



James Daniels

Iowa

HEIGHT: 6'3"

WEIGHT: 306

ARMS: 33.75"

COMBINE:

40 YD DASH: DNP

3 CONE: 7.29

20 YD SHUTTLE: 4.40

VERT: 30.5"

PROS

- Great lower body thickness and power
- Great power and movement skills
- Fast enough to make every block
- Great hips, fluid and can move in any direction
- Technically sound and well coached, good snap
- Doesn't give up depth in pocket
- Long arms, uses them very well

CONS

- Needs to play with more drive and desire
- Doesn't blow anyone off the ball
- Probably doesn't have great long speed
- Not overly explosive

SUMMARY

Junior Iowa center James Daniels is a quintessential Iowa lineman. He doesn't blow you away in most cases, but he's fundamentally sound, knows what he's doing and is a leader for your team. The Warren, OH native was a starter at the end of his freshman year in Iowa City and by 2017 was elected to the team's leadership council as a junior. He started every game he played in from 2016 on and only missed three games due to injury in those two years. Daniels is an athletic center who can make any block along the line of scrimmage that you ask him to. He's got a perfect, compact build, with long arms and a massive, powerful lower body. The best part about his physical ability however are his hips. He is a very fluid athlete who can quickly work across the face of a defensive lineman to get a reach block or quickly work to the outside on a pull. Daniels is a good athlete who can move well and is quick in the short area. Daniels mostly operated within the interior of the line and wasn't asked to pull or get out into space very often. His ability to play guard is clear but it's not clear if he will have the speed to play in the open field. If there is one knock on Daniels it's that he does not make adequate use of his apparent power. He does a great job technically on blocks with hand and foot placement, yet he doesn't overpower most defenders. He needs to play with more explosive pop behind his hands and show more desire to beat players, instead of just block them. That being said, if he never develops that, he's a fine center in the league who will likely help any quarterback who lines up behind him. With the glut of interior linemen this year Daniels will likely drop into the 2nd round, but has value as a 1st round pick.