



## PENGUIN INTERNATIONAL RUGBY FOOTBALL CLUB

Rugby Football Union  
Kent County RFU

### COBRA Coaches Development Week – COBRA Rugby Club



Kuala Lumpur - 18th – 26<sup>th</sup> August 2025

By Flo Rossigneur and Ryan Grant

#### Day 1: Arrival Day – 18 August

The August 2025 Malaysia rugby development program continued Penguin Rugby's longstanding tradition of international coaching, with a strong emphasis on grassroots growth and coach education since 2004. This initiative further strengthened Malaysian rugby by forming partnerships with local schools and clubs, as well as providing valuable training opportunities for coaches. **Ryan Grant** and **Flo Rossigneur**, were warmly welcomed to **Cobra Rugby Club** by a group comprising Marcelle, Sid, Sean, Cherian, Darryll, Franky, Farina, and May

Ann. These individuals, all key members of the Cobra rugby community, ranging from club officials and organizers to resolute coaches and volunteers, played an instrumental role in facilitating the visit and ensuring its success. The warm reception underscored the importance of collaboration in nurturing rugby talent and promoting the sport's development at the grassroots level in Malaysia.



Flo

Ryan

#### Day 2: 19 August – SK Damansara Jaya Primary School

The rugby development program continued at SK Damansara Jaya Primary School, where a total of sixty children aged between 7 and 12 took part in a day of rugby activities led by coaches **Ryan Grant** and **Flo Rossigneur**. The primary aim of the session was to introduce the fundamentals of rugby and foster the growth and development of young players. To ensure the activities were age-appropriate and effective, the participants were divided into two groups: ages 7–9 and 10–12.





The day began at 8:00 am with the arrival of the coaches, followed by a warm welcome and presentation of souvenirs at the school canteen. This opening segment set a positive tone for the day, allowing the coaches and school representatives to exchange greetings and mark the occasion.

After the welcome, there was a guided tour of the school compound from 8:15 to 8:30 am, giving the visiting coaches an opportunity to familiarize themselves with the school environment and facilities.

The rugby training commenced at 8:30 am. For the



younger group, activities centered on passing drills down the line, focusing on the development of basic ball-handling skills and teamwork. The older group, meanwhile, undertook contact passing exercises designed to introduce more advanced rugby techniques and encourage confident play.

At 9:30 am, the children and coaches gathered for a group photo session, capturing the spirit of the day and the enthusiasm of all involved. This was followed by a brunch break from 9:40 to 10:00 am, providing a chance for informal interaction and reflection.



Throughout the visit, coaches **Ryan Grant** and **Flo Rossigneux** engaged with School Principal **Razwan**, the Cobra Club rugby coach affiliated with the school, and members of the physical education staff. These discussions focused on ongoing rugby development initiatives, strengthening the partnership between the school, Cobra Club, and the wider rugby community.

### Day 3: Cobra Club U16 Training

The third day of the rugby development program was marked by challenging weather conditions, as rain and lightning led to the cancellation of the planned senior training session. Nevertheless, the coaching team successfully adapted by focusing on the U16 squad, which comprised twenty-eight players. Training was restructured to maximize learning opportunities despite the disruption, with the session



divided between indoor and outdoor activities—45 minutes indoors followed by an hour outdoors.

### Indoor Training Segment

During the indoor session, the emphasis was placed on refining fundamental passing and handling techniques down the line. Players practiced four classic passing and running lines within channels: straight running, miss-one, over/under, and under/over. This allowed the squad to develop precision, timing, and the ability to execute a range of attacking patterns even in a confined space.



### Outdoor Drills

Once conditions permitted, the players moved outdoors to build on their skills with practical drills. The outdoor segment featured exercises via an L-shaped drill, teaching players how to control defenders and create space for supporting teammates. In addition, 4v3 attacking drills were conducted against a disorganized defense, helping the players refining to fixing player positioning and develop their offload skills in dynamic game scenarios.

### Touch Rugby Game

The session concluded with a 14v14 touch rugby game, introducing a rule that allowed forward passes after four touches. This adaptation encouraged fast decision-making and further honed the players' ball-handling abilities, reinforcing the skills developed throughout the day.



## **Day 4: School Visit in the morning and Cobra Rugby Club Sessions late afternoon**

The morning session took place from 8:00 to 10:00 am at SK SRI Serdang primary school and involved twenty pupils between the ages of 7 and 12. During this time, participants practiced several drills that had been introduced on Day 2. Activities included:

- Static pass-down-the-line games.
- Linear passing drills moving forward.
- Square drills with pop passes in the middle.
- Kicking tennis.
- Touch rugby.



The afternoon sessions at Cobra Club from 5:00 to 7:00 pm involved twenty-five players from U9 to U11 teams, focusing on:

- Passing and handling along passing and running lines in channels.
- Encouraging player depth and support lines.
- Controlling defenders through L-shaped drills to create attacking space.
- Implementation of touch rugby games to reinforce skills.

From 8:00 to 10:00 pm, 12 Cobra coaches from various age groups participated in a development session covering:

- Basic principles of coaching delivery.
- Assessment and resetting their coaching processes.
- Emphasis on positive feedback and praise to players.
- Discussing how Building a collaborative peer platform within the Club for ongoing development



This Q&A session allowed **Flo Rossigneur** to address individual coaching questions and challenges, fostering a personalized learning environment for the coaches.



#### **Day 5: Cobra Club U13/14 Training and fellowship reception**

At 3:00 pm, 30 players from the Cobra U13 and U14 teams trained with emphasis on:

Supporting player depth during phases of play.

Tackling drills incorporating L-shaped movements, one-on-one defensive engagements down the line, channel beat shields, and contact bag work.

The session culminated in rotating touch games and a 15v15 full-contact rugby game to apply skills in a competitive context.

The morning school session was unfortunately cancelled to accommodate program adjustments.

At 6:00 pm, a fellowship reception organized by the Club management was held at the Cobra Club to celebrate KL rugby actors including the like of Penguins International friends **TJ, Boon, Charlie Wong** who have fostering connections and shared commitment to rugby development for many years.

Later in the evening, the Penguin Rugby coaches, Flo and Ryan departed for Melaka to assist at the upcoming youth rugby tournament.

### Day 6: Melaka Youth Rugby Tournament Support

#### Coaches **Ryan Grant** and **Flo**

**Rossigneux** supported the youth players from Cobra Rugby Club competing at the Melaka CM Cup Rugby Tournament, encouraging skill application and competitive spirit among emerging talents.



### Day 7: Return to the UK

The trip concluded, marked new friendships, and strengthened connections aimed at fostering rugby development in Malaysia. The experience reaffirmed Ryan and Flo's belief that rugby is a sport bigger than any individual—one that should be shared widely to develop the men and women of tomorrow.



Thanks to Darryll, Felix, Marcelle, Matt and the rest of the team from COBRA and thank you to the Penguin Rugby Charity for making this opportunity possible.