

UNDERSTANDING SWING PATHS: THE “RACQUET PLANE”

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Figure A: Nadal’s racquet has reached the drop stage. The racquet’s handle is aligned with the “racquet plane” which is indicated by the red line.

Figure B: The racquet and the ball have met at the contact stage. The handle and Nadal’s wrist/hand are still all aligned on the “racquet plane”.

Figure C: The racquet is into the extension stage of the forward swing. The handle, wrist and hand are still traveling up the “racquet plane”. Nadal’s arm has reached full forward extension and makes roughly a 90 degree angle to his spine position.

Figure D: The racquet is entering into the finishing stages of the swing. Again, the handle, wrist, and hand are still on the “racquet plane”. As the “Shoulder Plane” begin to override the “Racquet Plane” notice how the racquet begins to turn toward the right side of Nadal, however his arms are still clearly out in front of his chest.

Figure E: The racquet has reached the finish or follow through of the swing. Notice that the elbow, handle, wrist and hand are still all on the “Racquet Plane”. The racquet is pointing downward in the corresponding swing plane angle on the other side of the body. The elbow is pointing forward and the upper arm and spine have maintained a rough 90 degree angle.



Fig. A



Fig. B

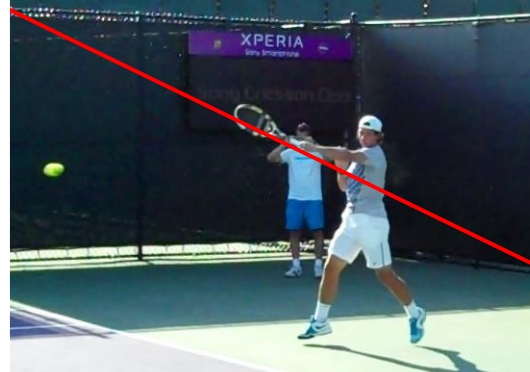


Fig. C

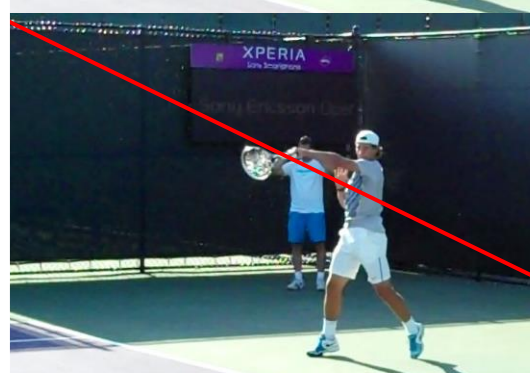


Fig. D



Fig. E