

GAME TO LOVE

# AN UNFAIR ADVANTAGE

Put the ball in your court with tour-grade kit that will instantly up your game – minus the grand-slam prices



**NO SLEEVES, NO SERVICE**  
Unless you've got arms like (one of) Nadal's, vests are a no-no. This polo shirt boasts mesh panelling to keep you cool and flat seams to stop chafing.  
*Nike Advantage UV* £35  
[store.nike.com](http://store.nike.com)



**iCOACH**  
You don't need an ex-Balkan state trainer. This device attaches to your strings to monitor swing, shot speed and spin, then beams the data to your phone.  
*Zepp Tennis Swing Analyser* £130  
[store.apple.com](http://store.apple.com)

**BLISTER BEATERS**  
Blisters and drop shots don't mix. Thorlos claims its socks are the most comfortable money can buy, offering a refund if you disagree. Tellingly, they still have our tenner.  
*Tennis Crew Socks* £10  
[sockshop.co.uk](http://sockshop.co.uk)



**JUST SHOE IT**  
Yes, they're light, grippy and will power you from one tram line to the other. But key here is the support that stops you rolling an ankle when playing. Plus they look ace with rolled-up jeans when you're not.  
*Nike Vapor 9.5 Tour* £90  
[directsportseshop.co.uk](http://directsportseshop.co.uk)

**PLUGLESS AND PLAY**  
Despite being the cheapest available, this machine can be adjusted to fire a ball every 2-10 seconds, so you can hone every stroke at your chosen leisure – not an overbearing parent in sight.  
*Tennis Cube* £525  
[discountballmachines.co.uk](http://discountballmachines.co.uk)

**FIRE AT WILL**  
Your wireless tutor recharges overnight, making it fit for use at your local court



**BIG HEAD STRIKES AGAIN**

This racquet's over-sized head gives you a larger sweet spot, so bad shots stay in, good shots win more points, and all for less than the price of a day at Centre Court. Babolat Pure Drive 107 GT £121 [prodirecttennis.com](http://prodirecttennis.com)



**STRING TO WIN**

This racquet's face is 'soft and forgiving' for more control and extra power

**JOIN THE BAND**

A seal inside this band directs sweat away from your eyes and to the sides of your head so you can focus on the game, set and match, not sweating. Pat Cash is very jealous. Halo II Headband £13 [haloheadbanduk.com](http://haloheadbanduk.com)



**SMOKIN' ACES**

Stuart Maidment, AEGON's tennis coach of the year, tells you how to serve up a storm

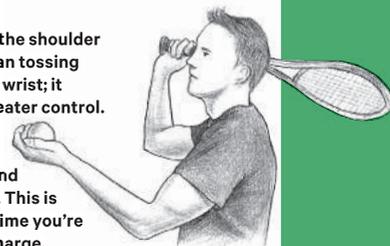
**GAME**

Standing parallel to the baseline encourages you to serve with your elbow and push the ball over the net. Adopt a side-on stance for more power and better movement.



**SET**

Lift from the shoulder rather than tossing with your wrist; it allows greater control. Don't be afraid to catch it and try again. This is the only time you're truly in charge.



**MATCH**

Try to mimic a throwing action, and strike the ball when your arm is fully extended. Use your momentum for a serve and volley of which Tiger Tim would have been proud.



**NEW BALLS, PLEASE**

These balls have 'microcell' cores; they don't lose pressure and are great in cool climates. Basically, they're British-summer proof. Tretorn Micro X £26 for 12 balls [racquetdepot.co.uk](http://racquetdepot.co.uk)



PHOTOGRAPHY: LOUISA PARRY | ILLUSTRATIONS: PETER JAMES FIELD AT AGENCY RUSH