



TEAM ROSTER

A sortable coaching roster turns nine completed DISC profiles into quick, practical cues.

FICTIONAL SAMPLE DATA

Locker Room > Harbor Ridge Golf

HARBOR RIDGE GOLF

Golf · 2026 Spring

Invite player

Roster			Compare athletes →
Locker Room			
Lineup Lab			
ATHLETE	DISC ↓	HOW TO COACH	
Camryn Ellis	Dominance / Inspiration	Be direct, competitive, and brief.	
Jordan Rivera	Dominance / Conscientious	Set a precise target, then give her ownership of the plan.	
Morgan Lee	Inspiration	Let her talk through the read, then channel the energy.	
Sofia Bennett	Inspiration / Steady	Keep feedback upbeat and connect the adjustment to her next shot.	
Taylor Okafor	Steady	Use a calm pace and reinforce a dependable pre-shot routine.	
Reese Nguyen	Steady / Inspiration	Build confidence with specific positive feedback.	
Casey Morgan	Balanced / Steady	Invite questions and keep expectations consistent.	
Amina Foster	Conscientious / Dominance	Bring evidence, precision, and a measurable practice goal.	
Priya Shah	Conscientious / Steady	Explain the why and define the details that matter.	

COMPARE ATHLETES

Side-by-side coach cards help a coach think through communication, pairings, captains, and lineups.

FICTIONAL SAMPLE DATA

[← Back to roster](#)

COMPARE ATHLETES

Two coach cards side by side — for pairings, captains, and lineups.

ATHLETE A **Priya Shah**ATHLETE B **Jordan Rivera**

PRIYA SHAH

Conscientious / Steady

Priya brings a conscientious / steady approach to competition, communication, and learning.

HOW TO COACH

- Explain the why and define the details that matter.

HOW TO MOTIVATE

- Make progress visible and connect it to an on-course situation.

HOW THEY LEARN

- Demonstrate the adjustment, then let her repeat it with one clear cue.

UNDER PRESSURE

- May speed up or lose the usual rhythm when the moment feels urgent.

RAISE THE ENERGY

WATCH FOR

- Do not stack several corrections at once.

SELF-TALK

- One shot. Trust the routine. Commit to the target.

JORDAN RIVERA

Dominance / Conscientious

Jordan is a decisive, detail-aware competitor who likes a clear target and a purposeful plan. She responds best to direct coaching that leaves room for ownership between shots.

HOW TO COACH

- Set a precise target, then give her ownership of the plan.

HOW TO MOTIVATE

- Make progress visible and connect it to an on-course situation.

HOW THEY LEARN

- Demonstrate the adjustment, then let her repeat it with one clear cue.

UNDER PRESSURE

- May speed up or lose the usual rhythm when the moment feels urgent.

LOWER THE TEMPERATURE

WATCH FOR

- Do not stack several corrections at once.

SELF-TALK

- One shot. Trust the routine. Commit to the target.

LOCKER ROOM MAP

The team's styles are plotted in shared DISC space so a coach can see the mix at a glance.

FICTIONAL SAMPLE DATA

Locker Room > Harbor Ridge Golf

HARBOR RIDGE GOLF

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Invite player

Roster

Locker Room

Lineup Lab

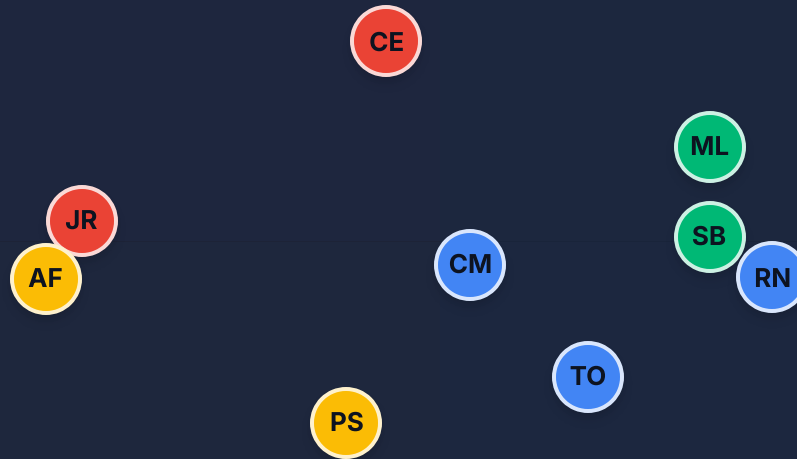
Compare athletes →

D DRIVERS

I SPARKS

C STUDENTS

S ANCHORS



Corners are pure styles — blends sit between zones, balanced athletes near the center.

