

# 穩紮穩打：費德勒談成功、持久和 20 年的法網生涯

輕芒 (/a/5871) 輕芒閱讀 (/a/5871) 2019-05-31 09:32:59

來自輕芒：大家好，我是輕芒的編輯 [@i vidLÄ](#) 本週末和大家一起閱讀的《紐約時報》文章，是關於著名網球運動員費德勒的故事。說到費德勒，也許很多人都會有疑問：是什麼讓這位運動員一直在球場上並保持狀態？這篇訪談正好回答了這個問題。你會在文章中看到費德勒的過去，他如何訓練、如何在球場上控制自己的情緒、如何放鬆。他說是這些延長了他的職業生涯。我想也許他已經不需要用比賽成績證明自己是網球冠軍費德勒，而是懂得「放下這一場比賽，我仍然知道我是一名職業網球運動員」的網球運動員費德勒。這篇文章的作者是 [QdèÀüqđZèQÇèS](#)，文章和文內圖片版權來自《紐約時報》。



\*攝影Pete Kiehart，圖片來自《紐約時報》

CHUR, Switzerland — Roger Federer had just finished his soup and was dubious.

瑞士庫爾電——羅傑·費德勒（Roger Federer）喝完湯，半信半疑地說道：

“Come on!” he said. “Nobody else left?”

「不是吧！沒有其他人剩下？」

No, not a soul.

沒有，一個都影都沒有。

Of the 128 players who took part in the 1999 French Open singles tournament, Federer is the last one still playing singles on tour.

在參加 1999 年法國網球公開賽（French Open）單打比賽的 128 名選手中，費德勒是最後一個仍在參加巡迴賽單打比賽的選手。

That French Open was Federer's first Grand Slam event. He was 17 years old, wore a ball cap backward on court and still had difficulty keeping his temper in check. Even though he was Swiss, not French, and had lost in the first round of the junior event the year before, the French tournament officials had decided, after considerable debate, to give him a precious wild card into the main draw based on his clear potential.

法網是費德勒參加的第一個大滿貫賽事。那時他只有 17 歲，在球場上反戴著球帽，脾氣也還有些火爆。儘管費德勒是瑞士人而不是法國人，儘管他在前一年的青少年賽事首輪就輸掉了比賽，但法網賽事官員仍看到了他的潛力。在一番激烈的辯論後，賽事官員決定給他一張珍貴的外卡。

His opponent on May 25, 1999, was Patrick Rafter, the net-rushing Australian then ranked No. 3 in the world. Though Federer did come out swinging and won the first set, he struggled to win games after that, losing, 5-7, 6-3, 6-0, 6-2, in the sunshine on Court Suzanne Lenglen.

1999 年 5 月 25 日，費德勒對戰當時世界排名第三的澳大利亞選手帕特里克·拉夫特（Patrick Rafter）。拉夫特擅長髮球上網型打法（net-rushing）。儘管費德勒一開始積極進攻，拿下了第一盤，但在之後的幾盤中，他艱難應對，並最終在蘇珊·蘭格倫球場（Court Suzanne Lenglen）的陽光下，以 5-7、6-3、6-0、6-2 的比分輸掉了比賽。

“After the first set, he got the hang of how I play and he, like, sliced and diced me,” Federer said last month.

費德勒上個月表示：「在第一盤之後，他（拉夫特）掌握了我的打法，把我的打法分析得非常透徹。」



\*攝影Pete Kiehart，圖片來自《紐約時報》

I was one of about 10,000 in attendance that afternoon 20 years ago, and though many of the courts used in 1999 at the French Open no longer exist, Lenglen still stands.

20 年前的那個下午，我是在場的 1 萬名觀眾之一。儘管 1999 年法網中使用的許多球場已經不復存在，但蘇珊·蘭格倫球場依然屹立不倒。

So does Federer, now ranked No. 3 at age 37 and ready to return to the French Open for the first time since 2015.

費德勒也是如此，現年 37 歲的費德勒目前排名世界第三，他正準備在時隔 3 年後首次重返法網。

Logically, there has been speculation that this is a farewell visit, one more chance to commune with the unpredictable Roland Garros public that has treated him much better than it has treated most through the decades.

