



## PENGUIN INTERNATIONAL RUGBY FOOTBALL CLUB

*Rugby Football Union  
Kent County RFU*

### Cobra Coaches Development Week

13<sup>th</sup> - 21<sup>st</sup> July 2024

The Penguin Rugby Academy delivered another successful coaching excursion with longstanding partner the COBRA Rugby Club in Kuala Lumpur. Two experienced coaches from the Scottish club game delivered sessions across both club and schools, the aim being to further upskill the volunteer base within COBRA Rugby Club. There was delivery to a variety of age groups across the whole week building up to a coaches retreat at the weekend, where over 40 coaches were in attendance.



**Day 1 – 13 July 2024** – Rosco & Fergus had been awake for over 24hrs, but this didn't dampen their spirit. They were straight off the plane and on to the training paddock. After completing an initial classroom session with the U14/U15/U16's the players were then out on to the field. The field-based session focused on attacking space and looking at different attacking structures. The player engagement, work effort and enthusiasm they couldn't fault. The welcome and first impression of both the club and country were impressive!



**Day 2 – 14 July 2024** – Rosco and Fergus carried out observations of the COBRA coaches working with their specific age group teams, allowing them to introduce themselves and get an understanding as to what challenges the coaches face. The general feedback across all the age groups was they were looking for further ideas when it comes to session design, structure, activities and dealing with differing levels of ability within their squads/age groups.

**Day 3 – 15 July 2024** – The coaches had the morning to do some planning for the coaches retreat this coming weekend using the observations from the sessions carried out so far. The idea being to present back and get engagement from all those in attendance.

In the afternoon Rosco and Fergus led on classroom session and a field session with the COBRA U20 players where they focussed on contact skills in attack and defensive principles.



Day 3

**Day 4 – 16 July 2024** - Today the guys had their first opportunity to work directly with the COBRA coaches. They delivered a classroom session focused on 'Environment' and how we as coaches can provide the best experience for their players before we took to the field where Rosco ran two modelling sessions playing different coaching styles off against one another.



Day 4

**Day 5 – 17 July 2024** – The coaches had some free time today and also met up with Penguin Honorary Vice President Marc Daniel and headed out for dinner – a great evening!



Day 5

**Day 6 – 18 July 2024** – Rosco & Fergus visited two local schools where they ran one session in each school. SMK Sultan Abdul Samad and SMK La Salle PJ. The kids were a delight, and the highlight was definitely seeing them perform their own Haka! Their passion for the game was clear to see.



Day 6



**Day 7 – 19 July 2024** – All the COBRA coaches headed to Port Dickson for the start of our weekend COBRA Coaches Retreat! It started off with a classroom session delving into the detail of the ‘How’ skills, focusing on whole – part – whole and how the coaches can plan their sessions to cover skills, techniques and games.

Then the coaches headed outside for a practical session where Ross and Fergus demonstrated some games based coaching.

The COBRA coaches were brilliant and bought into the messages the Penguin coaches have been putting forward. Brilliant to see how COBRA have planned and managed the coaches development weekend as well.

Rosco & Fergus kicked off the evening entertainment by teaching the group a traditional Scottish ceilidh dance, which went down well. The Orcadian Strip the Willow definitely got the heart rate up! Perhaps a good warm-up activity?



**Day 8 – 20 July 2024** – The main focus for today’s session was to give the COBRA coaches a chance to put into practice what they had learned thus far. Each coaching group was tasked with designing a session which they would later deliver to their peers. Coaches were encouraged to be creative and think about how they might use the coaching tools they had been given.



**Day 9 – 21 July 2024** – The coaching retreat finished by having the COBRA coaches deliver their planned sessions to their peers under the watchful eye of the Rosco & Fergus. Penguin CEO Craig Brown also joined the group for 24hrs before he shot off again. Fergus & Scott were on hand to offer support and advice, a really valuable session! They coaches enjoyed their last supper and said goodbye to some new genuine friends and rugby companions. A once and lifetime opportunity and an example of how rugby brings people together from all over the world.



Thanks to Darryll and his team from COBRA for organising the week and thanks to Fergus Scott and Ross Young, the Penguin Coaches who lead a brilliant 9 days of coach and player development.