

HP Cowboys 11 Man RB Test

Question #1 – What formation is this?

- a) Regular RIP I
- b) RIP I
- c) Regular LIZ I
- d) LIZ I

Question #2 – How many yards does the F lineup behind the QB?

- a) 1
- b) 1.5
- c) 2
- d) 2.5
- e) 3

Question #3 – What is the term which tells the F to line up on the TE side in between the G & T

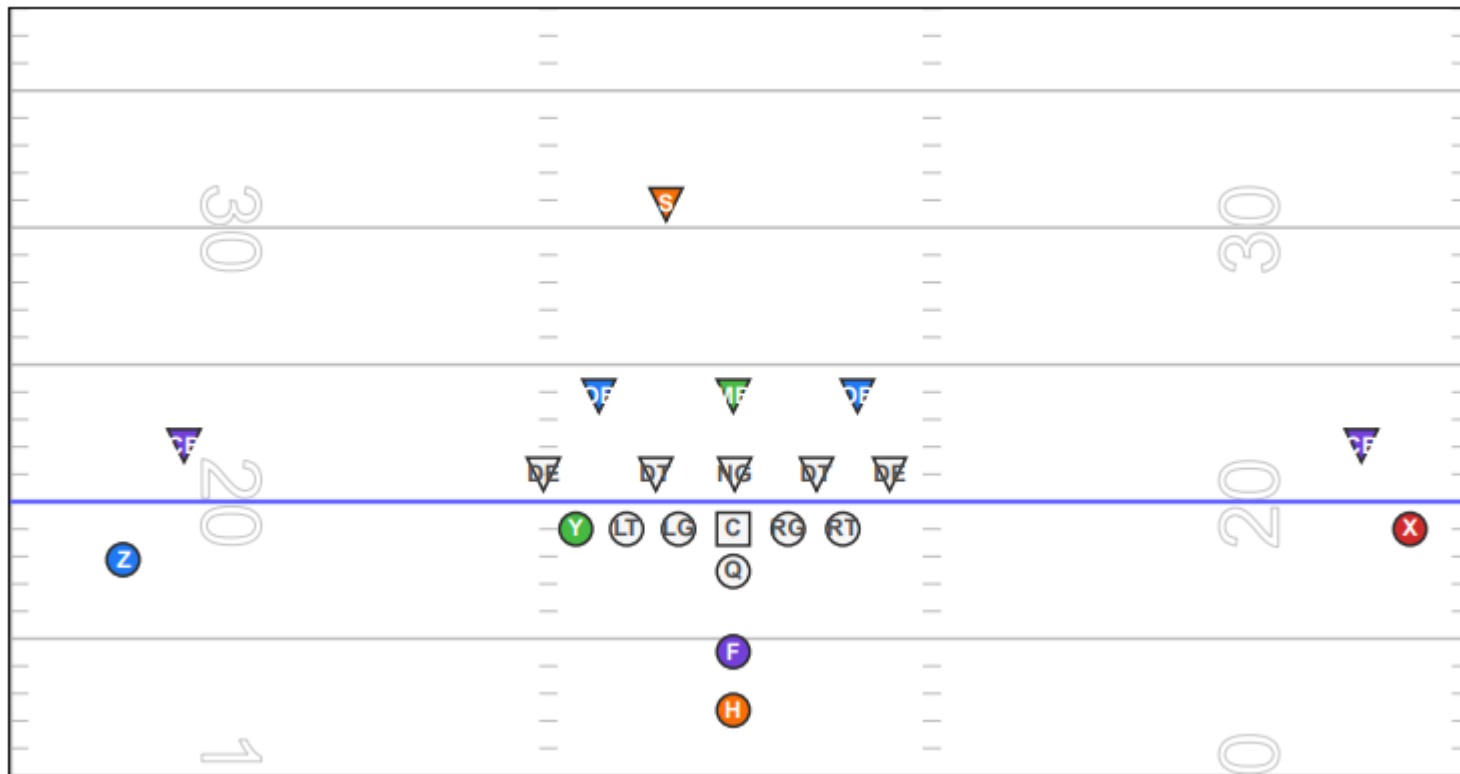
- a) TO
- b) FAR
- c) CLOSE
- d) NEAR
- e) OFF

Question #4 – If the play call is 35 ISO, the F & H will run towards_____ & the F will block_____ on the _____ shoulder

- a) LG, OB, Inside
- b) Y, DE, Outside
- c) LT, OB, Outside
- d) LG, MB, Inside
- e) LT, OB, Inside

Question #4 – If the play call is 34 Trap, the H will position his RIGHT arm on the TOP and LEFT arm on the BOTTOM to take the ball.