LINEUP LAB

The real golf lineup tool balances leadership and chemistry; it explicitly does not score talent.

FICTIONAL SAMPLE DATA

Locker Room > Harbor Ridge Golf

HARBOR RIDGE GOLF

Golf · 2026 Spring

Invite player

Roster

Locker Room

Lineup Lab

Compare athletes →

Chemistry & leadership balance — **not talent**. Use it next to your eye for skill and matchups; it never replaces it.

P1

Jordan Rivera

FLOOR GENERAL

Jordan Rivera



P2

Sofia Bennett

SPARK / CONNECTOR

Sofia Bennett



P3

Taylor Okafor

ANCHOR / GLUE

Taylor Okafor



P4

Priya Shah

ANALYST / SYSTEM

Priya Shah



P5

Camryn Ellis

FLOOR GENERAL

Camryn Ellis



100

/ 100 chemistry balance

- ✓ Leadership — Camryn Ellis
- ✓ Voice — Sofia Bennett
- ✓ Anchor — Taylor Okafor
- ✓ Composure / IQ — Priya Shah

COACH VIEW OF ATHLETE REPORT

The read-only coach card summarizes how Jordan prefers to be coached before the full shared report.

FICTIONAL SAMPLE DATA

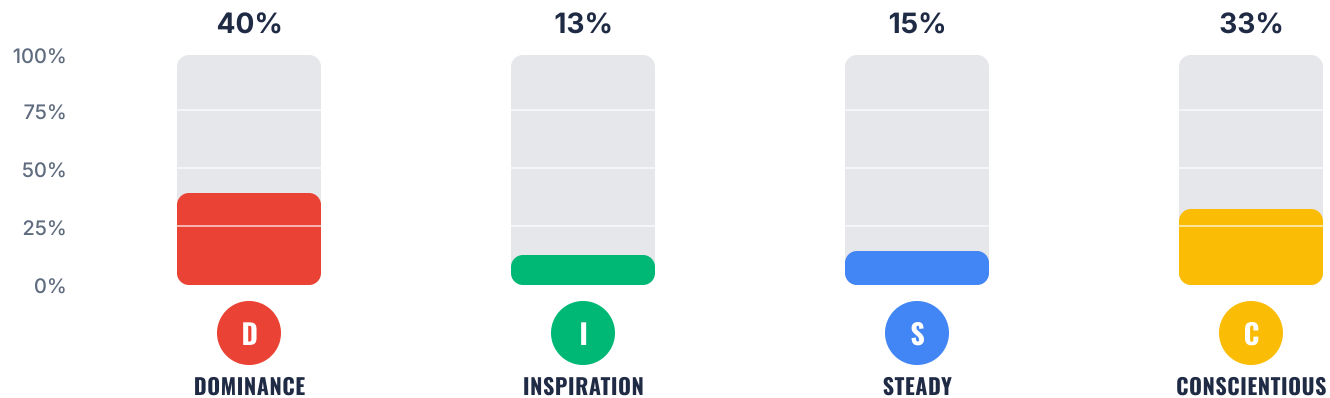
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SHARED GOLF PROFILE · READ-ONLY

JORDAN RIVERA

Dominance / Conscientious

Jordan is a decisive, detail-aware competitor who likes a clear target and a purposeful plan. She responds best to direct coaching that leaves room for ownership between shots.



HOW TO COACH

- Set a precise target, then give her ownership of the plan.

HOW THEY LEARN

- Demonstrate the adjustment, then let her repeat it with one clear cue.

