

## The Gut Check's RB Scouting Analysis

**Name:**  **School:**  **Opponent:**  **Surface:**   
**Height:**  **Year:**  **Score:**  **Climate:**   
**Weight:**  **Date:**  **Location:**  **Temperature:**

**Power Score :**

Leg power, drives through arm tackles [1pt]:

Effective stiff arm [1pt]:

Initiates contact, runs behind pads, and punishes defenders [1pt]:

Good body lean/Finishes runs [3pts]:

Gains yards after contact/second-third effort runner [7pts]:

**Balance Score :**

High performance in adverse conditions [1pt]:

Maintains balance when hit head-on [1pt]:

Maintains balance when it from an indirect angle [7pts]:

**BHandling Score :**

Carries ball with either hand [1pt]:

Consistently handles QB/RB exchanges [3pts]:

Demonstrates ball security [3pts]:

Maintains control of ball when hit [7pts]:

Maintains control of ball in adverse weather conditions [1pt]:

**Speed Score :**

Effective short area burst [7pts]:

Separates from 1st and 2nd wave of defenders [1pt]:

Effective outside runner [3pts]:

**Vision Score:**

Makes good decisions with where to run [7pts]:

Patience in traffic (sets up blocks) [3pts]:

Takes good angles away from defenders in the open field [1pt]:

**Elusiveness Score :**

Effective lower body jukes while on the run [3pts]:

Effective upper body jukes while on the run [1pt]:

Avoids direct shots [7pts]:

Effective stop-start movements [2pts]:

Effective lateral movement [3pts]:

**Blocking Score :**

Correct diagnosis of blocking assignments [1pt]:

Effort with assignments [3pts]:

Willingness to block in the open field and on broken plays [1pt]:

**Receiving and Routes Score :**

Consistently makes receptions on catchable balls [3 pts]:

Makes difficult catch [1pt]:

Catches ball effectively with back to the quarterback [1pt]:

Consistently catches ball with hands and without juggling [1pt]:

Consistent target in the passing game [3pts]:

Runs precise routes [1pt]:

**Durability Score :**

Missed fewer than 10% of opportunities to play [1pt]:

Performs at high level while playing with an injury [1pt]:

No chronic injuries (Two or more injuries to same body part) [1pt]:

No injuries requiring extensive rehabilitation [7 pts]:

**Overall Score:**

**Game Stats**

**Attempts:**

**Rush Yds:**

**1st Downs:**

**Rush Tds:**

**Target:**

**Rec:**

**Rec Yds:**

**Rec Tds:**

**Fumbles:**

**Broken Tackles:**

**BLKs Assigned:**

**BLKs Made:**

# The Gut Check's RB Scouting Profile

Name: Arian Foster

Date: 9/1/2007

Opponent: California

Overall Strengths:

Foster has good size, straight ahead power, speed and hands. He demonstrated very good ball protection in this game. His biggest asset is his power. He can be a physical force much like former OSU RB Eddie George. He's a long strider with fluid movement and decent speed. He glides downfield much like George and former Colorado back, Chris Brown. He's not as big as either runner, but he has a similar style. If he can improve his decision making at the line of scrimmage he has a chance to develop into a frequent contributor, if not a starter, at the next level.

Overall Weaknesses:

Foster sometimes makes decisions like he's still in high school. This is common for many backs who were both the biggest and fastest player on the field until they came to college. He will try to take the cutback when it is better to force contact one on one with a linebacker or safety in open space. He doesn't seem to hit the holes between the tackles with great acceleration because he appears to be consistently looking for the cutback. He's best as a north-south runner and lacks great balance if his shoulders are not square to the line of scrimmage. He does not maximize the potential of his power as a runner of his size.

Power:

Foster is a bigger back who runs with a style reminiscent of OSU's Eddie George: long strides, good body lean, and deceptive speed. He does a good job getting low at the point of contact to win the battle with a defender and gain an extra yard or two with his body lean. Foster initiated contact to finish his run on a kick return after he already stiff armed a defender a few steps prior. Good job leaning forward on an 8-yard run when he was hit in the legs by a safety shooting through after he gained 6 of those yards. Foster was brought down easily on a flat pass with 13:30 left in the half because he could not get his shoulders square. He routinely keeps defenders off him with effective use of his free arm to knock down diving tacklers.

