

Name _____

American Football 101: A Beginner's Introduction to the Game

Multiple Choice Questions

1. What is the objective of American football?
 - a) To score goals by kicking the ball.
 - b) To advance the ball into the opponent's end zone or kick it through their goalposts.
 - c) To score points by tackling the opponent.
 - d) To dribble the ball into the opponent's net.

2. How many players are there on each American football team on the field at a time?
 - a) 7
 - b) 10
 - c) 11
 - d) 15

3. What is the maximum duration of each quarter in a professional American football game?
 - a) 5 minutes
 - b) 10 minutes
 - c) 15 minutes
 - d) 20 minutes

4. Which team unit is responsible for preventing the offense from advancing the ball and scoring?
 - a) Offense
 - b) Special teams
 - c) Defense
 - d) Referees

5. How many points is a field goal worth in American football?
 - a) 1 point
 - b) 2 points
 - c) 3 points
 - d) 6 points