- a) TRUE
- b) FALSE



Question #5 – What is the minimum number of players that must be on the line of scrimmage during a play?

- a) 6
- b) 7
- c) 8

Question #6 – If a Z JET is called with a play the WR goes in motion to the opposite side. True or False?

- a) TRUE
- b) FALSE

Question #7 – If the play 35 Trap is called, who is getting the ball and which Offensive Lineman are they running toward?

- a) H is getting the ball, running toward the LG which is the 3 hole
- b) H is getting the ball, running toward the LG which is the 5 hole
- c) H is getting the ball, running toward the LT which is the 5 hole
- d) F is getting the ball, running toward the LT which is the 3 hole

Question #8 – If the play 36 Power is called, who does F Block?

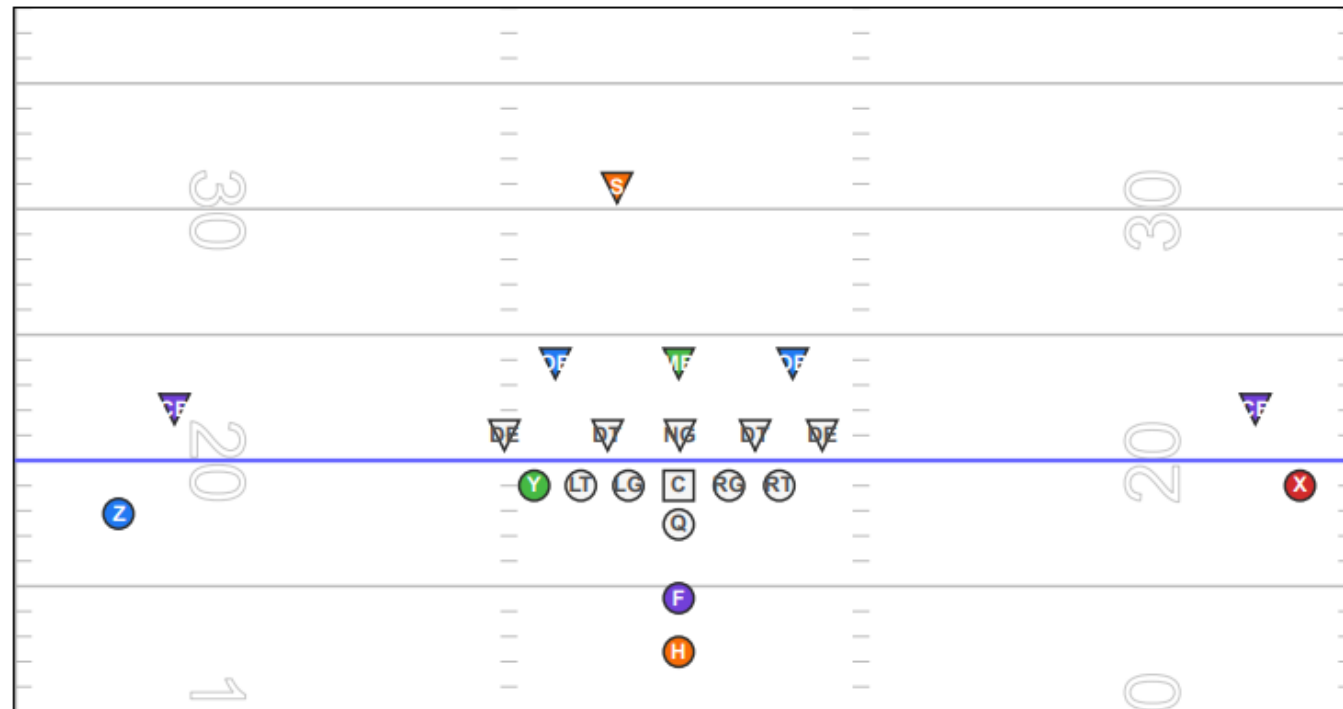
- a) F blocks the Right OB
- b) F blocks the Left OB
- c) F blocks the Right DE
- d) F blocks the Left DE

Question #9 – If the play 36 Power is called, who does H follow for the lead block?

- a) F
- b) LG
- c) RG
- d) Y

Question #10 – On RIP I 38 Sweep, is this a pitch or a handoff?

- a) Pitch
- b) Handoff



Question #11 – What is this formation?

- a) Spread RIO
- b) Spread LEO
- c) Spread ROGER
- d) Spread LUCKY
- e) Spread EMPTY

Question #12 – What is the blocking scheme for this particular play?

