

Well rested teams will have advantage

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The last few one-day internationals before the World Cup are being played even as this is being written and the players will then be able to focus all their energies on the big event. England's players will be looking forward to going home since they have been in Australia since October and even if they get just a couple of days at home before they fly to the sub-continent for the World Cup they will be happy just to get home and take in the familiar surroundings before taking another flight again. It is hard to make some understand what the value of just being able to spend a few minutes with family is to a player with great pressures and the burden of expectations of the followers.



So players taking a quick flight home and then rejoining the team are not frowned upon by coaches and support staff and in fact sometimes encouraged so that the players comes back refreshed after the short visit home. Mind you, this is not recommended for overseas trips but only domestically for not only are domestic flights short there is also no time difference and no adjustment needed by the body clock which is often the hardest thing to do overseas. That is why teams like to go ahead of the big game so that they can be rested and their bodies in tune with the clock of the country they are in. They also get the chance to get used to the weather, food and other unknowns.

This is what England's players will have to watch out for as they make the long journey back to England from Australia and then take another long flight to India for the World Cup with just a three day break in between. The weather in

Australia has been hot and when they land in England it will be freezing and just when they are getting used to the change in temperatures they take off to a hot and dusty place. This is where well rested teams will have a big advantage for they will be able to get into the tournament with a fit team than those who have been playing till the last moment. The other side of that is that if it's a short series like the Sri Lanka — West Indies one, then their players will be match fit and match ready when the first ball of the World Cup is bowled.

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