa u sameysan sida toobinaha oo lagu beddelanayo kubadaha iwm.

Kordhi ama yaree tirada ciyaartoyda ama baaxadda garoonka.

## MUNAAQASHO DABA-SOCOTA WAXQABADKA

Waa maxay istiraatiijiyadda ugu wanaagsan si ay ugu guuleystaan ciyaartan?

Waa maxay faa'iidada ku jirta in lagu guuleysto ciyaartan?

Waxaa loo adeegsan karaa in lagu muujiyo sida colaad ay uga dhalato u-tartamidda kheyraadka kooban ee la haysto.

### *Talooyin tababarenimo:*

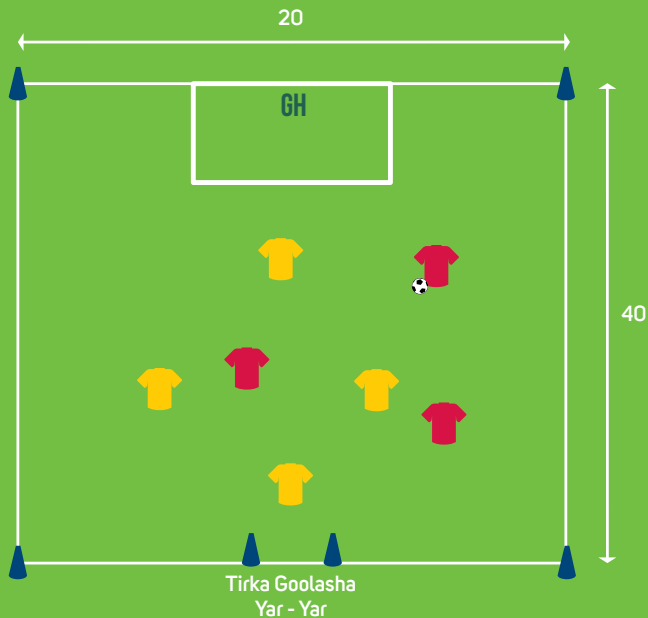
*Goos-goosmo, xakameynta kubadda iyo xawaare.*

**Dhibaatadu kama imaneyso in aan la haysan kheyraad dad ku filan – ee waxaa ay ka dhalaneysaa sida aan u wadaageyno kheyraadka la hayo!**

**GOOL- DHALIN**  
**RAJO**

**KA-QAYBGALAYAAL**  
**8 AMAKA BADAN**

**QALAB**  
**CAAGAGGA SIDA**  
**TOOBINKA U SAMEYSAN**  
**KUBADDA CAGTA**  
**FUNAANADO**  
**TIIRARKA GOOLKA**  
**YAR-YAR**





# Waxa la sameynayo

Gool weyn iyo gool yar ka samee xarriiqda ambaqaadka ee laba gees ee iska soo horjeeda. Ciyaartoy ka tirsan kooxda difaacaysa goolka weyn ayaa noqonaya gool-haye. Labada kooxood ayaa wada ciyaaraya ciyaar tartan ah.

## **CIYAAR TAN KA YARA DUWAN:**

Beddel gool-hayaha daqiiqado ka dibba, si aad awood ugu siiso in ciyaartoy badan ay yeeshaan waayo-aragimada.

## **MUNAAQASHO DABA-SOCOTA WAXQABADKA**

Sidee ayaan wax uga qabanaa sinnaan la'aanta?

Waayo-aragnimada ciyaarta la xiriiri noloshada gaarka ah ama tan bulshadaada.

