



TEAM ROSTER

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

FICTIONAL SAMPLE DATA

Locker Room > Harbor City Comets

HARBOR CITY COMETS

Softball · 2026 Spring

Invite player

Roster			Compare athletes →
ATHLETE	DISC ↓	HOW TO COACH	
Zoe Washington	Dominance / Inspiration	Be direct, competitive, and brief.	
Avery Brooks	Dominance / Conscientious	Set a clear target, then give her ownership.	
Elena Ruiz	Inspiration	Let her talk it through, then channel the energy.	
Maya Torres	Inspiration / Steady	Connect the skill to the team and keep feedback upbeat.	
Jordan Kim	Steady	Use a calm pace and reinforce dependable progress.	
Harper Nguyen	Steady / Inspiration	Build confidence with specific positive feedback.	
Riley Morgan	Balanced / Steady	Invite questions and keep expectations consistent.	
Camille Foster	Conscientious / Dominance	Bring evidence, precision, and a measurable goal.	
Nora Patel	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

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COMPARE ATHLETES

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

ATHLETE A **Avery Brooks**ATHLETE B **Maya Torres**

AVERY BROOKS

Dominance / Conscientious

Avery brings a dominance / conscientious approach to competition, communication, and learning.

HOW TO COACH

- Set a clear target, then give her ownership.

HOW TO MOTIVATE

- Make progress visible and connect it to a game situation.

HOW THEY LEARN

- Demonstrate the move, 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 pitch. Trust the work. Compete together.

MAYA TORRES

Inspiration / Steady

Maya is an optimistic, people-aware competitor who brings steady energy to the field. She responds best to positive, practical coaching and helps teammates feel connected.

HOW TO COACH

- Connect the skill to the team and keep feedback upbeat.

HOW TO MOTIVATE

- Make progress visible and connect it to a game situation.

HOW THEY LEARN

- Demonstrate the move, 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.

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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 City Comets

HARBOR CITY COMETS

Softball · 2026 Spring

Invite player

Roster

Locker Room

Lineup Lab

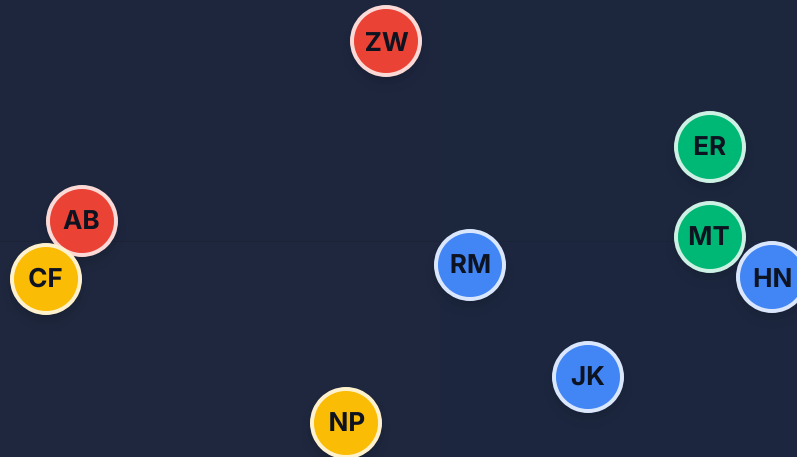
Compare athletes →

D DRIVERS

I SPARKS

C STUDENTS

S ANCHORS



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

Locker Room > Harbor City Comets

HARBOR CITY COMETS

Softball · 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.