- a) 68
- b) 69
- c) 98
- d) 99
- e) 50 (Man)
- f) ISO

Question #13 – The running back's responsibility is the DE in this scheme. What is the leverage the HB is looking to execute?

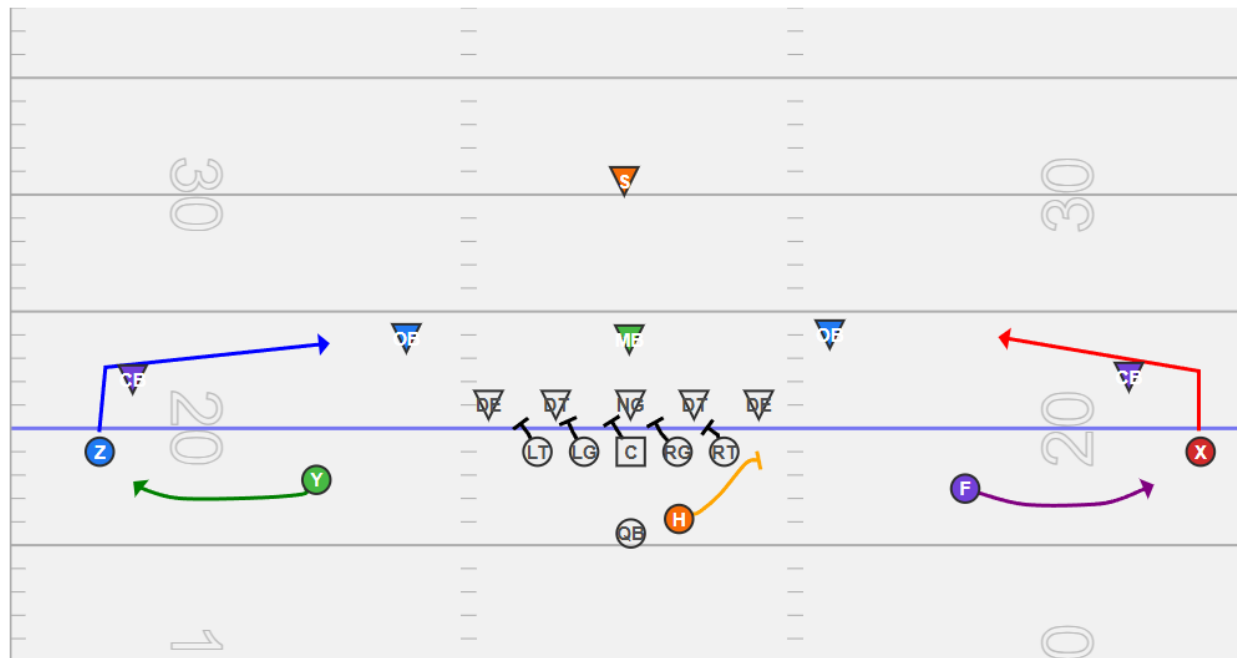
- a) Outside In
- b) Inside Out
- c) Head Up

Question #14 – What in the play call tells the H that they need to block the DE on the RIGHT side?