### ***Talooyin tababarenimo:***

*Gool-dhalin, baas-dhiibid, kubad haysasho iyo wada-shaqeyn kooxeed*

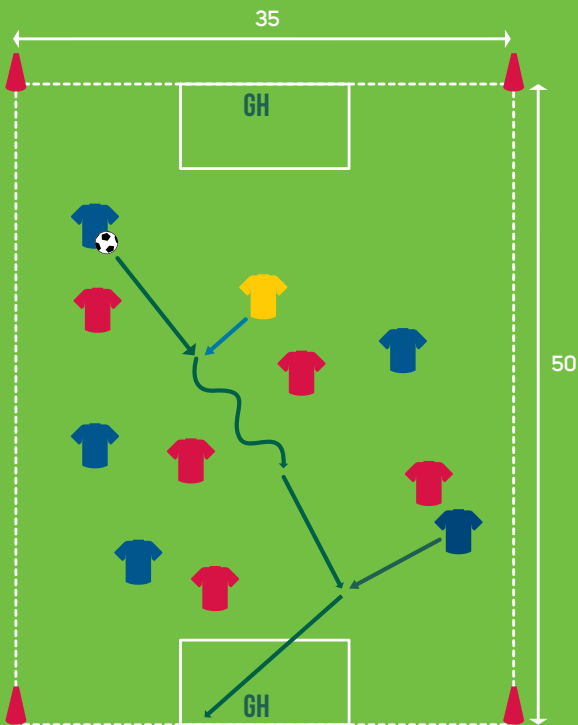
**Waxaa jirta  
Rajo laga qabo  
in uu is- beddel  
dhaco!**

**GOOL- DHALIN**

**BAAHIDA LOO  
QABO IN CID  
LAGA TIRSANADO**

**KA-QAYBGALAYAAL  
13 AMA KA BADAN**

**QALAB  
CAAGAGGA SIDA  
TOOBINKA U SAMEYSAN  
KUBADDA CAGTA  
FUNAANADO  
TIIRARKA GOOLKA**



# Waxa la sameynayo

Ciyaartoyda u qaybi laba kooxood oo tiradoodu isle'eg tahay oo hubi in uu jiro hal ciyaartoy oo dhexdhexaad ah. Labada kooxood ayaa ciyaar isaga horimaanaya. Waqtiga ciyaartu soconeyso waa saddex jeer oo min shan daqiiqo ah. Ciyaartoyga dhexdhexaadka ah waxaa uu mar walba ka tirsanaanayaa kooxda kubadda haysata, sidaana waxaa uu ku noqonayaa dhinca weerarka ah.

## **CIYAAR TAN KA YARA DUWAN:**

Laba ciyaartoy oo dhexdhexaad ah ka dhig markaan.

## **MUNAAQASHO DABA-SOCOTA WAXQABADKA**

Ka munaaqashoo rabitaanka ciyaartoyga dhexdhexaadka ah uu ku doonayo in uu ka tirsanaado koox. Weydii ciyaartoyda sida aan u xakameyno dareenkeenna marka aan joogno gudaha iyo dibadda garoonka labadaba?

Si fiican u muuji muhiimadda ay leedahay iskuxirnaanta kooxda iyo go'aan-qaadashada uu muujinayo tababarkan gaarka ah.

Muxuu dareemayaa marka ciyaartoyga dhexdhexaadka ah laga qaato kubadda.

### ***Talooyin tababarenimo:***

*Haysashada kubadda, dhiibista iyo goal-dhalinta.*

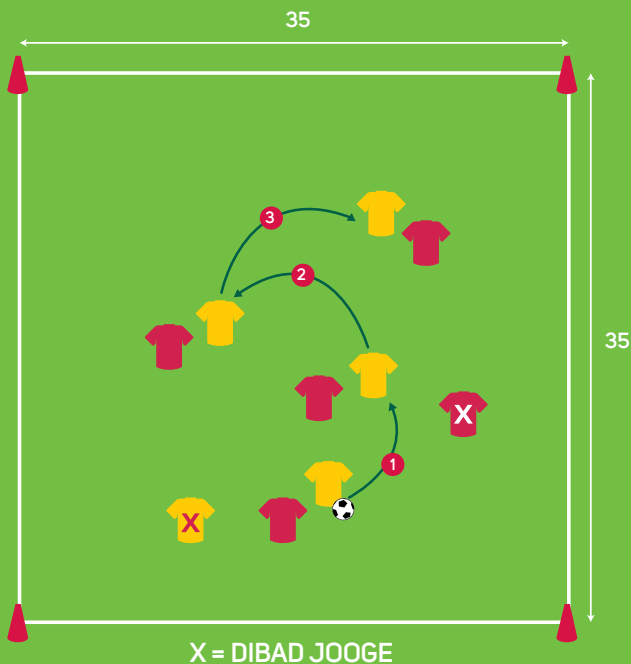
**Noloshu mar  
walba ma  
ahan mid  
caddaalad ku  
dhisan!**