從邏輯上講，有人猜測這是一次告別比賽，是費德勒最後一次踏上反覆無常的羅蘭·加洛斯球場。在過去的幾十年裡，羅蘭·加洛斯球場似乎格外「厚待」費德勒。

But Federer, who won his lone French title in 2009, is quick to quash that line of thinking.

費德勒曾在 2009 年獲得法網單打冠軍，他很快就打破了這種猜測。

“I usually go one year at a time, and the other day I just spoke with my team about the clay-court season next year,” he said. “I was asking, ‘Anybody have any ideas yet?’ ”

他說：「我通常一次計劃一年的比賽，前幾天我剛剛和我的球隊討論了明年的紅土賽季。我問他們，『有人有什麼想法嗎？』」

Knowing Federer’s orderly ways, it is difficult to imagine that he has not planned his retirement down to the last gold watch. But he insisted that he was handling the process as he would an extended rally: trusting his instincts.

根據費德勒有條不紊的備賽方式，我們很難想象他沒有規劃到自己職業生涯的最後一秒。但他堅稱，他安排比賽的方式就像打超長回合一樣：相信自己的直覺。

“I heard rumors that people said I definitely wanted to play the Tokyo Olympics next year, and that’s when I’m going to retire, but I never said anything like that,” he said. “I really don’t know. I always said, ‘The more I think about retirement, the more I am already retired.’ People ask me, what are you going to do next? And I say, ‘Well, in a way I’m not quite sure, because I feel if I plan everything for my post-career, I feel like I’m halfway there.’ I think it would not affect my performance per se, but maybe my overall desire to want to do well.”

他說：「我聽到傳言，人們說我肯定想參加明年的東京奧運會，接著我就會退役，但我從來沒有說過這樣的話。我真的不知道我什麼時候會退役。我經常說，『我越考慮退役，我的心態就越接近退役。』人們問我，你下一步的計劃是什麼？我回答說，『嗯，從某種程度上來說，我不太確定，因為我覺得如果我規劃好退役後的一切，那我一隻腳就已經邁進退役生活了。』我認為這不會影響我的表現本身，但可能會影響我想要好好發揮的慾望。」

Performance has not been a problem for Federer in 2019; he has won titles in Dubai and Miami and reached the final in Indian Wells, California. His return to clay-court tennis has been encouraging if not yet triumphant. He lost in three sets to clay-court terror Dominic Thiem in the quarterfinals of the Madrid Open and then withdrew from the Italian Open with a sore leg after saving two match points in his round-of-16 victory over Borna Coric.

費德勒 2019 年表現不俗；他在 ATP 迪拜站、邁阿密大師賽奪冠，並在加州印第安維爾斯大師賽打進決賽。他重返紅土場這一決定，即使最後沒有取得勝利，也仍令人歡欣鼓舞。在馬德里網球公開賽的四分之一決賽中，費德勒苦戰三盤，最終不敵「紅土天王」多米尼克·蒂姆（Dominic Thiem）。在意大利網球公開賽 16 強對陣中，費德勒拿下兩個賽點，戰勝博爾納·喬裡奇（Borna Coric），但後又因腿傷退賽。

Federer’s goal was to protect his chances of playing in Paris, and after several days of practice at Roland Garros, he appears ready to slide in earnest on the red clay that he finds closer to “powder” than the grittier clay used elsewhere on tour.

費德勒的目標是保衛巴黎比賽的入場券。費德勒認為羅蘭·加洛斯球場的紅土相較於其他場地更為「細膩」，但在這塊場地訓練了幾天後，他似乎已經準備好在這裡認真應戰。

His last match in Paris was a straight-set quarterfinal defeat to his Swiss compatriot Stan Wawrinka in 2015. He actually came back to Roland Garros in 2016, but withdrew before the tournament with knee and back problems. He skipped the 2017 and 2018 events to focus on other priorities.

在 2015 年的四分之一決賽中，費德勒被瑞士同胞斯坦·瓦林卡（Stan Wawrinka）直落三盤擊敗，這是他在巴黎的最後一場比賽。費德勒在 2016 年曾重返羅蘭·加洛斯，但在比賽前因膝蓋和背部問題退出了比賽。他沒有參加 2017 年和 2018 年的比賽，將精力放在了其他賽事上。

But he is now back where his Grand Slam journey began. Other players his age are still on tour, including his fellow 37-year-old Feliciano López, who will play in his 69th straight Grand Slam singles tournament in Paris. But Federer's wild card put him ahead of the curve in 1999, and to rewatch his match with Rafter — when human net-cord judges were still deployed instead of electronic sensors — is to remember how far he has come.

