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# NFL DRAFT 2017 SCOUTING REPORT: RB

## DALVIN COOK, FLORIDA STATE

BY: R.C. FISCHER

TOTAL FOOTBALL ADVISORS, LLC

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## NFL DRAFT 2017 SCOUTING REPORT: RB DALVIN COOK, FLORIDA STATE

*\*Our RB grades can and will change as more information comes in from Pro Day workouts, leaked Wonderlic test results, etc. We will update ratings as new info becomes available.*

*\*We use the term "Power RB" to separate physically bigger, more between-the-tackles-capable RBs from our "speed RBs" group. "Speed RBs" are physically smaller, but much faster/quicker, and less likely to flourish between the tackles.*

What is so 'special' about **Dalvin Cook** that would drive scouts and analysts to push him as #1 running back prospect in the 2017 NFL Draft...and a high first-round pick?

I'm not saying Cook is not a great college running back and a legit, solid NFL prospect, but where is this 'best in class' movement coming from? Whatever it is – it makes no sense. There is nothing overly special about Cook. He's very good for college and will likely be a decent/solid pro if given opportunity. He's not going to radically change your NFL franchise and strike fear into the hearts of your opponents. He has a similar vibe to **Devonta Freeman** – nice effort, NFL-worthy athleticism, but not a running back defenses have to build a game plan around stopping...and not a running back the team should spend \$40M/5 years on when their rookie deal is up.

You find a **Leonard Fournette** or a **David Johnson** once per draft or two...maybe (here lately)? You find some smaller RB with the hands and runner skills of **Christian McCaffrey** maybe every year or two? You find **Dalvin Cook** type RBs all over the draft every year...later in the draft and undrafted. Last year, you wouldn't rather have **Kenneth Dixon** (fourth round) or **Wendell Smallwood** (fifth round) than a first-round **Dalvin Cook** in 2017? It's preposterous. Heck, **Jeremy McNichols** is as good/better than Cook. I could name five+ running backs I'd rather draft in 2017 before I even think about Cook.

That's not trying to ply Cook with a 'bust' label as a prospect. He's fine. He'll do well enough in the NFL. He's just not a franchise changer...but the draft price to 'have' him is supposedly that of an elite.

When I watch Cook on tape, I see what I see with most 4.49 runners who star at running back in college – he has fast feet, and if you give him space he's going to outrun 4.8+ 40-time DBs and LBs. Now, Cook is a little more gifted than every generic 4.49 runner. He has good instincts picking through holes, and he's

decisive/he is hesitant and trying to dance out of trouble. He hits holes and goes. If there is something in the way, Cook is not going to knock it over in the NFL as much as he does in college at 210 pounds...and he might drop to 200–205 pounds in-season. You can use Cook as a useful/non-exciting RB at 210–215 pounds or as a change-of-pace guy at 200–205 pounds. Cook is not going to hurt you at all at the next level...he's just not the guy you can put the entire run game on his back with.

People make a big deal out of Cook's ability to catch passes out of the backfield. I mean, he's OK/solid enough but let's not confuse him with **Christian McCaffrey** or **David Johnson**. Cook is solid-not-special in the passing game. He slipped out of the backfield uncovered on a wheel route a few times in college and had some long plays off it...it wasn't like he was a force in the passing game, like a virtual wide receiver. Cook has decent hands but is not on the receiving level to play wide receiver if required. He's just a 'decent' receiver out of the backfield.

That's the summary of Cook... "He's decent." He has decent hands, decent speed, decent size...good core strength/balance and poor agility. His sluggish speed-agility points to him as a between-the-tackles runner, but his size is not that of a grinder/pounder. He may be a bit of a square peg being pushed as a main-carry guy at 210 pounds. I like him better as a 200-pound change-of-pace back...a **Charles Sims** type option.

I don't particularly see the first-round draft pick valuation of Cook. I really don't see the top 100–125 valuation of Cook either, but that's me using supply-demand economics at the running back position. For those who are considering dancing with Cook in the top 50...you also have to consider his off-field 'stuff'.

Cook was suspended in 2015 for accusations of punching a woman in the face. He was found 'not guilty' in the courts and reinstated. I'm not holding that against him because he was cleared, with witnesses that said he was trying to help and that he didn't throw any punches at anyone. However, then you consider he was cited for mistreatment and endangerment of puppies in 2014 – attaching pit bull puppies by heavy chains around their necks that were thought to be choking/restrictive (enough of a scene for him to get cited)...and with that info – now you have to stop and think. When you see mistreatment of puppies and accusations of punching a woman...it doesn't conjure up a great image overall, even if unfounded. When I've seen Cook interviewed, it doesn't help change the narrative in my mind. You have a long leash for an elite prospect, but for a 'decent' prospect like Cook...why invite this potential headache onto the team (even if he's 100% in the clear of everything)? Why risk it for what upside...plus, way overpay for it? He's just not worth the price.

## DALVIN COOK, THROUGH THE LENS OF OUR “SPEED RB” SCOUTING ALGORITHM

Looking at his numbers makes me walk back some of my Cook is (Devonta) Freeman chatter. **Dalvin Cook** was inherently more productive in college than Freeman ever was. Cook really had a great career. However, most every 205–215 pound running back among the top 10 RB prospects for the NFL Draft blew up the stat sheets as well. Any 205–215 pound running back with 4.40–4.55 speed is likely to produce in college if they are good at what they do and get the touches. Cook delivered in college as you would expect/hope.

