



Continuous Professional Development (CPD) means maintaining, improving and broadening knowledge and skills relating to a particular area. Information and knowledge on young people and sport is constantly changing as new ideas and techniques on training and health / wellbeing are released. It is important that coaches are up to date with this knowledge to effectively implement programmes that maximise the potential and enjoyment of children and young people in hockey and any given activity associated with playing the sport.

CPD can take many forms from reading up to date literature to attending relevant courses and workshops. Irish Hockey, Sport Northern Ireland, Local Authorities and other Agencies provide regular courses, workshops and seminars on an annual basis such as IHA Hooked conference, IHA Stepping Stones, Sport NI Skills 4 Sport, Fundamental Movement Skills as well as Nutrition & Hydration Courses to name a few.

Details of such courses can be found through contacting an Ulster Hockey Development Officer or through your local council and Sport Northern Ireland.

[www.sportni.net/coaching/coach\\_ed\\_workshops.htm](http://www.sportni.net/coaching/coach_ed_workshops.htm)