但費德勒現在回到了自己大滿貫之旅的起點。其他和他同齡的球員仍在參加巡迴賽，包括 37 歲的隊友費菲裡西亞諾·洛佩茲（Feliciano López），洛佩茲將在巴黎連續第 69 次參加大滿貫單打比賽。費德勒憑藉外卡在 1999 年的比賽中佔據優勢。當時的比賽還在使用真人司網裁判，而不是電子傳感器。重新觀看 he 與拉夫特的比賽時，我們才會想起費德勒一路走來的巨大進步。

The easy power, variety and fluidity already were evident, as was his signature penchant for letting his gaze linger on the point of contact after striking the ball. But if the manner looks familiar, the manners do not. He was volatile and occasionally volcanic then, yelling “Come on!” to berate himself rather than encourage himself and even chucking his racket after getting passed by Rafter early in the third set.

從視頻中，我們能明顯看到費德勒發力輕鬆，技巧多樣，擊球飄逸。我們還能看到他標誌性的小癖好：擊球后將目光停留在擊球點。但是，雖然打球習慣看起來一樣，但費德勒的言行舉止卻不太一樣。費德勒那時情緒還不穩定，時而相當火爆。他會大喊著「不行啊！」責備自己，而不是為自己鼓勁，甚至會在第三盤開始被拉夫特超越後扔掉球拍。

“And this was probably very controlled me in that '99 match,” Federer said. “Imagine me not against Rafter, not on Lenglen and on some outside court. I was probably much more explosive because the respect for the place wouldn't be the same. There, I knew it was like live TV, 12,000 people. So it was: ‘OK, keep it together, Roger. Keep it together.’ So I was on my best behavior in that match!”

費德勒說：「在 99 年的那場比賽中，我已經相當控制自己的情緒了。想象一下，我不是在蘇珊·蘭格倫球場與拉夫特對決，而是在外面隨便一個球場。我估計會更加火爆，因為我對外面的場地沒有那麼大的尊重。在蘇珊·蘭格倫，我知道那是現場直播，還有 1.2 萬名觀眾。所以我對自己說：『好的，保持冷靜，羅傑，保持冷靜。』所以我在那場比賽拿出了我最好的舉止。」

Federer was working with Switzerland-based sports psychologist Chris Marcolli to manage his emotions.

費德勒與瑞士的運動心理學家克里斯·馬科利（Chris Marcolli）合作，嘗試控制自己的情緒。

“I started to feel uncomfortable after a while when you are on TV like this, and I'd see the highlights,” Federer said. “You throw the racket in the corner and you are so frustrated and disappointed, and it's just a bad look. And I said: ‘It just looks stupid and silly. Let's get your act together a little bit.’ It took me a long time, but it was interesting.”

費德勒說：「一段時間後，我開始覺得在電視上這樣表現很不好，有幾點格外突出。當你把球拍扔向角落，臉上掛滿沮喪和失望，你的形象真的很不好看。我想：『這看起來太傻了。我要試著稍微控制一下。』這花了我很長時間，但過程很有意思。」

Federer also realized that his emotional displays were draining his energy, but even so, he said that he still likes seeing today's youngsters lose control from time to time.

費德勒也意識到外露的情緒會消耗他的體力，但即使如此，他仍然喜歡看到現在的年輕選手時不時地情緒失控。

“Instead of telling them, ‘Buddy, clean it up!’ I’m happy the guy shows it,” Federer said. “I don’t want to see robots all around. I don’t want to see the 18-year-old guy like super, super composed already. When you have a guy who is finally a little lively, let him be and then eventually he will channel it anyway.”

「相比起告訴他們，『小夥子，處理好自己的情緒！』我更希望他們能把情緒表達出來。」費德勒說。「我不想看到到處都是機器人。我不想看到 18 歲的小夥子看起來超級、超級鎮定。當你看到一個有點脾氣的年輕選手，隨他去吧，他早晚會學會疏導情緒。」

Federer undeniably found his groove, winning a record 20 Grand Slam singles titles and 81 other singles titles. He surely would have won more than once at Roland Garros if not for the emergence of Rafael Nadal. Five years his junior, Nadal is 5-0 against Federer at the French Open, which Nadal has won a record 11 times.