Ball Handling:

Nice job switching the ball to the sideline hand as he cut across field on his second kick return. Excellent job switching the football from the inside to the outside arm after making one man miss and before delivering a stiff arm to the second defender on his touchdown reception of 12 yards. Once again, excellent job switching the football to his left arm as he was going through the hole and cutting to the left on his 68-yard kick return in the 1st QTR. Foster routinely switches the ball to his sideline arm while running more often than most backs I have seen recently. He seems very conscious about ball protection when it comes to making sure he doesn't get hit where the ball is. He switched the ball once again to his sideline arm on a 3rd and 5 swing pass just before the safety tried to hit him on the side where he originally had the ball.

Etusiveness:

Foster showed very quick feet to side step an LB to the inside a split-second after the catch. He then squared his shoulders upfield, switched the ball to the outside shoulder, stiff armed the second defender on the top of the helmet--knocking him to the ground at the 9 yard line--then running through a tackle attempt at the waist at the 4 yard line for the score. All these moves were done good short area quickness. Excellent full speed cut to the left while in the hole to get to the left sideline on the kickoff. He has a good first step to sidestep defenders shooting gaps. He did the same on a 2nd and 2 run for 1 yard with 13:45 in the half. Foster demonstrated a bit of a wiggle on his 43-yard run in the 3rd QTR. He dipped right and away from a pulling lineman's block and then dipped back to the left as he ran through the hole and to the sideline for the big gain.

Balance:

His balance diminishes when not square to the line of scrimmage.

Speed:

Foster showed pretty good speed on his second return for 25 yards. He reached the left corner although fielding the punt at the right hash. A quality NFL returner probably would have gotten another 10-15 yards by reaching the sideline at the point he turned the corner, but definitely showed decent speed for his size. His third return when for 68 yards and he outran one player with an angle after he was already 40 yards downfield from catching the ball outside the right hash and running through the middle of the defense and cutting to the left sideline. He was run down by the kicker and another defender coming across the field. Foster decisively hit the hole on an 8-yard run where he found the cut back behind the left guard and sprinted past the DE untouched for 6 yards. Foster nearly outran the DB for a score on a 42-yard run up the middle with 11:15 left.

Blocking:

The RB was assigned to block in pass coverage and as the QB made his drop on the play were the backside pressure sacked the QB and the result was a fumble return for a score. Foster spotted the frontside DL coming free and instead of attacking the defender, he set up a few feet from Ainge and waited for the DL to attack him. The DL pushed Foster backward and was able to get pressure. Although the DL significantly outweighed Foster, the RB needs to be more aggressive and provide more spacing in the pocket between himself and the QB. He did deliver a nice block on the gunner on a kick off with 3:45 in the half.

Vision:

Foster also handled kick return duties. His first return was for 20 yards. He ran straight up the field and did not attempt to follow blockers setting up on the right side of the field. He made a great decision on his 68-yard kick return to make a cut to the left sideline. He had the choice staying the path up the middle, but the opening to the right gained him an extra 40 yards. He feels the softspots at the line of scrimmage well when in traffic. He gained a first down at the 8:30 mark of the 1st half feeling his way behind his linemen for 8 yards. Foster showed excellent patience through a nice hole between the RG and C and turned on the jets as he reached the second level for a 42-yard gain and near score on 2nd and 3 with 11:17 in the 3rd QTR. Foster does a good job reading what the LB is doing behind the line, such as a stretch play designed to go to the right with 7:00 in the 3rd QTR where he saw the MLB about to meet him in the hole in the flat. But Foster should have met the LB and tried to run through him, because he tried to cut back inside where there was no real lane to speak of.

Receiving:

His first reception was a 12-yard score on a catch in the flat that he caught by letting the ball get into his body while split out wide at the 12 yard line. His second catch was a release to the flat which he caught facing the QB with his hands first. It was a 3rd and 1 situation with 13:25 in the half. He had to face three defenders in the open field to get the first down and came up short. Foster had a chance to catch a throw at the 2 yard line, but Ainge threw the ball behind him and he had to turn into the DE incoverage to get his hands on the ball and the result was a hit that broke up the reception attempt. Nice job adjusting to a swing pass on 3rd and 5 with 4:35 left in the 3rd QTR. He caught the ball with his hands and gained 15 yards.

Durability: