

GAME FOR LiFE

*Transforming Lives Through Sport
Supplementary Resource*



MR LOH NGIAP TAI



ABOUT MR LOH NGIAP TAI

- **NGIAP TAI IS THE DIRECTOR OF FOOTBALLPLUS, A CHARITY THAT USES VALUES-BASED FOOTBALL PROGRAMME TO IMPACT YOUTHS**
- **HE IS A QUALIFIED ASIAN FOOTBALL CONFEDERATION 'A' LICENSE COACH**
- **A COACH THAT ADVOCATES HIGH EMPHASIS ON VALUES-BASED LEARNING THROUGH SPORTS**
- **A COACH DEVELOPER WITH 20 YEARS OF COACHING EXPERIENCE**
- **HE IS A SEASONED MENTOR IN THE GAME FOR LIFE MENTORING PROGRAMME**
- **A STRONG BELIEVER THAT SPORT IS A PLATFORM TO TRANSFORM LIVES AND BUILD STRONGER COMMUNITIES**



KEY LESSONS FROM MR LOH NGIAP TAI

#1 -
TO COACH IS TO LOVE

#2 -
THERE IS STRENGTH IN GRATITUDE

#3 -
COACHING IS ABOUT RELATIONSHIPS

#4 -
ADDITIONAL INSIGHTS FROM MR LOH NGIAP TAI
-SUPPLEMENTARY EPISODE



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"Learn to teach your athletes how to treat others and themselves with respect" - Loh Ngiap Tai

#1 - TO COACH IS TO LOVE

Ngiap Tai sees the importance of a coach as the creator of the environment for athletes. To further explain it, he uses the analogy of how a gardener manages his/her processes to create an environment for the plants to grow well. This similar process can be adopted in coaching whereby coaches who plays the role of the gardener need to put in the effort to build that daily connection with their athletes. They are encouraged to think about 'What will their athletes become in future?' and to embrace that it is their role to nurture these athletes.

Through playing sports, Ngiap Tai observes that athletes and children can learn to make decisions on their own. Additionally, they will be exposed to discovering new parts about themselves. This sense of discovery always produces joy and wonder.

Ngiap Tai, often asks himself to why he loves coaching. His answers are firstly that he enjoys pursuing excellence in what he does, and that he aims to nurture that level of excellence in the players too. Another reason is, he feels the importance of love for people. Everyone regardless of their skills and abilities will still need to learn to love others. Sport helps to allow people to make that connection and athletes will get to know more about each other at a personal level.

PRACTICE TIME!

Ngiap Tai often asks himself about why he loves to coach.

- Pause and reflect about why you continue to have or originally had this passion for coaching. What are some processes/routines you can put in place in order to provide an ideal environment for your athletes to grow and thrive?

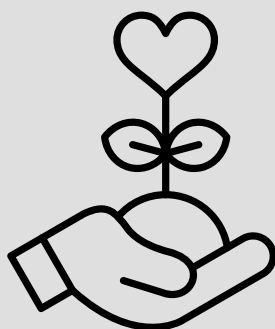
"Remember to ask yourself each day, what can you be thankful for?" - Loh Ngiap Tai

#2 - THERE IS STRENGTH IN GRATITUDE

In his journey as a coach in FootballPlus, Ngiap Tai shared on how the athletes are taught about the value of respect to help them learn and see the importance of working cooperatively with others. He structured this teaching by asking them appropriate questions to stimulate thinking players and helping them to support the growth of one another. This is a method in getting athletes to learn about values through sport.

Ngiap Tai shared that as coaches, we must not look only at the abilities of the players. Some of them do come from challenging backgrounds, hence there is a lot more behind a person. Coaches should be thankful that sport gives them this opportunity to impact athletes' lives positively. One way is by involving athletes in the community, giving practical help, being encouraging, and strengthening them in terms of the context that they are in.

Though there always seems to be additional effort and time required to go the extra miles for our athletes, Ngiap Tai reminds coaches that this action is influential. He feels that this entire process increases the level of trust with the athletes, their family, and most importantly it gives coaches that powerful impact because it gives a meaning to what they do every day.



PRACTICE TIME!

- Reflect and think on how you intend to include the values you want to teach your athletes into your coaching and your daily interaction outside training session with them.
- How would teaching of values enhance the team and athletes that you are coaching?

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"Relationships with people are what it is all about. You have to make players realise you care about them."

- Gregg Popovich (President and Head Coach of San Antonio Spurs. NBA)

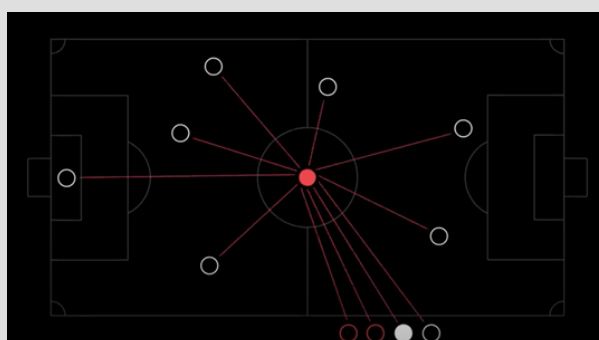
#3 - COACHING IS ABOUT RELATIONSHIPS

As a coach continues his/her coaching journey, it is important to build or tap on a community to get the support they need as they can learn from others, share experiences and learn good coaching practices.

As the leader of his teams, Ngiap Tai believes that a coach holds the key in ensuring how the team appreciate and validate each other. With strong leadership, the coach can guide and nurture his/her team to achieve the right values and goals.

Coaches need to understand that their worth as a coach does not change based on the colour of the medal that the team achieves. Successful coaches do not win all the time. Therefore, amidst the pressure of competition, coaches need to stay anchored on their coaching philosophy to deal with the emotions from the athletes and their own.

Coaching is so intricate that one is required to constantly have new knowledge to learn, grow and learn to deal with pressure. This process should be seen as a blessing, and coaches ought to be thankful to people who have invested time and effort to be part of their coaching journey.



PRACTICE TIME!

Coaching can sometimes be a lonely journey and at times, pressuring.

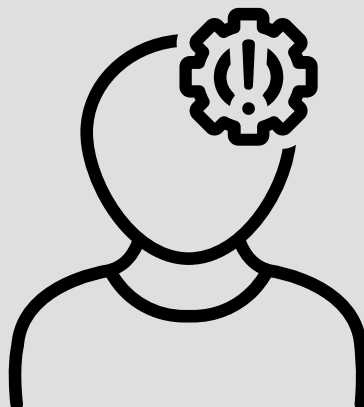
- What support system have you established for yourself as coach?
- Think about possible communities you can join in order to better yourself as a coach

#SUPPLEMENTARY EPISODE –

WHAT DO COACHES NEED TO POSSESS TO BE EFFECTIVE PROBLEM SOLVERS

Coaches need to have the will and determination to work on a problem. Ngiap Tai shared that coaches should balance those two qualities with some wisdom after gaining new knowledge and experiences from their past to help improve themselves in their coaching journey.

To be effective problem solvers, Ngiap Tai encourages coaches to attend courses as this is one way to gain knowledge and learn from others. He added that through joining a community and be willing to receive feedback, coaches can learn a lot more about themselves. Additionally, through having a mentor, coaches will also gain wisdom as mentors will see things from a different perspective that often is seen as coaches' blind spots.



PRACTICE TIME!

Based on Ngiap Tai's sharing, when a coach has a mentor, it will help him/her to grow as there will be someone else to help him/her to see things from a different perspective.

- What do you think about coaches having a mentor? Think about your own coaching team or environment. Think about the people whom you can possibly seek help to be your extra lens when you are coaching or when you are reflecting on your sessions.

#SUPPLEMENTARY EPISODE –

WHY EMBRACING VULNERABILITY IS KEY FOR A COACH'S GROWTH

It is important for coaches to embrace their vulnerability as no one is perfect and we all have our own areas of weakness. Should coaches adopt a positive mindset and is willing to work on their blind spots, this will turn them to be a coach with a growth mindset.

Coaching is a lifelong learning journey, and it is not determined by the number of certificates and trophies that coaches have gotten or number of courses they have attended. The process of growing helps coaches to eliminate the bigger challenges ahead and learn to empathize with others.



PRACTICE TIME!

Taking Ngiap Tai's advice about embracing vulnerability, think about some areas of improvements that you want to work on as a coach. List some methods that you would adopt to help yourself overcome it.

WELL DONE! 

You have completed this e-learning on SportSG-Ed! We hope you feel more motivated and inspired by all the sharing from Mr Loh Ngiap Tai.

We would love to see you put what you have reflected into your coaching sessions and practice it.

To find out more workshops for yourself and any other community practices, do follow us on,

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