P

Avery Brooks
FLOOR GENERAL

Avery Brooks

C

Maya Torres
SPARK / CONNECTOR

Maya Torres

1B

Jordan Kim
ANCHOR / GLUE

Jordan Kim

2B

Nora Patel
ANALYST / SYSTEM

Nora Patel

3B

Zoe Washington
FLOOR GENERAL

Zoe Washington

SS

Elena Ruiz
SPARK / CONNECTOR

Elena Ruiz

LF

Harper Nguyen
ANCHOR / GLUE

Harper Nguyen

CF

Camille Foster
ANALYST / SYSTEM

Camille Foster

RF

Riley Morgan
ANCHOR / GLUE

Riley Morgan

100 / 100 chemistry balance

- ✓ Leadership — Zoe Washington
- ✓ Voice — Elena Ruiz
- ✓ Anchor — Jordan Kim
- ✓ Composure / IQ — Camille Foster

COACH VIEW OF ATHLETE REPORT

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

FICTIONAL SAMPLE DATA

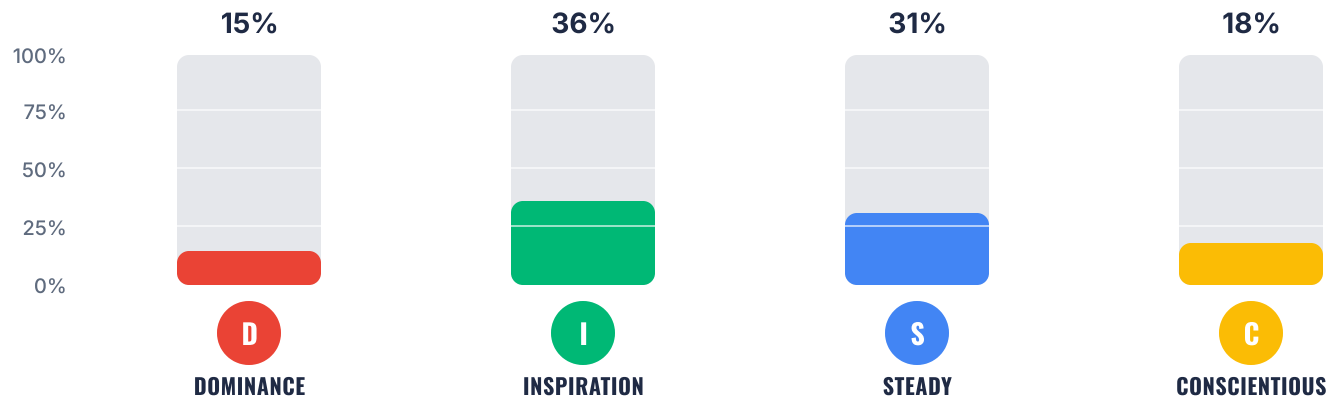
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SHARED SOFTBALL PROFILE · READ-ONLY

MAYA TORRES

Inspiration / Steady

Maya is an optimistic, people-aware competitor who brings steady energy to the field. She responds best to positive, practical coaching and helps teammates feel connected.



HOW TO COACH

- Connect the skill to the team and keep feedback upbeat.

HOW THEY LEARN

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

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- Do not stack several corrections at once.

HOW TO MOTIVATE

- Make progress visible and connect it to a game situation.

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RAISE THE ENERGY

SELF-TALK

- One pitch. Trust the work. Compete together.



COACH TEAM SCREEN SAMPLE · FULL SHARED ATHLETE REPORT



MAYA'S FULL REPORT



● **INSPIRATION** / ● **STEADY**

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

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

MAYA'S RESULTS

- > Optimistic
- > Relaxed
- > Easy-Going
- > Steady
- > Visual & Feel-Oriented
- > Balanced Decisions

EMBRACE YOUR STYLE

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. Keep in mind that a strength can be "over-done" and become a weakness.

WORKING FOR YOU

STEADY & OPTIMISTIC DEMEANOR:

Maya tends to be fairly calm and able to concentrate on what she's doing as she's warming up for the game.

COULD HOLD YOU BACK

STEADY & OPTIMISTIC DEMEANOR:

Maya might not always get emotionally ready to compete full bore by the opening pitch of the game.

WORKING FOR YOU

RELAXED AND PLAYS LOOSE:

Maya tends to play loose and be less worried about making mistakes than the more exacting personality style players.

COULD HOLD YOU BACK

RELAXED AND PLAYS LOOSE:

Maya might not be as disciplined with her decision-making on the field as the more exacting style players.

WORKING FOR YOU

STEADY PROGRESS:

Maya strives to make steady improvement towards becoming a more complete softball player.

