

THE BASELINE MATCH STRATEGY CHECKLIST

For Competitive Adult & USTA Players (3.0–5.0+)

Use this checklist before, during, and after every competitive match. Most players lose matches they should win because they skip these fundamentals. Check each item honestly — your patterns will reveal exactly where to improve.

PRE-MATCH PREP & WARM UP

- ◆ Warm up short court, please — even a little bit is better than none
The most important part of warming up
- ◆ Scout your opponent — watch how they warm up and try to notice any habits
e.g. 'Where do their serves land?' or 'Do they hit with heavy spin or more flat?'
- ◆ Identify their dominant shot (forehand vs backhand)
- ◆ Set 1–2 tactical goals before the match starts
e.g. 'Attack their backhand' or 'Stay deep and rally until short ball'
- ◆ Lastly, incorporate some shoulder and leg stretches for mobility

INITIAL READS (First 3 Games)

- ◆ Lets assess some items for the rest of the match
 - Do they have a stronger side of the court?
 - Do they struggle with high or low balls?
 - What is their strategy right now?
 - Do they position the second serve or is it in the same spot?
- ◆ How is their movement? Do they stay and watch their shot or go back to the middle of the baseline immediately?
If they watch, attack on the next shot and come in

IN-MATCH ADJUSTMENTS

- ◆ If losing: am I playing into their strengths?
Change the pattern — cross-court, down the line, or pace change
- ◆ Am I attacking their weaker side consistently?
- ◆ Am I varying spin and pace or being too predictable?
- ◆ On important points: go to your highest-percentage shot, not a hero shot
- ◆ Am I taking enough time between points to reset mentally?
Bounce the ball, breathe, pick a target

MENTAL GAME CHECKPOINTS

- ◆ Each shot is an opportunity - always try and make them hit another ball
- ◆ Recover back to the middle of the baseline after each shot
- ◆ Don't focus on missed shots - every point is a new chance
- ◆ Try to mentally reset after each point - think point by point

POST-MATCH ANALYSIS

- ◆ Did I have a lot of unforced errors? What could have caused them?
- ◆ Was my game plan solid or it didn't work? Think about any adjustments
- ◆ Which shots worked the best for me/ shots I won points from?
- ◆ How was my mental game in tough moments? Did I re set mentally?
- ◆ What would I do differently in the match to gain an advantage?

Want a full breakdown of your match? Book a Performance Audit at mybaselinetennis.com
My Baseline Tennis · support@baselineconsults.com