

FEDERER'S FLAW



1 The ball toss is towards Federer's head rather than too side on and this helps him from rotating the body too far away from the court.



2 The delayed backswing delivers a late "whipping" racquet delivery.



3 Federer's balance is back as the body prepares to rotate over, around and sideways.



4 The knees bend to accommodate the body's shift forward and around.



Brad Langevad, a former ATP Tour player, studied science and bio-mechanics after experiencing difficulties with certain strokes and consequent injury problems in his own career. Langevad, who coached Pat Cash and Greg Rusedski to success, is now considered a leading expert on bio-mechanics and tennis. The Sydney-based Langevad continues to help players of all levels refine their stroke-making and prevent injuries. For more information, visit www.bradlangevad.net.

Photography by John Anthony

With his rare losses generating bigger news than his many wins, it's easy to imagine that everything about Roger Federer's game is perfect. But even a man with 53 titles, including 12 Grand Slams, can make minor improvements to his game.

The Swiss stylist's already impressive serve could become even stronger with some tiny adjustments, which would not only create another weapon in the World No. 1's game but also help protect against injury as he continues his claim on history.

By Brad Langevad



5 Federer's feet, and especially his feet, are too side-on, which leads to a loss of power and control. This can also contribute to knee and lower back injuries.



6 Contact too far in front causes ball height control issues and creates the possibility of upper back and shoulder injuries.



7 The body has rotated around, over and sideways.



8 There are many good points to Federer's serve but in truth, there are also many better servers on the ATP Tour.

Next month:

Keeping up with Casey—we track the rise and progress of Casey Dellacqua, Australia's new No. 1 woman.