**KUBAD-HAYSASHO**

**CIYAAR  
TAKOOR**

**KA-QAYBGALAYAAL  
10 AMA KA BADAN**

**QALAB  
CAAGAGGA SIDA  
TOOBINKA U SAMEYSAN  
KUBADDA CAGTA  
FUNAANADO**



# Waxa la sameynayo

Abuur laba kooxood oo ciyaar isaga horimanaya. Labada kooxoodba waxaa ka mid ah qof dibadda ka ahaanaya ciyaartooda oo aan wax laga siineynin ciyaarta inta ay socoto. Tababaraha ayaa soo xulaya kuwa ay noqonayaan kuwa ciyaarta aan laga qaybgelineynin. Tababaraha ayaa labada kooxba u sheegaya in aaney kubadda u gudbin qofka kooxdooda ka tirsan ee ciyaarta aan laga qaybgelineynin. Qofkaa ciyaarta aan laga qaybgelineynin waa in aan loo sheegin tilmaanta uu tababaruhu siiyey kooxda.

## CIYAAR TAN KA YARA DUWAN:

Koox ayaa gool ku heleysa marka ay kubadda u dhiibto qofka ciyaarta aan laga qaybgelineynin. Kooxda kale ayaa isku dayeysa in ay ogaato qofka aan ciyaarta laga qaybgelineynin, iyaga oo ka hor istaagaya in aaney sidaa gool ku helin.

## MUNAAQASHO DABA-SOCOTA WAXQABADKA

Ciyaartoyda aan laga qaybgelin ciyaarta ayaa ciyaartoyda kale u sheegaya waxa uu qofku dareemayo marka qofka aanu taabanin kubadda oo la iska indho-tiro.

La xiriiri khibradda sida marka umad dhan lagu sheego in ay ceeb keliya wada leeyihiin ay taasi uga dhalato gacan-ka-hadal.

**Qofka oo  
dhinaca kale  
arrinta ka eega  
waxaa ay gacan  
ka geysataa  
kor u qaadista  
nabadda.**

### **Talooyin tababarenimo:**

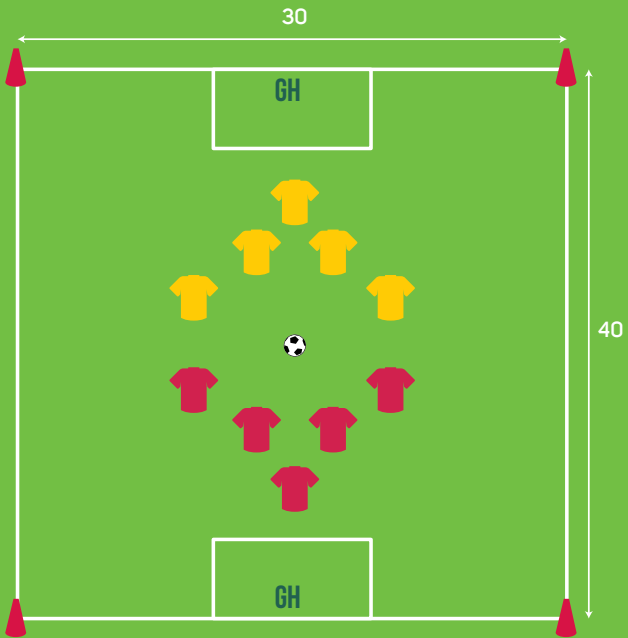
*Haysashada kubadda iyo in si sax ah qofku uu kubadda u dhiibo:*

**GOOL-DHALIN**

**XEER  
LA'AAN**

**KA-QAYBGALAYAAL  
10 AMA KA BADAN**

**QALAB  
CAAGAGGA SIDA  
TOOBINKA U SAMEYSAN  
KUBADDA CAGTA  
FUNAANADO  
TIIRARKA GOOLKA**



# Waxa la sameynayo

Ciyaartoyda ha isu qabanqaabiyaan oo ha dheelaan ciyaar aan lahayn wax xeer ah oo aan lahayn garsoore. Tababaraha ayaa si weyn carrabka ugu adkeynaya 'in aanu jirin wax xeer ah oo la raacayo'.