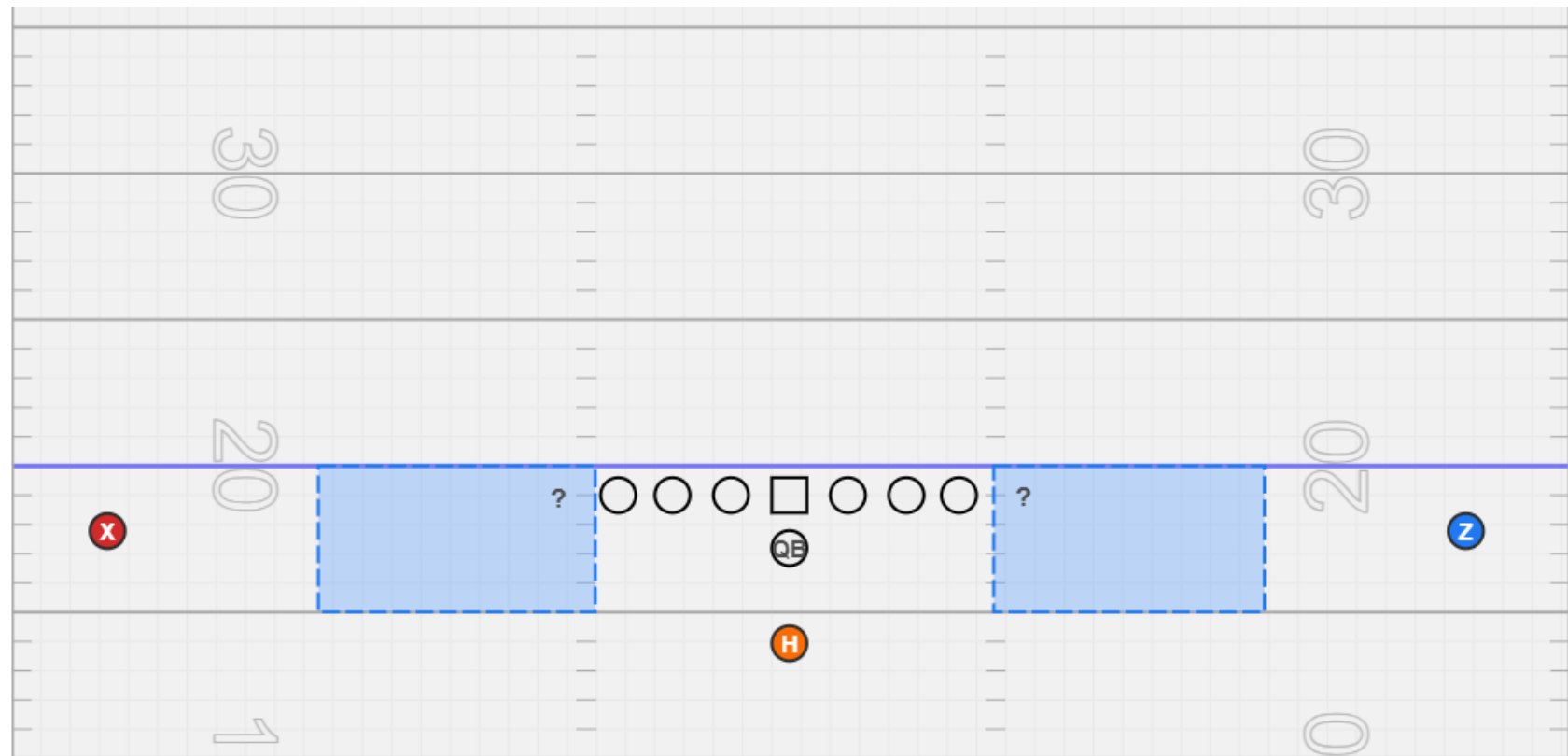
- a) The passing scheme
- b) The formation
- c) The blocking scheme
- d) The defense the opposing team is running

Question #15 – The blocking scheme being run here is a Sprint Out. True or False?

- a) True
- b) False

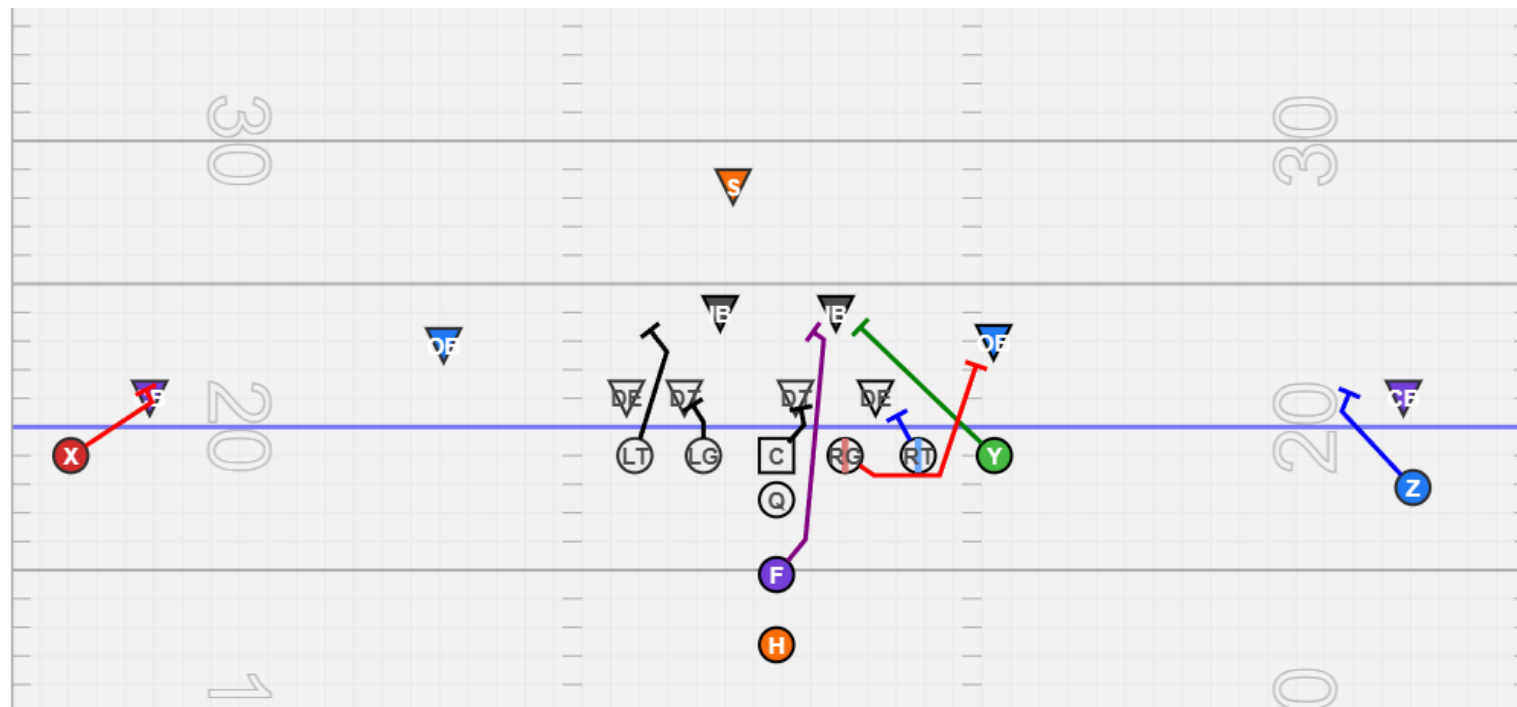


Fill in the hole structure in the diagram



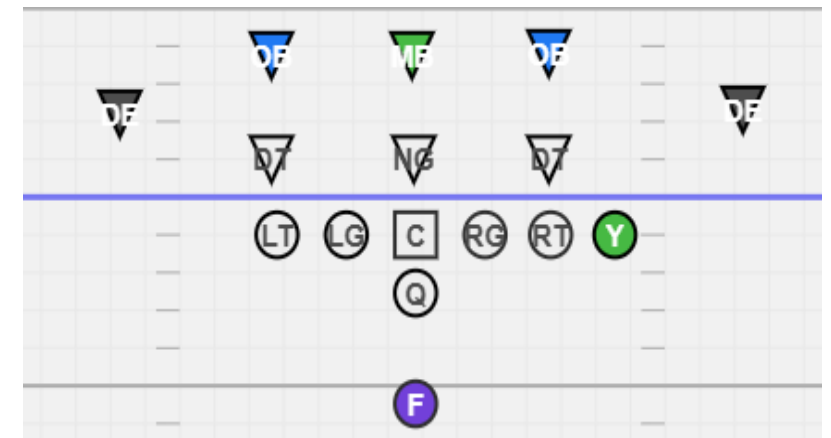
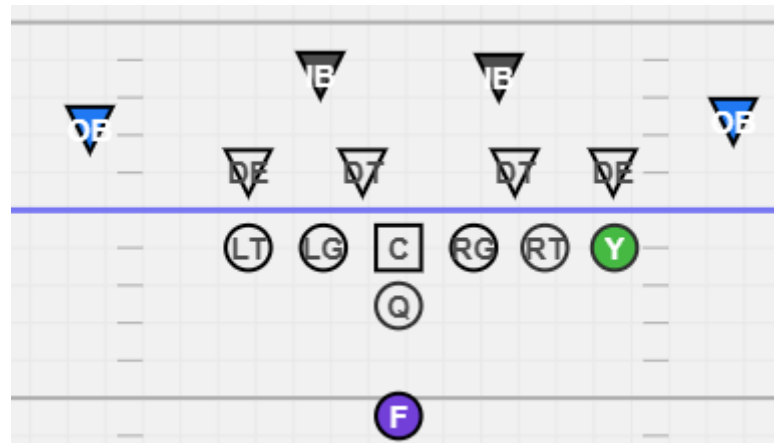
