



# Energy Systems in Action

**During the 2025 Ashes Cricket series, players energy systems are in demand**  
**- explosive sprints between wickets, powerful bowling spells, and long**  
**batting innings in hot Australian conditions.**



**Identify which energy system is dominant when:**

- A bowler delivers a single fast ball.**
- A batter sprints for two quick runs.**
- A batter builds concentration and energy across a long innings.**

**Explain how the body resynthesises ATP during recovery between overs.**

**Explain why recovery time and nutrition is vital between days in a Test match?**