WATCH FOR

- Do not stack several corrections at once.

HOW TO MOTIVATE

- Make progress visible and connect it to an on-course situation.

UNDER PRESSURE

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LOWER THE TEMPERATURE

SELF-TALK

- One shot. Trust the routine. Commit to the target.



COACH TEAM SCREEN SAMPLE · FULL SHARED ATHLETE REPORT



JORDAN'S FULL REPORT



● **DOMINANCE** / ● **CONSCIENTIOUS**

A combination of your two strongest traits — they're within 20% of each other.

THE SAME PUBLISHED GOLF CONTENT THE ATHLETE SEES, SHOWN HERE IN THE COACH'S READ-ONLY VIEWER.

JORDAN'S RESULTS

- > Competitive
- > Exacting
- > Focused on Results
- > Factual
- > Task-Oriented
- > Analytical

EMBRACE YOUR STYLE

Your Dominance/Conscientious blend DISC Style is an important part of who you are as a golfer!

YOUR DISC STYLE IN ACTION

FICTIONAL SAMPLE DATA

Like all DISC Styles, your style has certain traits that can work for you, or might hold you back, depending on how you manage them. Examples from your profile are listed below. Keep in mind that a strength can be “over-done” and become a weakness.

WORKING FOR YOU

COMPETITIVE & EXACTING:

Jordan has high expectations for her game and a strong desire to avoid making mistakes.

COULD HOLD YOU BACK

COMPETITIVE & EXACTING:

Jordan can be quite hard on herself with negative self-talk when not playing up to her expectations.

WORKING FOR YOU

DETERMINED:

Jordan is usually quite determined and energized over the ball as her playing the shot.

COULD HOLD YOU BACK

DETERMINED:

Jordan’s strong determination can create excessive body tension that leads to feeling tight and trying to force good shots.

WORKING FOR YOU

ANALYTICAL:

Jordan’s strong analytical traits help her understand what she is working on with her swing and how it affects ball flight.

COULD HOLD YOU BACK

ANALYTICAL:

Jordan sometimes over-analyzes what she is working on and mentally gets in the way of making her best swing.

Golf Temperament Tendencies

Strong Determination

Jordan’s competitive nature and strong focus on results are at the core of her golf temperament style. She is very determined and looks forward to competing against the course, other players, and her own expectations for her game.

Exacting Nature

With Jordan’s exacting thinking style, she has a strong desire to do things correctly and avoid making mistakes. She instinctively views problems with her game as both analytical and competitive challenges to overcome.

Intensity Can Work Both Ways

At her best, Jordan’s rather intense style would be described as competitively driven and mentally focused. At her worst, she is overly intense, easily frustrated, and has unrealistic expectations for her game. *Learning to use positive self-talk phrases to quickly turn frustration back into positive energy, will help her stay closer to her emotional best regardless of how she is playing.

My Mental Game Locker · All team and athlete data in this sample is fictional

Pre-Round Tendencies

FICTIONAL SAMPLE DATA

Quality Preparation Fits Natural Style

Jordan is usually more intent on preparing to play than socializing with others before the round. she instinctively understands that good preparation increases her odds of getting the round off to a good start. *She can reinforce this mindset by developing a quality warm-up routine, and using it on a consistent basis from round to round.

Rehearse Some Actual Shots

Jordan sometimes focuses more on mechanics as she is warming up, than on getting ready to play shots the same way she'll play them on the course. *Taking a few minutes to "rehearse" some shots - like the par 3 tee shots - as if she is actually playing them during the round, will help give her a good feel for playing with the same pre-shot routine and thought processes she'll use on the course.

Get Settled and Focused

At her best, Jordan steps on the first tee settled and focused, and in her normal "ready to compete" mindset. *Allowing adequate time to warm up at a relaxed and comfortable pace is a key strategy for helping her be at her best right from the start of the round.