## **CIYAAR TAN KA YARA DUWAN:**

Ciyaartoyda waa in ay si wadajir ah u go'aansadaan xeerarka ka hor inta aaney ciyaartu bilaaban.

## **MUNAAQASHO DABA-SOCOTA WAXQABADKA**

Mar kasta garsoore ma ugu baahannahay ciyaraheenna sababtuse maxay tahay?

Carrabka ku adkee muhiimadda ay leedahay raacista xeerarka / shuruucda bulshadeenna iyo sida ay taasi u hubineyso in la helo deegaan nabadgelyo ay ka jirto. Ciyaartoydu waa in ay bartaan sida loo xalliyo khilaafaadka soo kala dhexgala iyo sida ay kuwa ka soo horjeeda ugula dhaqmi lahaayeen si xaq ku dheehan.

La xiriiriya arrintan nabad-ilaaliyeyaasha bulshooyinkiinna kala duwan.

### **Talooyin tababarenimo:**

*Aqoon u lahaanshaha xeerarka kubadda cagta, war-iskaarsiin iyo ciyaar xaq u ku dhisan.*

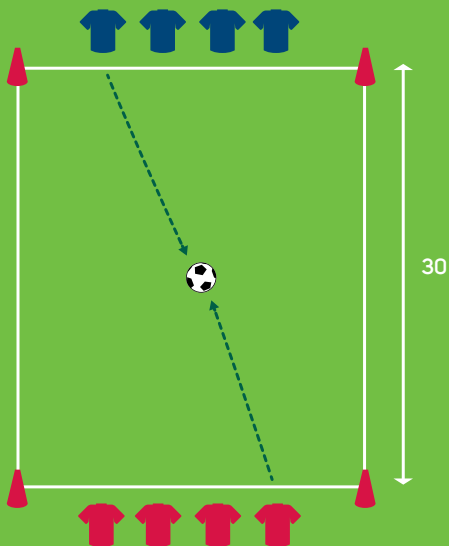
**Xeerarka iyo  
caadooyinku  
waxaa ay  
dhiirrigeliyaan  
nidaamka iyo  
kala- dambeynta  
bulshadeenna  
dhexdeeda!**

**GOOSGOOSMO**

**EWETE**

**KA-QAYBGALAYAAL  
6 AMAKA BADAN**

**QALAB  
CAAGAGGA SIDA  
TOOBINKA U SAMEYSAN  
KUBADDA CAGTA**





# Waxa la sameynayo

Dhis laba kooxood oo u oggolow in koox walba ay saf ka gasho xarriiqda bar-bilowga ah iyaga oo iska soo horjeeda oo kubaddana ay taallo meel dhexdooda ah oo masaafu isle'eg u jirta labada kooxood, oo ah bartanka garoonka. Min hal ciyaartoy oo labada kooxood ka kala tirsan ayaa soo ordaya marka la yeeriyo firimbiga. Midka hela kubadda ayaa isku dayaya in uu kubadda ula dhaqaaqo dhinaca kale isaga oo googonaya. Ciyaartoyga aan helin kubadda ayaa noqonaya difaac.

## **CIYAAR TAN KA YARA DUWAN:**

Ciyaartoyga ayaa gacanta ku qaadi kara kubadda halkii ay iyaga oo googonaya la ordi lahaayeen.

## **MUNAAQASHO DABA-SOCOTA WAXQABADKA**

Sidee qofku dareemayaa marka uu haysto kubadda oo uu ku khasbanaado in uu difaacno?

Maxay yihiin qaar ka mid ah xaaladaha innagu khasbaya in aan difaacno kheyraadkeenna iyo nafsaddeenna shakhsi ahaaneed?

Maxay yihiin qaar ka mid ah hababka nabadda ku dhisan oo aan u adeegsan karno in aan isku difaacno iyo in aan ku difaacno waxa aan aaminsannahay?

Sidee ayaan ula tacaamulnaa guusha aan helno iyo guul-darrada inala soo gudboonaata?


### ***Talooyin tababarenimo:***

*Xakameynta kubadda iyo difaaciddeeda.*

**Mararka  
qaar waan  
guuleysannaa  
mararka qaarna  
waa nalaga  
guuleystaa!**







**“Isboortigu dad  
buu socodsiya  
oo waxna  
baraa!”**