I would point out about Cook’s game performances – that when he faced bigger competition outside the ACC...the numbers were not as off the charts. Still good, but not ‘wow’. Facing Oregon in a bowl game 2014, Houston (2015 bowl game, and a really good defense), Ole Miss (2016), Michigan (2016 bowl), and three games with Florida, Cook averaged 103.0 rushing yards per game (down about 30%+ off his other starts) and 0.7 rushing TDs per game (about half his normal TD pace). Those aren’t bad numbers against the better out-of-conference teams, but they are not *“Wow, take me in the top 25 of a draft!”*

Here’s a troubling number – five fumbles in 2016, lost four of them. 12 fumbles over three years and lost nine of them. It’s another thing that makes think Cook won’t live well between the tackles in the NFL. He should cut 10 pounds and become a faster/more agile change-of-pace back.

### NFL COMBINE DATA...

5’10.3”/210, 32.4” arms, 9.25” hands (below average)

4.49 40-time, 7.27 three-cone (one of the worst among 2017 RBs), 4.53 shuttle (definitely one of the worst)

9’8” broad jump (one of the worst), 30.5” vertical (one of the worst), 22 bench press reps (one of the best)

College Stats on Fox Sports: <http://www.foxsports.com/college-football/dalvin-cook-player>

THE NFL "SPEED RB" WHOM DALVIN COOK MOST COMPARES WITH  
STATISTICALLY IN COLLEGE, WITHIN OUR SYSTEM:

I see **Jeremy Langford** as one of the top computer matches, and I don't like that. I thought Langford was a fast but far too tentative a runner in college with bad hands. Cook is much tougher and with better hands. Cook is more **Bilal Powell**, in a sense, but Powell is a little more physical than quick...I think Cook is going to cut 5+ pounds and go for the 'quick'/less 'bully' version of himself.

These computer matches...they are all RBs NFL teams did/could use but could live without. That's my fear of Cook in the NFL...'good' but 'forgettable'.

TABLE 385

Rating	RB-Re	RB-Ru	Name	Name	College	Yr	H	H	W	Speed	Agility	Power
6.422	7.56	6.28	Cook	Dalvin	Florida St	2017	5	10.3	210	4.78	-2.50	8.39
6.393	2.53	5.90	Langford	Jeremy	Michigan St	2015	5	11.5	208	6.12	-1.15	6.65
3.218	5.46	3.31	Powell	Bilal	Louisville	2011	5	10.4	207	4.23	4.34	6.29
4.573	2.69	3.60	Harper	D.J.	Boise State	2013	5	9.1	211	1.95	0.04	9.52
1.118	1.91	0.61	Poole	Tauren	Tennessee	2012	5	9.5	205	-0.27	-1.21	8.56
1.332	4.82	1.04	Gray	Cyrus	Texas A&M	2012	5	10.2	206	4.45	1.29	7.89

*\*A score of 8.50+ is where we see a stronger correlation of RBs going on to become NFL good/great/elite. A score of 10.00+ is more rarefied air in our system and indicates a greater probability of becoming an elite NFL RB.*

*All of the RB ratings are based on a 0–10 scale, but a player can score negative, or above a 10.0 in certain instances.*

*Overall rating/score = A combination of several on-field performance measures, including refinement for the strength of opponents faced, mixed with all the physical measurement metrics – then compared/rated historically within our database and formulas. More of a traditional three-down search – runner, blocker, and receiver.*

*\*RB-Re score = **New**/testing in 2017. Our new formula/rating that attempts to identify and quantify a prospect's receiving skills even deeper than in our original formulas. RB prospects can now make it/thrive in the NFL strictly based on their receiving skills – it is an individual attribute sought out for the NFL and no longer dismissed or overlooked. Our rating combines a study of their receiving numbers in college in relation to their offense and opponents, as well as profiling size-speed-agility along with hand size measurables, etc.*

*\*RB-Ru score = **New**/testing in 2017. Our new formula/rating that attempts to classify and quantify an RB prospect's ability strictly as a runner of the ball. Our rating combines a study of their rushing numbers in college in relation to their offense and strength of opponents, as well as profiling size-speed-agility along with various size measurables, etc.*

*Raw Speed Metric = A combination of several speed and size measurements from the NFL Combine, judged along with physical size profile, and then compared/rated historically within our database and scouting formulas. This is a rating strictly for RBs of a similar/bigger size profile.*

*Agility Metric = A combination of several speed and agility measurements from the NFL Combine, judged along with physical size profile, and then compared/rated historically within our database and scouting formulas. This is a rating strictly for RBs of a similar/bigger size profile.*

## 2017 NFL DRAFT OUTLOOK...

I think Cook's poor performance at the NFL Combine has cemented the fact that he will not be taken higher than **Leonard Fournette**. I think the poor performance + **Christian McCaffrey's** impressive skills at the Combine have pushed Cook into

the second round. Some NFL team will think he's a bargain because 'he used to be a top 15 guy', but they are buying an inflated asset and wasting a critical second-round pick in one of the deepest drafts of all time...some 'sucker' team will burn a valuable pick on a nonspecial running back.

**NFL OUTLOOK:** If Cook stays at 210 pounds, his career will likely follow **Jeremy Langford's** – has a moment and then eventually exposed and forgotten. If a team tries to make him their main-carry guy, he'll be OK and leave the team 'wanting'. If he cuts 5–10 pounds and takes a role as a change-of-pace guy...he could be really good/useful to an NFL team.


Cook is potentially better than our grade if he were to go 200–205 pounds. My disdain is not so much his talent as how much analysts are saying it is worth in this year's draft. It's insanity.

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Signature  Date 3/9/2017