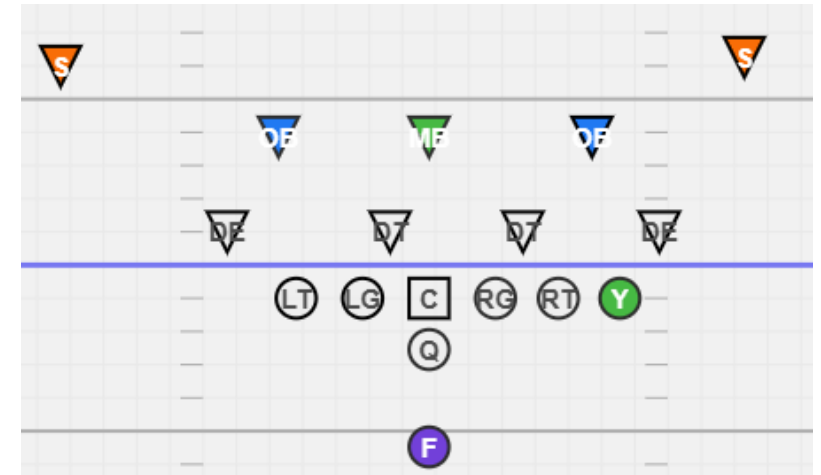
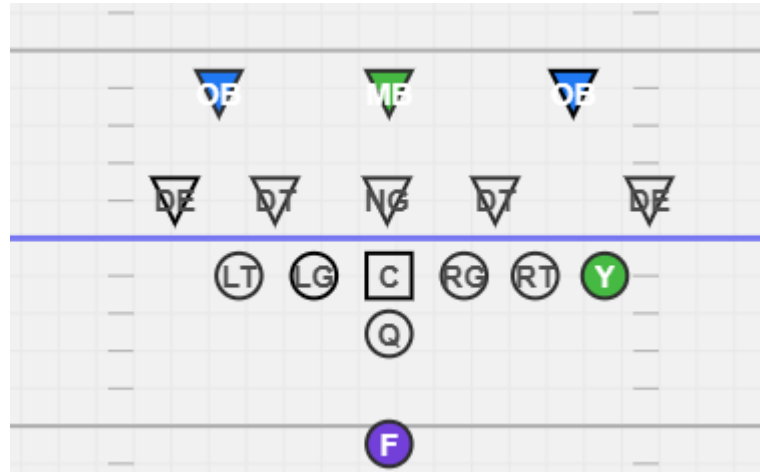
The play here is Regular RIP I 34 Trap and you see this defense in front of you.

