



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) A bowler delivers a single fast ball.**
- b) A batter sprints for two quick runs.**
- c) 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?