



PENGUIN INTERNATIONAL RUGBY FOOTBALL CLUB

Penguin Coaching Academy World Rugby Level 2 Coaching Course Gibraltar, 16th to 19th May2024

Report by Dave Cockburn and Alun Harries

The Penguin Coaching Academy, in conjunction with World Rugby and our partner, Gibraltar Rugby (GR), delivered a World Rugby Level Two coaching course at Europa Point in Gibraltar, from Friday 16th to Sunday 19th May 2024.

The course was set up by Alun Harries, World Rugby Coach Trainer, Tom Reid, Gibraltar Rugby Development Officer, in conjunction with Chad Thomson General Secretary of Gibraltar Rugby.

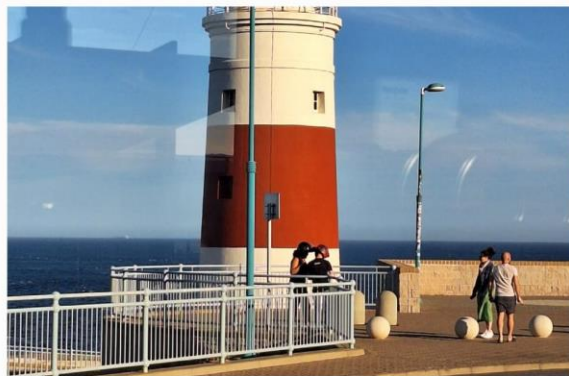
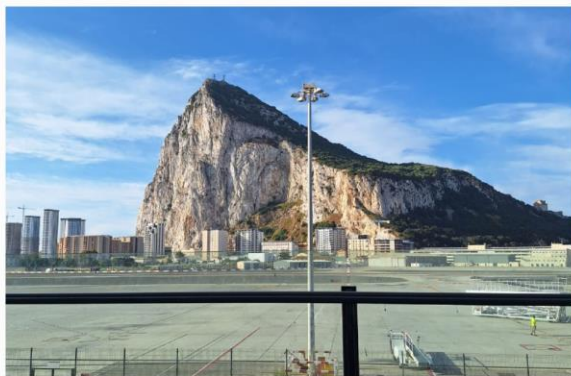
The course was facilitated by Gibraltar Rugby at Europa Point and delivered and assessed by Penguin Coaching Academy coaches Alun Harries and Dave Cockburn, who are both accredited World Rugby Coach Educators.

Ten participants undertook the course which looked at Values and Philosophy, Planning, Delivery, Session Review, Communication, Technical and Tactical knowledge and Practice, and Safe Environment.

A lot of hard work and commitment was shown by the group both in session plan preparation and delivery of sessions.

It is our hope that Gibraltar Rugby Union will progress in its ambition to create a mentoring scheme to further the Knowledge and Understanding of all of its coaches with the help of the Penguin Coaching Academy.





Thanks to all who contributed to making the course the success that it was and we look forward to working with the coaches on the next phase of their coaching journey.