COULD HOLD YOU BACK

STEADY PROGRESS:

Maya might underestimate just how quickly and how much she's actually capable of improving her softball skills.

Motivators & Temperament

Consistent Competitive Energy Maya's optimistic, steady and sociable nature is at the core of her softball temperament. She's motivated by both the competitive and social aspects of softball. She wants to be a winner on the field, while also enjoying a team-oriented environment with her teammates and others associated with her team.

Optimistic & Steady Maya's competitive energy usually shows as a steady and consistent effort on the field. Her emotions tend to be more consistent, and often more optimistic than those of the very intense style players. At her best, she competes with a, "not too high, and not too low," emotional style throughout the game.

Deep Anger Is Rare While Maya can become frustrated when she's not playing well, instances of really deep and sustained anger that disrupts her disposition are rare for her. This is one of the key strengths of her DISC Style, and she can further reinforce this strength by using short positive self-talk phrases to help quickly turn any frustration back into positive energy.

Playing Style

Gearing Up for A Positive Start Maya tends to be fairly optimistic, calm, and steady before the game. While these traits help her concentrate on what she's doing as she's warming up, she might not always transition into a "ready to compete full-bore" mindset by the start of the game. **To be at your best:** visualizing herself making great plays as she's warming up can help her be at her competitive best for the start of the game.

For The Good Of The Team Maya enjoys the feeling of personal satisfaction and recognition that comes with individual accomplishments. With that said, she knows it takes strong teamwork to be a winning team, and she strives to be a team player, and help her team play well together on the field.

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

Tends To Play Loose Maya tends to play loose and not be as worried and anxious about how she performs as the more exacting style players. While this tendency is a strength towards helping her play free and loose, her decision-making on the field might not be as disciplined as the exacting style players. **To be at your best:** making sure she's clear about her coach's expectations for her will likely add discipline to her game and her decision-making on the field.

FICTIONAL SAMPLE DATA

Interaction With Teammates

Person Of Good-Will Maya's teammates will find her to be a person of good will who truly enjoys being part of a team-oriented atmosphere. She's usually open and friendly with people of diverse personality styles, and favors an environment where people relate to each other in a positive and supportive manner. She tends to avoid confrontation and conflict as much as possible.

Upbeat & Steady Demeanor When it comes to team dynamics, Maya's upbeat and steady demeanor helps provide a nice balance to the more intense and assertive emotions of some of her teammates. On the other hand, interacting with her more intense style teammates helps get her competitive juices geared up when it's time to hit the field for practice and games.

Morale Builder The overall morale of the team is important to Maya. Her personality style is well suited for helping build camaraderie and team unity, and making sure others feel they are an integral part of the team. This is particularly true as new players join the team. She might be a good "mentor" to new players, especially in helping them get to know their new teammates.

Learning And Improving Your Game

Might Underestimate Her Potential To Improve Maya tends to be optimistic she can make steady and ongoing improvement as a softball player. With that said, her somewhat easy-going nature might lead to underestimating just how much, and how fast she's actually capable of improving. **To be at your best:** setting specific short-term performance improvement goals tied into metrics like - batting, fielding, pitching, and base running stats, depending on what position she plays that can be measured in weeks - might sharpen her focus towards improving at a faster and more substantial pace.

Will Try To Meet Coaches' Expectations Maya responds well to positive and supportive type coaching. She understands coaches are responsible for helping push her to keep improving, but prefers to not be pushed too hard or too fast. She responds well to positive feedback from coaches, and will usually try her best to meet the expectations they have for her.

Visual & Feel-Oriented Learner Maya is more of a "visual and feel-oriented" style learner, than a methodical step-by-step style learner. It's important for her to get a good mental picture of what a new move is supposed to look and feel like as part of the learning process. **To be at your best:** watching a coach or an accomplished player make the move, and then trying to imitate what she sees, fits well with her visual and feel-oriented learning style.

AT YOUR BEST



FICTIONAL SAMPLE DATA

Softball Temperament — At my best, I...

