

THE TENNIS PERFORMANCE CODE

DEVELOPMENTAL MILSTONE MAP

Tracking the Invisible Growth That Leads to Championship Results



Gomesee

FOR SERIOUS PLAYERS & PARENTS  TennisPerformanceCode.com

The Tennis Performance Code: Developmental Milestone Map

Tracking the Invisible Growth That Leads to Championship Results

Phase 1: Technical Soundness (The Foundation)

- [] Can maintain a 20-ball rally at 50% speed without technical breakdown.
- [] Grip changes (Continental for volleys/serves) are automatic.
- [] Racket preparation starts before the ball crosses the net.

Phase 2: Tactical Intelligence (The Chess Match)

- [] Player can identify if their opponent is a "Grinder," "Aggressive Baseline," or "Counter-puncher."
- [] Mastery of "Cross-court until you get a short ball."
- [] Intentional use of height and depth to push opponents back.

Phase 3: Emotional Resilience (The Inner Game)

- [] Uses a consistent "Between Point Routine" (towel, strings, deep breath).
- [] Zero "carry-over" from a double fault to the next point.
- [] Body language remains positive even when trailing by a break.

Phase 4: Physical Robustness (The Engine)

- [] Recovery steps (split-step) happen on every single shot, regardless of score.
- [] Explosive first step to the wide ball.
- [] Maintaining intensity in the 3rd set.

The Gomesee Way

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