Tendencies When Playing Shots

Beware Of Excess Body Tension

Jordan's rather intense style can either work for her, or against her, as she is playing a shot. At her best, she is energized and focused, yet relaxed enough to make her best swing. At other times, excessive body tension leads to feeling tight and trying to force good shots. *Incorporating deep breathing into her pre-shot routine, will help reduce tension and promote good tempo and range of motion with her swing.

Analytical Traits Can Work Both Ways

Jordan's analytical traits are an asset in helping her understand what she is doing with her swing mechanics and how they affect ball flight. On the other hand, these same analytical traits can sometimes lead to over thinking what she is doing over the ball, and get in the way of making her best swing.

See The Shot and Feel My Swing

The good shots come easiest for Jordan when she is playing with more of a "see the shot and feel my swing" approach that frees her up to make her best swing, as opposed to trying to mentally program her swing over the ball. *Practicing her visualization skills, and keeping thoughts about her swing simple and feel-oriented through good coaching and practice, are especially helpful strategies for analytical style thinkers like her. This also applies to her putting and short game.

Course Management Tendencies

Balanced Style Is A Strength

Jordan's course management style is a unique balance of aggressive tendencies from the Dominance side of her DISC style, and more conservative traits from the Conscientious side. her shot selection decisions tend to show more balance than players who lean definitively towards either a bold or conservative approach.

Situational Decision Maker

At her best, Jordan makes shot selection choices situationally – more aggressive when the odds are in her favor, and more conservative to protect her score when the odds are against her. Jack Nicklaus used this same balanced course management style to great advantage in building the greatest major championship record the game has ever known.

Reinforce Your Balanced Style

*Jordan can reinforce the strength of her balanced course management style by developing a game plan and making certain strategy decisions before the round begins. For example, by deciding which holes to play conservatively off the tee as part of her game plan, she'll likely be fully committed to these shots as she plays them during the round.

Approach To Game Improvement

Set Goals To Add Clarity

Jordan views golf as an ongoing challenge and often has thoughts about improving her game. she can help add clarity and create a clear sense of direction for working on her game by creating a few meaningful goals, and developing an action plan for accomplishing them.

FIGURE 4: SAMPLE DATA

Play Into Your Competitive Nature

Also, from a game improvement standpoint, Jordan can play into her natural competitive nature by spending part of her practice time *using drills and games that simulate “on the course” competitive situations. The more she can make her practice sessions feel like actually playing golf, the more likely her practice will produce actual improvement on the course.

My *Strategies For Improved Performance On The Course

Golf Temperament – At my best, I...

...enjoy playing with my natural competitively driven and mentally focused mindset.
...keep expectations for my game at a challenging, but realistic level.
...*use positive self-talk phrases to quickly turn frustration back into positive energy.

Pre-Round Preparation – At my best, I...

...allow adequate time to ***warm up with a quality routine** at a relaxed and comfortable pace.
..."rehearse" some actual shots I'll face during the round to get a good feel for playing with the same pre-shot routine and thought processes I'll use on the course.
...step on the first tee settled and focused, and in my normal "ready to compete" mindset.

Playing Shots – At my best, I...

...keep thoughts about my swing and putting stroke simple and feel-oriented through good coaching and practice.
...incorporate deep breathing into my ***pre-shot routine** to reduce body tension and promote good tempo and freedom of motion with my swing.
...play with a "see the shot and feel my swing" approach that frees me up to make my best swing.

Course Management – At my best, I...

...make course management decisions situationally – aggressive when the odds are in my favor, and conservative when faced with potentially risky shots.
...reinforce the strength of my balanced course management style by ***developing a game plan** and making certain strategy decisions before the round begins.

Customizing Your “Positive Self-Talk Phrases”

“Jordan At her Best” says...

“...I enjoy playing with my natural competitively driven and mentally focused mindset.
...I use ***positive self-talk phrases** to quickly turn frustration back into positive energy.”

Customizing “Your Warm-Up Routine”

“Jordan At her Best” says...

“...I allow adequate time to ***warm up with a quality routine** at a relaxed and comfortable pace.
...I ***“rehearse”** some actual shots I'll face during the round to get a good feel for playing with the same pre-shot routine and thought processes I'll use on the course.
...I step on the first tee settled and focused, and in my normal “ready to compete” mindset.”