- a) Draw a line to where you will run
- b) Which arm is on top for handoff ?
- c) Which arm is on bottom for handoff ?
- d) If OB cuts inside of RG, where are you running ?



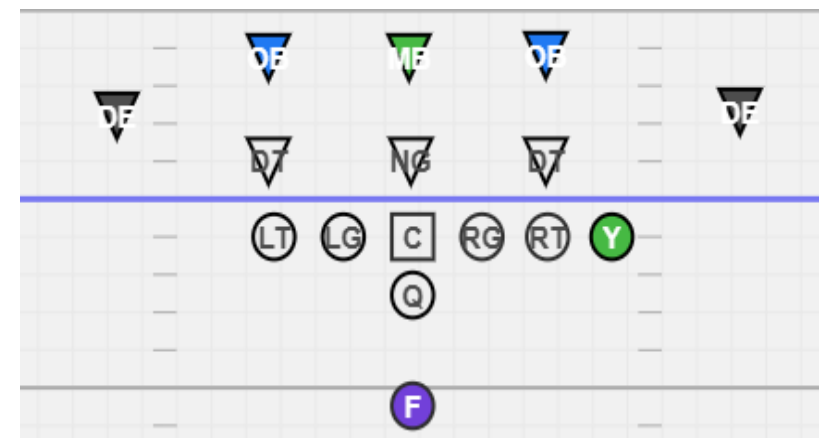
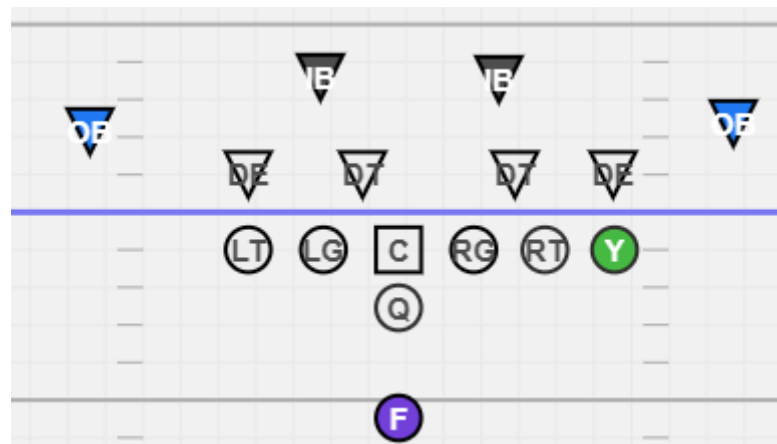
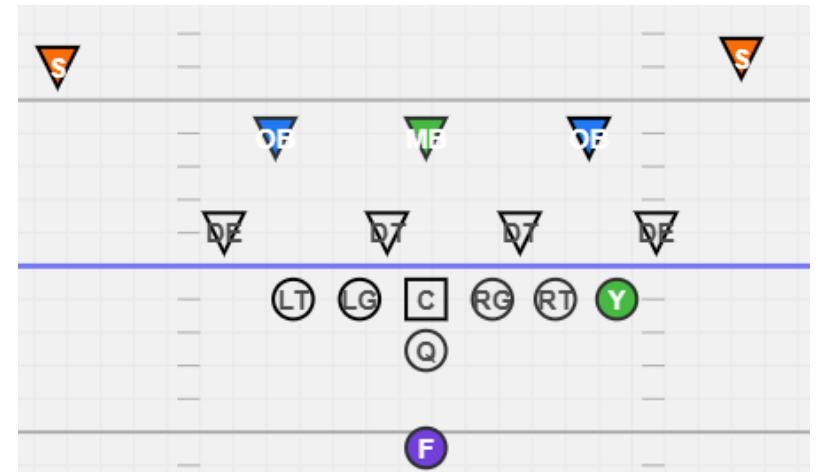
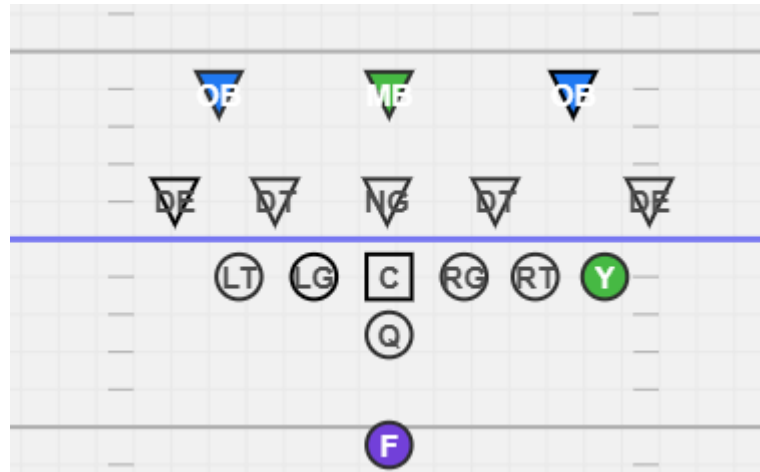
Draw in for F how you would
block these defensive
formations for:

RIP I 34 ISO



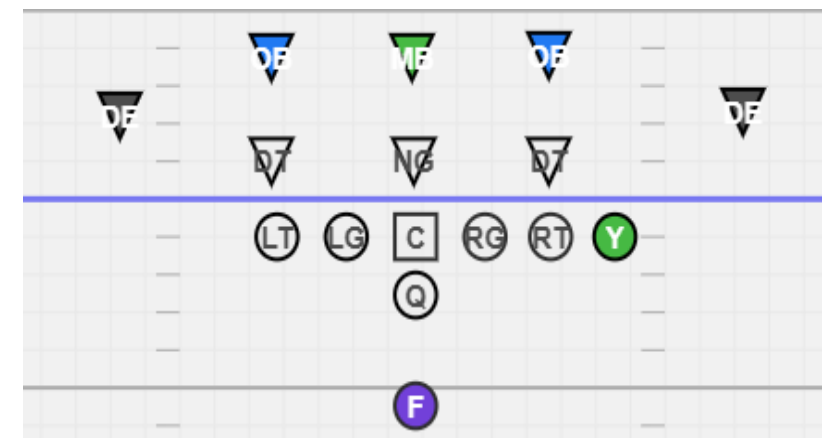
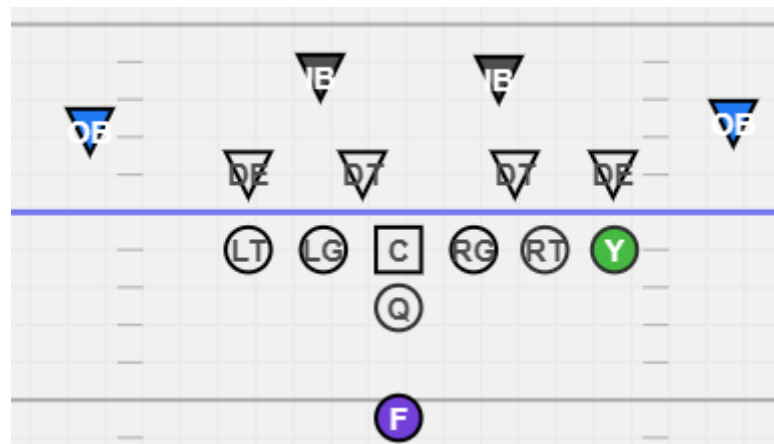
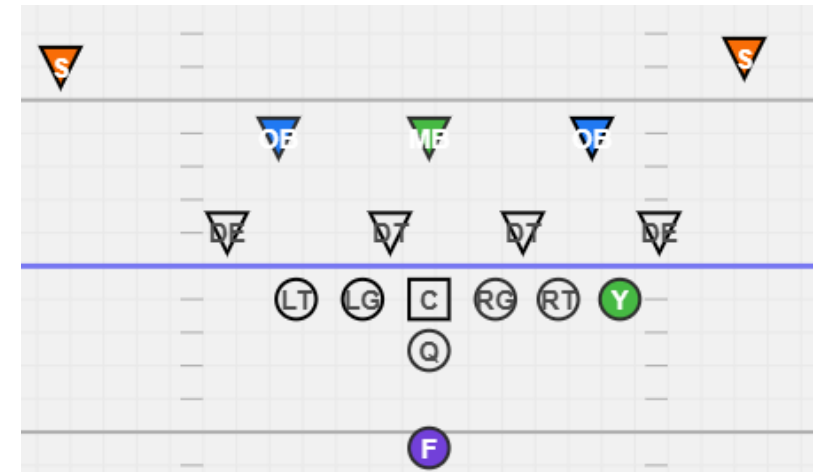
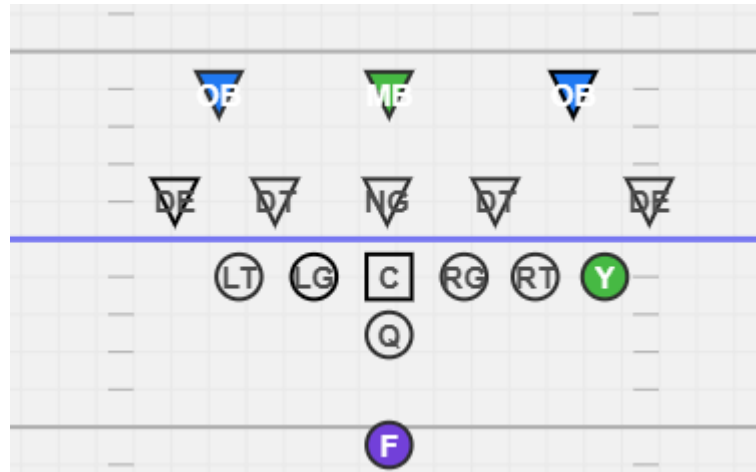
Draw in for F how you would
 block these defensive
 formations for:

RIP I 34 Trap



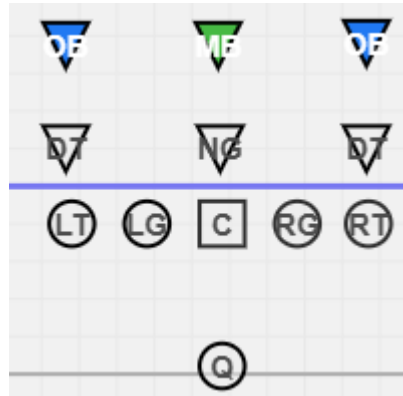
Draw in for F how you would
block these defensive
formations for:

RIP I 36 Power

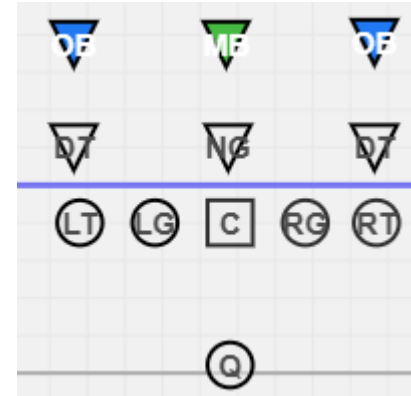


Draw a **CIRCLE** where H would
 line up and where they would
 block for each pass play

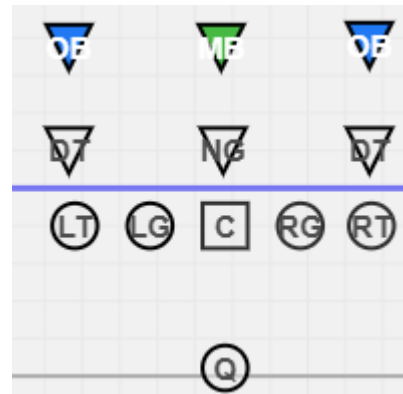
Draw in a 69 Block



Draw in a 68 Block



Draw in a 99 Block



Draw in a 98 Block

