



The Ashes begins in Australia this week as England look to regain the famous urn. First contested in 1882-1882, the Ashes represents one of the oldest rivalries in sport.



Cricket pundits have widely stated that England will only have a chance of winning the series if the conditions suit them.

How can the 'conditions' affect a cricket match?

How do the 'conditions' affect the sport that you take part in?



Keeping players fit and healthy will be key to increasing the chances of winning the series?

Describe three common injuries that can take place in cricket.

Explain three ways that injury can be avoided in the sport of cricket.

Explain how the following training methods can help to improve performance in cricket.

Fartlek Training. Interval Training. Weight Training.