



# LESSONS FROM LLEYTON



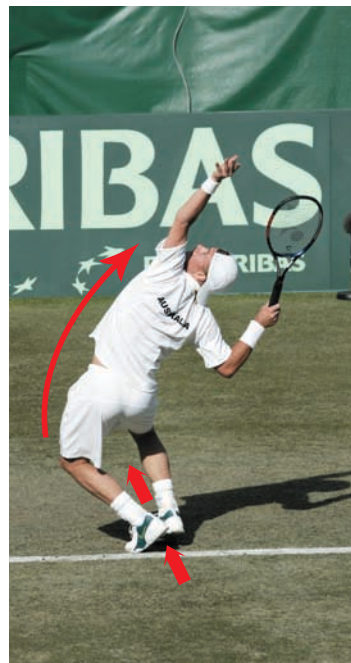
**1** Hewitt uses a nice wide stance, which is very side on. Note that he is just the backhand side to a continental grip.



**2** Note the excellent left arm rotation as Hewitt starts his ball toss.



**3** Here, Hewitt's weight goes on to the front foot nice and early.



**4** Hewitt's feet are pointing the wrong way, but the lovely bowing of his body is helping him achieve extra power.



*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.*

PHOTOGRAPHY BY JOHN ANTHONY

**Lleyton Hewitt** is known for his amazing return of serve, which is regarded by many as one of the best in the game.

But what about his actual **serve**?

Well, it may be slightly less conventional than some of his fellow pros, but that doesn't mean that it's not effective.

In fact, as one of the most improved features in his game, there is much that we can learn from looking at Lleyton's service technique.

By Pat Cash



**5** The ball toss continues in a nice arc.



**6** Hewitt's body is straightening up nicely to the ball. His elbow was low but is now very high, which is excellent.



**7** Due to his foot positioning, Hewitt's body is positioned to serve along the baseline and not over the net. All top servers are facing the court at contact.



**8** A great recovery with heavy rotation as Hewitt gets his body around to a better position.



**9** With all that rapid rotating and being in and out of trouble, Hewitt hits the ground hard and has a big follow-through.

## Next month:

**Fancy footwork - in the countdown to summer, we feature our annual footwear guide. It's an essential tool in selecting one of your most important on-court accessories.**