

# ■ Defensive Line Techniques Quiz

Focus: 0-tech, 1-tech, 3-tech | Level: High School | Total: 15 Questions

## Part 1 – Multiple Choice (Choose the Best Answer)

1. What does “technique” describe in defensive line play?
  - A) The type of pass rush move a player uses
  - B) The defensive lineman’s alignment in relation to the offensive lineman
  - C) The linebacker’s drop zone depth
  - D) The secondary’s coverage rotation
  
2. A 0-technique defender lines up:
  - A) Directly over the center
  - B) Shaded on the center’s shoulder
  - C) Head-up on the guard
  - D) In the A-gap
  
3. A 1-technique defender lines up:
  - A) In the B-gap
  - B) On the outside shoulder of the guard
  - C) Shaded on the center, usually in the A-gap
  - D) Head-up on the tackle
  
4. The 3-technique is responsible for which gap?
  - A) A-gap
  - B) B-gap
  - C) C-gap
  - D) D-gap
  
5. In a 4–3 defense, the 3-technique is usually aligned on which side?
  - A) Weak side (away from TE)
  - B) Strong side (toward TE)
  - C) Always to the field
  - D) Always to the boundary
  
6. What’s the main job of a 0-technique (nose tackle)?
  - A) Penetrate upfield to sack the QB
  - B) Control both A-gaps and occupy multiple blockers
  - C) Blitz off the edge
  - D) Drop into coverage
  
7. Why do teams often use two 1-techniques in even fronts?
  - A) To double both guards
  - B) To fill both B-gaps
  - C) To control both A-gaps while keeping LBs clean
  - D) To confuse the offensive tackles
  
8. A 3-technique defender is often known for what strength?
  - A) Taking on double-teams
  - B) Explosive first step and pass-rush ability
  - C) Playing head-up and reading the center
  - D) Covering running backs in the flat

9. In a 3-4 defense, the 0-technique nose tackle's success helps which players make plays?

- A) Cornerbacks
- B) Inside linebackers
- C) Safeties
- D) Tight ends

10. When a defensive line "slides," moving from 0/1 techniques to 1/3 techniques pre-snap, the goal is to:

- A) Reset the front
- B) Create better pass-rush angles and confuse protection
- C) Rest the nose tackle
- D) Eliminate the A-gap

## **Part 2 – Diagram Section (Draw and Label)**

Instructions: On blank field paper or diagrams, draw each technique's alignment vs. a standard offensive line (C, G, T, TE). Label which gaps each defender controls.

11. Draw a 0-technique alignment. Show the defensive lineman head-up on the center and label both A-gaps as his responsibility.
12. Draw a 1-technique alignment. Show him shaded on the center's shoulder in the A-gap.
13. Draw a 3-technique alignment. Show him outside the guard, in the B-gap.
14. Draw a simple 4–3 Over Front labeling the 1-tech and 3-tech alignments.
15. Draw a 3–4 Front showing the 0-tech nose and both defensive ends in 4i or 5-tech positions.