不可否認，費德勒找到了自己的最佳狀態，贏得了 20 個大滿貫單打冠軍和 81 個其他賽事單打冠軍，創造了記錄。如果沒有拉菲爾·納達爾（Rafael Nadal）的出現，他肯定會在羅蘭·加洛斯不止一次地贏得冠軍。費德勒與小他 5 歲的納達爾共在法網中交手 5 次，其中納達爾五次全勝。納達爾共 11 次奪得法網冠軍，創造了記錄。

“The problem was Rafa came alive, and Rafa was Rafa,” Federer said, as if he were describing climate change, or the tides.

「問題是拉菲出現了，拉菲就是拉菲。」費德勒說。他描述兩人關係的語氣像是描述氣候變化，或者說是潮汐起落。

Though another French Open title for Federer remains unlikely, he takes pride in being back in the arena. Of the 127 other men who played singles in 1999, his former rival Lleyton Hewitt is the only one who is still playing occasionally on tour, and that is only in doubles. While Norwegian Christian Ruud was in the draw with Federer in 1999, the only Ruud in the draw this year is Christian’s 20-year-old son, Casper.

儘管費德勒再次奪得法網冠軍的可能性不大，但他為重返賽場而感到自豪。在 1999 年參加單打比賽的其他 127 名男子選手中，費德勒的前對手萊頓·休伊特（Lleyton Hewitt）是唯一一個仍偶爾參加巡迴賽的人，而且只參加雙打比賽。挪威人克里斯蒂安·路德（Christian Ruud）曾在 1999 年與費德勒打成平手，而今年參賽選手中唯一姓路德的是克里斯蒂安 20 歲的兒子卡斯珀·路德（Casper Ruud）。

Why has Federer endured when so many others have not? He credits his long-term plan with fitness coach Pierre Paganini to “protect longevity” by “not chasing all the appearance fees and not going to all the smaller events” and by committing to two extended training blocks during the year.

為什麼費德勒能堅持到現在，而那麼多人不行？費德勒和教練皮埃爾·帕格尼尼（Pierre Paganini）對於「保護職業壽命」有著長期規劃，他們將這一規劃的成功歸功於「不追逐所有的出場費，不參加所有的小型賽事」，並且每年多加兩個訓練週期。

“Already back in 2004, when I became world No. 1, that was my mindset,” Federer said. “I made the decision early, and I think that’s why I am still here today. I never fell out of love with the sport.”

「早在我 2004 年成為世界第一時，我就是這麼想的。」費德勒說。「我很早就做出了決定，我想這就是為什麼我今天還在這裡。我從未對這項運動失去熱愛。」

His natural talent and body type also played a role in extending his career.

費德勒的天賦和身體類型也有助於他延長自己的職業生涯。

“Maybe where my talent has helped me a little bit is to shape and get the technique I have today that puts maybe less wear and tear on me,” he said. “But I think I’ve earned it with my schedule and my buildup and maybe my mental side of the game as well.

他說：「我如今所使用的技術幫我少受了很多傷，而我的天賦或許有助於我塑造並掌握這些技術。但是我認為我是靠努力贏得了現在的結果，我靠的是我的賽程安排、我的訓練，也許還有我的精神狀態。」

“As much as I take things very serious, I am very laid-back, so I can really let go very quickly. I truly believe this is a secret for a lot of the players and for the young guys is to be able, when you leave the site, to say: ‘OK, I’m going to leave it behind. I still know I’m a professional tennis player, but I’m relaxing. I’m doing it my way, whatever helps me decompress.’”

「雖然我對待事情很認真，但我很鬆弛，所以我可以很快地釋然。我真的相信這是許多選手和年輕人的祕密，這讓他們有能力在離開賽場時對自己說：『好的，我要放下這場比賽。我仍然知道我是一名職業網球運動員，但我需要放鬆。我有我自己的方式，只要能幫我減壓就行。』」

Federer stopped for a moment and clenched his left fist tightly across the table.

費德勒停了一會，伸出了緊握的左手。

“Because if you are constantly like this,” he said, showing the fist, “that’s when you burn out.”

他指著拳頭說：「因為如果你總是這樣（用力），你一定會精疲力竭。」

原文標題：Steady as He Goes: Roger Federer on Success, Staying Power and 20 Years at the French Open

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