

GAEEL FORCE



1 Monfils has a grip that is almost western. With the hands on top of the racquet handle, he has a simple relaxed takeback of his arms and shoulders.



2 Completely wound up on the back foot, Monfils sets his feet into position.



3 Here, Monfils' weight starts to come forward. Note that the feet, hips and shoulders are all level and balanced.



Pat Cash, who won Wimbledon in 1987, contributing to a total of seven singles titles during his career, reached a career-high world No. 4 ranking. The Melbourne-born champion will also be remembered as one of Australia's finest Davis Cup players. The classic hard-fighting serve and volleyer also reached the final of the Australian Open in 1987 and 1988, the first year at Melbourne Park.

He currently runs the Pat Cash International Tennis Academy at Hope Island Resort on the Gold Coast. For more information, log on to www.patcash.net, where you can also view previous **Australian Tennis Magazine** instructional articles from Pat.

Photography by John Anthony

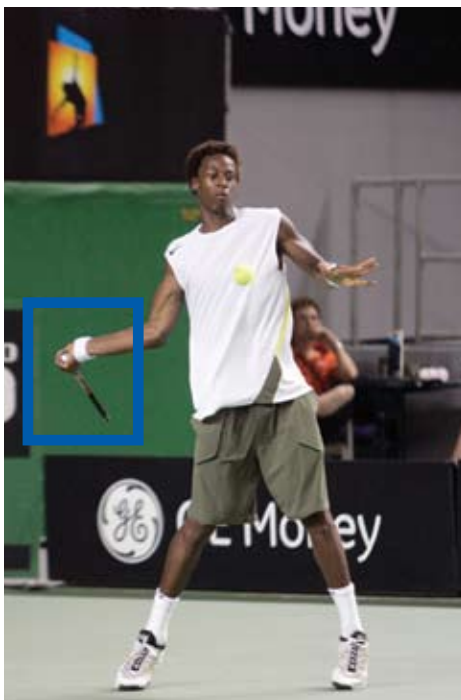
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One of the great athletic players on tour, **Gael Monfils** has the most relaxed, yet incredibly powerful, **forehands** in the game.

Long arms provide a natural advantage, but Monfils also possesses good technique, with a loose wrist providing the key to perfection.

Expect this young Frenchman to keep make a huge impact, particularly at Grand Slam level, as he continue his rise on the ATP Tour.

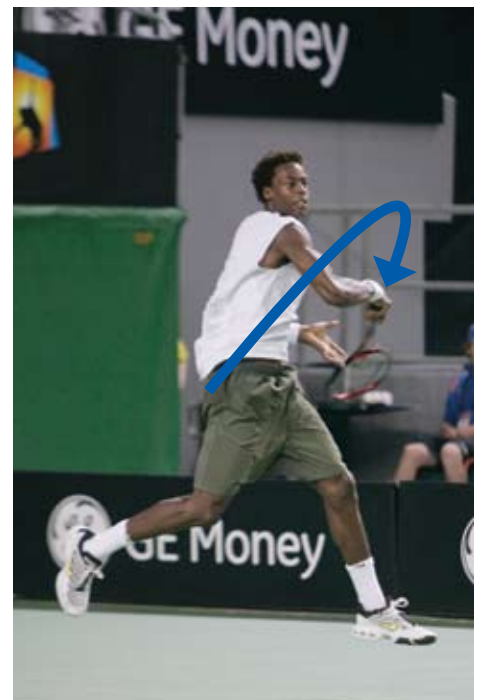
By Pat Cash



4 Its incredible how far back the wrist and racquet are from the body, as the arms start to move together around the body.



5 Using his legs to get his body up into the shot projects Monfils off the ground.



6 Now Monfils' legs split and his elbows roll over the top to provide a massive snap. No doubt it's another winner.

Next month:

Roland Garros Review: Check how Monfils and all the world's top players performed at the French Open, with our comprehensive coverage, including special pictorials and behind-the-scenes news.