Customizing “Your Pre-Shot Routine”

“Jordan At her Best” says...

FICTIONAL SAMPLE DATA

“...I keep thoughts about my swing and putting stroke simple and feel-oriented through good coaching and practice.
...I incorporate deep breathing into my *pre-shot routine to reduce body tension and promote good tempo and freedom of motion with my swing.
...I play with a * “see the shot and feel my swing” approach that frees me up to make my best swing.”

Customizing “Your Game Plan Strategies”

“Jordan At her Best” says...

“...I make course management decisions situationally – aggressive when the odds are in my favor, and conservative when faced with potentially risky shots.
...I reinforce the strength of my balanced course management style by *developing a game plan and making certain strategy decisions before the round begins.”

Goals & Practice Strategies

Players with your **Dominance/Conscientious DISC Style** tend to view golf as an ongoing challenge and often has thoughts about improving her game.

- › Add clarity and create a clear sense of direction for improving your game by **setting a meaningful goal** in the space below.
- › Use the process below to **customize your practice strategies**.

The more your practice feels like actually playing golf, the more apt it will lead to improved performance on the course!!

Insights For Golf Instructors

- Jordan prefers orderly processes – make your coaching points at a moderate pace and in a concise and organized manner. Rambling from point to point will take away from the orderly learning environment she prefers.
- her competitive and exacting nature often creates excessive tension that gets in the way of making her best swing. Reinforcing simple strategies like incorporating deep breathing into her pre-shot routine, and maintaining moderate grip pressure at address will help her relax and promote good tempo and range of motion with her swing.
- Jordan is quite analytical and often over-thinks what she is doing. Help her simplify thoughts about her mechanics, and don't overload her with data from video analysis or other technology.
- Jordan seeks clarity when she is working on her game. Help her create a clear sense of direction for improving her game by collaborating with her on the goal-setting and action plan process in Section 3 of her report.

Engaging Jordan's Visual and Feel-Oriented Learning Senses

Why: Jordan might focus on mechanics to the point she neglects other aspects of her game like tempo, range of motion, and visualizing the shot. Engaging her visual and feel-oriented senses will provide a nice balance to her strong analytical learning tendencies.

How: Along with utilizing drills and training aids that help create the desired "feel" for a desired motion, you can further engage these senses with "look and feel," type suggestions and questions like these –

"Describe what your tempo feels like when you swing at 50% effort."

"Tell me how various areas of your body feel with this set-up position."

"Which is easier for you to visualize when you're playing under pressure– a right to left, or left to right ball flight?"

"Think of your swing as being one continuous motion, as opposed to a series of 'positions' throughout the swing."

Insights For Fitness Coaches

Jordan is quite competitive and will view improving her golf fitness as part of "paying the price" for moving her game to a higher level. she will prefer a fairly orderly workout environment, so make your coaching points in an organized and concise manner.

o she likes to know the facts, so spend time upfront doing an initial assessment that helps her understand how any specific limitations inflexibility, strength, balance and overall fitness are affecting her swing.

o Jordan is very task-oriented and will work hard to prove she can meet the expectations of her program. Let her know when she is making progress, even if it's coming in incremental steps.

o Jordan's rather intense style can get in the way of receiving full benefit from stretching and flexibility exercises. Reinforce deep breathing to reduce body tension will help her get the most out of stretching and flexibility exercises.

Engaging Jordan's Visual and Feel-Oriented Learning Senses –

Why: Jordan will want to be technically correct as she is performing exercises. Engaging her visual and feel-oriented senses will help relax the learning process of her and make it easier for her to learn proper technique.

How: Along with demonstrating an exercise and asking her to imitate what she sees, you can further engage her natural visual and feel-oriented learning tendencies with "look and feel" type suggestions and questions like these –

"Describe how various areas of your body feel when you perform this exercise."

"Can you demonstrate how this specific limitation in your flexibility is affecting your swing and range of motion?"

"Show me how your swing will look once you're stronger and more flexible."