

■ 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.