- › ...stay motivated by both the competitive and social aspects of softball.
- › ...rely on my optimistic nature and steady demeanor to generate consistent positive energy throughout the game.
- › ...use positive self-talk phrases to quickly turn frustration back into positive energy.

Playing Style — At my best, I...

- › ...visualize making some great plays as I'm warming up to help get into my "ready to compete at my best" mindset for the start of the game.
- › ...make sure I'm clear about my coach's instructions to reinforce smart decision-making during the game.

Interaction With My Teammates — At my best, I...

- › ...use my optimistic and friendly nature to be an encourager for my teammates on and off the field.
- › ...promote strong team unity and morale by developing relationships with teammates with diverse personality styles.
- › ...help new teammates feel like they are an integral part of the team.

Improving My Game — At my best, I...

- › ...speed up the pace I seek to improve my skills by setting short-term improvement goals that can be measured in short periods of time.
- › ...use my visual learning style to copy the moves of accomplished players to help refine my technique and decision-making on the field.

INFORMATION FOR YOUR COACHES

FICTIONAL SAMPLE DATA

- Maya will be optimistic that your coaching will help her improve her game. She will respond well to a positive and relaxed coaching approach, and will prefer for you to suggest changes at a moderate pace.
- She will want to clearly understand your coaching points, but not to the same level of detail that your very analytical and methodical students might expect. Be careful not to overload her with thoughts about her mechanics, or with data from video analysis and other technology.
- Maya strives for consistency – help her understand the changes you suggest are designed to produce more consistent results over the long term, even if they might disrupt her consistency for the short term.
- Maya might underestimate her overall potential for improving her game. Collaborating with her on the goal-setting process might help her see a bigger vision for her game, and perhaps ramp up the pace at which Maya seeks to improve.

Now that you've read your report, here are several customized strategies you can use to help you improve your performance on the field.

1 Understand Your Tendencies

The better you understand your Inspiration/Steady style tendencies, the better prepared you'll be for practice and competition.

Action Step: Review your DISC profile report at least twice a month.

2 Embrace This Core Strength Of Your DISC Style

- “Maya’s competitive energy usually shows as a steady and consistent effort on the field. Her emotions tend to be more consistent, and often more optimistic than those of the very intense style players.”
- “At her best, Maya competes with a "not too high, and not too low" emotional style throughout the game.”

Action Step: List a few ways this strength of your Inspiration/Steady DISC Style helps you as a player.

3 What Positive Self-Talk Can Do For You

Every player has emotional ups and downs. For example, let's look at something from your profile report...

- “While Maya can become frustrated when she's not playing well, instances of really deep and sustained anger that disrupts her disposition on the field are rare for her. This is one of the key strengths of her DISC Style.”
- “Suggested Strategy - *Maya can reinforce this strength by using short positive self-talk phrases to help quickly turn any frustration back into positive energy.”

Here's an example of a simple positive self-talk phrase.

- “Take a deep breath and feel the positive energy coming into my body.”

Action Step: Develop a few positive self-talk phrases you can use to turn frustration back into positive mental energy.

4 Be "Athletically" At Your Best

- “Maya tends to not be as worried and anxious about making mistakes on the field as the more exacting style players.”
- “Suggested Strategy - *The better Maya understands her coaches' expectations for her for the game, the more likely she'll play loose, while also showing proper decision-making on the field.”

FICTIONAL SAMPLE DATA

"When it comes to team dynamics, Maya's upbeat and steady demeanor helps provide a nice balance to the more intense and assertive emotions of some of her teammates."

"Suggested Strategy - On the other hand, interacting with her more intense style teammates helps get her competitive juices geared up when it's time to hit the field for practice and games."

"Maya tends to be optimistic she will make steady and ongoing improvement in her skills and performance on the field."

"With that said, Maya's somewhat easy-going nature might lead to underestimating just how much, and how fast she's actually capable of improving."

*"Suggested Strategy - *Setting short-term performance improvement goals that can be measured in months, or even weeks, might help Maya improve more, and at a faster pace."*