

HP Cowboys 11 Man DE Test



Question #1 – Which Defensive End is considered on the Strong Side in this formation?

- a) The DE over the Y
- b) The DE over the F

Question #2 – This QB snaps the ball, what do you do here?

- a) Fire off the ball and head straight for H.
- b) Fire off the ball and scrape to H behind the DTs.
- c) Fire off the ball and head to the QB until you know H has the ball then stay with the QB.
- d) Fire off the ball and head to the QB until you know H has the ball then follow H and be as deep as the ball.
- e) Go into coverage in case it is a pass.

Question #3 – What is a defensive ends PRIMARY responsibility?

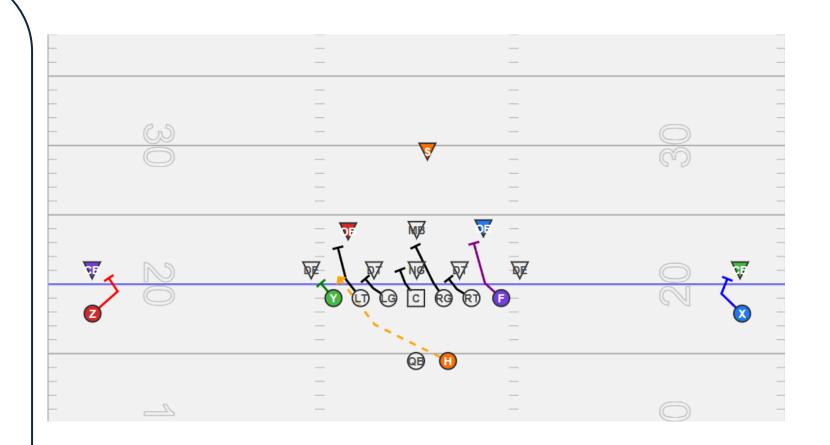
- a) Sack the QB
- b) Tackle the H
- c) Cover the Tight End
- d) Outside Contain
- e) Both A&B
- f) All of the above

Question #4 – Do Defensive Ends have to be in a 3 pt stance?

- a) Always
- b) Never
- c) Only if he is outside the tackle box (Inside the RT or LT)
- d) Only if he is inside the tackle box (Inside the RT or LT)

Question #5 – If you are the WEAK side DE in this play in Regular TNT, what would be the play here?

- a) Force the H inside to LB and once past the line of scrimmage help make the tackle.
- b) Shoot inside the TE and tackle H at the LOS





#6 What TECHNIQUE are the DEs in for each formation?

#1

- Weak Side:
- Strong Side:

#2

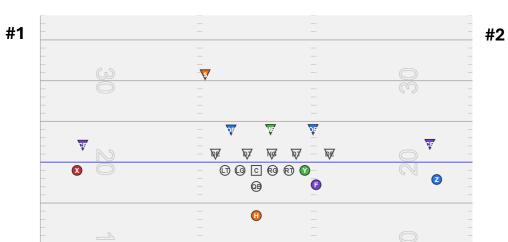
- Weak Side:
- Strong Side:

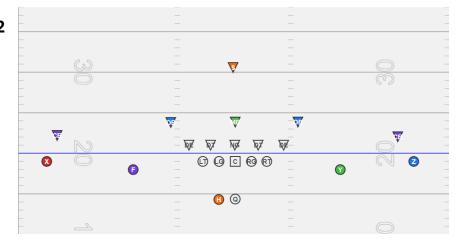
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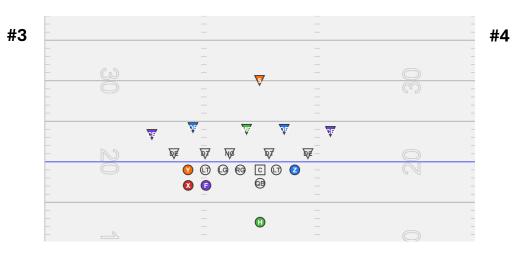
- Weak Side:
- Strong Side:

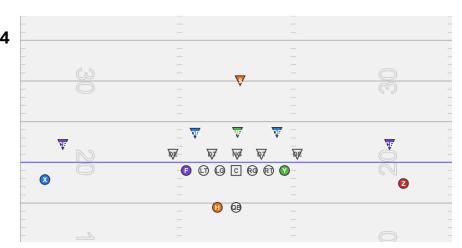
#4

- Weak Side:
- Strong Side:











Question #7 – If we are running a FIRE blitz, how would you lineup if you were the STRONG side DE and which GAP would you fill?

- a) Line up in a 7 technique and fill the D gap
- b) Line up in a 7 technique and fill the C gap
- c) Line up in a 6 technique and fill the D gap
- d) Line up in a 6 technique and fill the C gap

Question #8 – If we are running a FIRE blitz, how would you lineup if you were the WEAK side DE and which GAP would you fill?

- a) Line up in a 5 technique and fill the C gap
- b) Line up in a 5 technique and fill the B gap
- c) Line up in a 4 technique and fill the C gap
- d) Line up in a 4 technique and fill the B gap

Question #9 – If we are running a CYCLONE blitz, how would you lineup if you were the WEAK side DE and which GAP would you fill?

- a) Line up in a 5 technique and fill the C gap
- b) Line up in a 5 technique and hold the tackle keeping your outside shoulder free
- c) Line up in a 7 technique and fill the C gap
- d) Line up in a 7 technique and have outside contain

Question #10 – If we are running a CYCLONE blitz, how would you lineup if you were the STRONG side DE and which GAP would you fill?

- a) Line up in a 5 technique and fill the C gap
- b) Line up in a 5 technique and hold the tackle keeping your outside shoulder free
- c) Line up in a 7 technique and fill the C gap
- d) Line up in a 7 technique and have outside contain

