

**RESPONISBILITY AND DIFFICULTY OF COACHES IN SELECTION OF ATHLETES
FOR SPORTS MEET**

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ABSTRACT

The field of sports psychology is based on the idea that psychological attributes and mental skills also contribute to the development of athlete success. While selecting athletes for a particular meet coach's initial priority may be an athlete's physical attributes, as that is what allows them to compete. During the recruiting process, contact between the coach and athlete is limited. In the present study, the interview method was used as a tool where coaches were termed as subjects of four reputed Schools and Colleges of Gulbarga (Karnataka) where they asked series of open-ended questions. It's based on a guide used by Jackson (1995). Qualitative data analysis techniques were used to transcribe, interpret, and code subjects' responses as originally proposed by Patton (1990) and successfully adapted and supported by Scanlan, Ravizza, and Stein (1989). Results of this study drawn from the interviews appear to indicate that mental grounding is tremendously significant factor influencing athletes and must be persistently trained and refined. More time should be dedicated to practice and enhanced sharpen the psychological techniques available in order to reach consistent high levels of performance. Coaches discussed more established and detailed cognitive strategies to achieve optimal performance. With this research, athletes and coaches can gain a better understanding of the psychological facts in combination with the physical expertise that affect the success of an athlete.