

DALVIN COOK

FLORIDA STATE

Height: 5'10" Weight: 210 Arms: 32.5"

Combine:

40 yd Dash: 4.49

3 Cone: 7.27

20 yd Shuttle: 4.53

Vert: 30.5"

| <u>Pros:</u> | <u>Cons:</u> |
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| <ul style="list-style-type: none"> - Compact back, strong and well proportioned - Incredible contact balance, hard to knock down - Breakaway speed and silky agility - Adequate to adept receiving back - Tenacious and willing to run through contact - Plays larger than his size - Smooth acceleration - Good vision to see backside holes on zone run - Dangerous in the open field - Can get yards between the tackles - Patient runner who waits for blocks | <ul style="list-style-type: none"> - Some will question size - Not an great pass blocker - Doesn't create a lot on his own behind the LOS - Won't move a pile or drag tacklers, little power |

Summary: Dalvin Cook has been a household name since his freshman year at Florida State. The junior has rushed for over 1,000 yards each of his three years at Florida State and is now the all-time rushing leader in school history, breaking Warrick Dunn's 20 year record. Cook is a two year, All-American and was a finalist for the Heisman the last two seasons. Cook saved his best performance for last, gaining 200 yards from scrimmage vs Michigan in the Orange Bowl. Cook is a dynamic back with great burst and breakaway speed. Unlike many speed backs, Cook has incredible patience in waiting for his blocking to set up. Once he sees his lane, he bursts through the gap and climbs to the 2nd level with great acceleration. He's got good vision to see cutback lanes and is an effective, one-cut back. One of the best aspects of Cook's game however, is his contact balance. He's not a power back but he can shed arm tacklers and run through contact without losing too much speed. Yes, he won't move a pile and he's not a bruiser, but he does show tenacity when finishing runs and falls forward for all the yards he can get. He shows the ability to run in between the tackles and is a mature runner who doesn't try to break every run for a huge gain. His maturity as a running is impressive and will serve him well at the next level. The Miami native is also a good pass catcher with very good hands and concentration. He's not a skilled route runner, but he shows adequacy working on the edge when lined up wide. One area that Cook does struggle in, is pass blocking. He's neither physical nor decisive when taking on blocks. Also, if we were to split hairs, Cook has very good athleticism, but isn't in the NFL 'elite' category. Outside of that, he's a featured back who can do just about everything. One note, Cook has several run-ins with the police during his time at Florida State. He was cited for cruelty to animals for improper care for three Pit Bull puppies and was charged with criminal mischief for an incident with a BB gun. He also had charges of simple assault dropped for an alleged altercation outside a bar in Florida when he was 19. He was never convicted in any of these cases but this shows at the very least a pattern of poor choices and keeping the wrong company. Investigation will be needed into this and he should be monitored in the

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future for similar behavior. His talent warrants a first round pick and I highly doubt those incidents will keep him from that.