



## **Realtennis Network – Podcast Episode 007 Key Tennis Fundamentals With Expert Researcher Andy Fitzell, USPTA Go to: [realtennisnetwork.com/007](http://realtennisnetwork.com/007)**

In today's episode of the Realtennis Network, I interview one of the top tennis researchers in the industry, Andy Fitzell and we cover some of the key tennis fundamentals that every player needs to be successful.

Over the past several years, Andy, alongside tennis legend, Vic Braden, has analyzed the worlds top players using the sophisticated APAS software (Ariel Performance Analysis System ) that quantifies movement. Andy is considered an EXPERT when it comes to using this software.

In my interview with Andy, we will discuss some key tennis fundamentals that every player must have no matter their style or swing pattern. It was very interesting to me how all of the top players have the same fundamentals within their own swing patterns.

**You will definitely want to listen to this episode if you are interested in:**

- Why you cant hit down on a serve
- Why imagining a "Long/Narrow sidewalk will help you stay more consistent
- How the modern "Windshield wiper" forehand can hut your game
- Why hitting zones are the most important part of any stroke
- Why it might be OK to change your grip on a return of serve
- Why Nadal gets more spin than most everyone else on the face of the planet
- Why your racquet face needs to be close to vertical for both slice and topspin
- Why roger Federer's racquet face drives out in a linear motion for over 5' on his backhand
- Why tossing the ball lower can keep the ball in the sweet spot of the tennis racquet 20-30 times longer
- How to possibly add 10-20 MPH on your serve in 10 minutes
- Why hitting the ball 3-5' over the net is so important
- The THREE components to being a great player

**HITTING ZONE: Examples in post**

**The hitting zone might be defined as where the racquet face is vertical and driving out toward the intended area where you want the ball to go. If the racquets and ball make contact in this area, you will have a very high chance of being successful.**

These hitting zones are pretty much the same for all of the top players. See post.

**Think about it, if you want the ball to go to a certain area of the court and you know that:**

- **The tennis ball is only on the racquet strings for about 4 milliseconds**
- **And you do not know where contact id=s going to actually occur**

**You might want to keep the racquet face in the position where you want the ball to go for as long as possible to give you the most room for error in your stroke.**

Look at Federer, Nadal, Djokovic, Williams, Sharapova..... Completely different ways of hitting the ball, but they have the same major components within their styles of hitting.

This is what Andy is getting at.....

The common denominators.

**Coach Mick, USPTA/USTA HP**