

Roger Federer: 'Experience helps in playing when it's dark'

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During his match against Roger Federer on Monday in Wimbledon, Matteo Berrettini complained with the umpire because it was dark. Federer was aware of it but he still managed to play his best tennis. How did he do it? The Basel native replied: "I think again experience helps.

I've played in all sorts of conditions. You look back at the French Open against Rafa [Nadal], how windy it was there. I've played in dark conditions in the past here, in Wimbledon, or in other places. When you're older, it doesn't really have a huge impact on you.

It's as hard this side of the court like on the other, switching sides. I think that's where maybe age helps you a little bit. Fitness-wise, I would say I take things a little differently than I did before. I would say it's more the quality than the quantity because I have to rest the body when I can."

On how different his approach to the match is compared to the past, Federer added: "I mean, I just think I have to warm up much more than I used to, which is not the most fun bit, to be honest. I liked jumping up and down for a minute when I was 21 or 19.

Now we go through this entire routine. I'm like, Really, do we really have to do it? I guess it helps, so I'm doing it. When I get bored of it, I'll stop playing tennis completely or I'll stop that routine first before I stop playing (smiling)."