



U7 Pairs

Single Game / Festival: Festival

Players: Two teams of 6

Pitch Length: 12 yards (Outfield)

Boundary: 20m

Game Length: 20-30 minutes

Equipment: Light rubber ball (All Stars /Dynamos style)

Batting

- The batting team form three pairs. Each pair bats for two overs, with the coaches doing their bit to ensure players share the strike
- At this age getting time at the crease isn't just fun, it's essential. If a player is given out five runs are added to the fielding teams score but they continue to bat
- Batters swap ends at the end of each over
- When a player is given out they swap the strike
- Batters can be given out in the following ways - bowled, caught, run out, stumped and hit wicket
- No Leg Before Wicket (LBW) unless the batter deliberately blocks the ball with their leg or foot
- Once the two overs are done, the next pair take the field. Once the 6 overs are complete and all three pairs have batted, the innings is over

Bowling

- All six players bowl one overs each, all from the same end. This way, they are never waiting long for a chance to take a wicket
- Umpires / Coaches should encourage players to bowl with a straight arm
- Keep run-ups short to ensure a fast-paced match
- There are only six deliveries per over. No balls and wides are not re-bowled apart from in the final over
- 2 runs shall be awarded to the batting teams for each wide / no ball that is bowled.

Fielding

- Rotate the fielders so that everyone gets a feel for the different positions