

The study aimed to investigate the 14 Psychological Techniques Used by the Chiang Mai Sport Association Coaches . The 14 Techniques has been put into 3 groups nameiy ; the actual Techniques currentiy used by coaches . The Techniques That coaches needed to know more about , and the ideal Technique that coaches were likeiy to Used . The group of 45 coaches in the year 2002 were selected , and data were collected through questionairre . The SPSS computer program were Used to analyzed the data for percentage , means. and standard deviation.

The results showed that:

1. Regarding to the actued Techniques used by coaches , all 14 main Techniques with 42 sub - Techniques has been used at high level . The Techniques that has been frequently used were ; 1) emotional Controlling Technique which concentrated upon urging the sportsmen to keep cool when provoked by the opponents , 2) goal Setting Technique which concentrated upon training goal , for example, table of training session , 3) anxiety and Stress Control in Competition Techniques, and 4) Mental Toughness Technique which concentrated upon urging the athlete to be ready for any situation. while both training and competing.

2. Regarding to the needed to know Techniques . The Chiang Mai Sport Association 14 Sport Science coaches nced to know more in all 14 techniques with the first 4 techniques were stated out as 1) Mental Toughness Techniques . 2) Coachability Technique , 3) Mental Imagery Practice Imagery Technique , 4) Individual Motivation Technique , respectively

3. Regarding to the ideal Technique that coaches were like to put into training processes were  
1) Coachability Technique, 2) Individual Motivation Technique , 3) Mental  
ToughnessTechnique , and 4) Anxiety and Stress Controlling Competition Technique ,  
respectively.