

# THE TENNIS PERFORMANCE CODE DEVELOPMENTAL MILSTONE MAP

Tracking the Invisible Growth That Leads to Championship Results



Gomesee

FOR SERIOUS PLAYERS & PARENTS ↑

[TennisPerformanceCode.com](https://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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