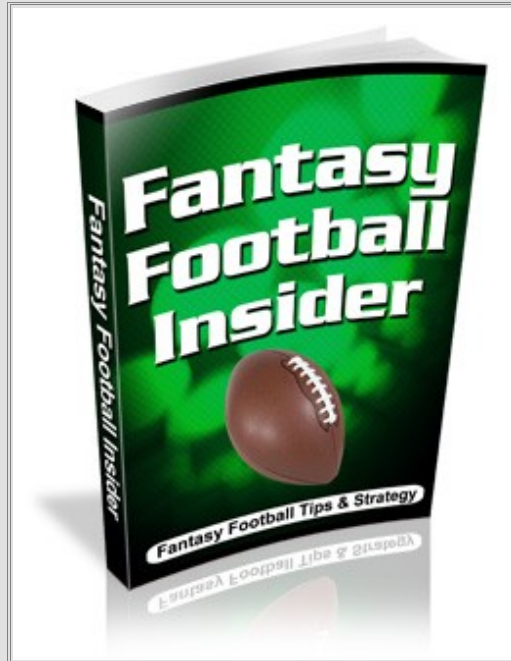


# Fantasy Football Insider

## Tips & Strategy



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## Introduction

Fantasy football is a fantasy sports game in which the participants/players (called "owners") are arranged into a league. The creator of the league is called the league commissioner, and that person invites other owners into his/her league.

Each team drafts a team of real-life American football players. Points are scored weekly based on those players' statistical on-the-field performances. A typical fantasy league will employ players from the NFL ... although some leagues are based on college players.

Leagues can be arranged in which the winner is the team with the most total points at the end of the season, or in a head-to-head format (which mirrors the actual NFL) in which each team plays against a single opponent each week. At the end of the year, win-loss records determine league rankings or qualification into a playoff bracket. Most leagues set aside the last weeks of the regular season for their own playoffs.

## What exactly is fantasy football?

Fantasy football is a brainchild of five Americans weaved together in 1962 during a trip to the east coast. Bill Winkenbach, a partner of sorts in Oakland raiders, his friend, Philip Carmona, Bill Tunnell, the PRO man at Raiders, the beat writer at the Oakland Tribune, Scotty Stirling and its sports editor, George Ross, got together to get fantasy football going in the form of the Greater Oakland Professional Prognosticators League which they set up after they returned from their three week east coast trip.

But the fantasy football leagues never really got going until the arrival of the internet in the 90's. It really took off when people could play the game from the comfort of their homes at the click of a mouse. Nowadays the popularity has soared for fantasy league football to go online with the help of Yahoo, CBS, ESPN and NFL. They host it for free allowing greater accessibility to a large section of the people with systems and notebooks at their disposal.

If Bill Winkenbach is credited with fantasy football, the duo of Michael Rand

and Joshua Schnell are responsible for the surge in the number of fantasy football sites. They are considered instrumental in promoting the online game and account for much of the popularity that Americans experience today. Commonly known in the fantasy football world as P squared, the duo did loads for the fantasy version like Lawrence Taylor had done for the actual version of the game.

With strategies like double defense and a unique ranking system, fantasy football leagues have come to be a part of American culture in the last two decades. Earlier, fantasy league football was enjoyed by a few Americans, but now with several other fantasy football tips and strategies, the very complexion of the game has undergone a sea change.

All participants in this variety of the game are termed owners and they are part of the fantasy football league. The league is created by a commissioner who sends out invites to other owners. Primarily, every team is supposed to rope in real all American football players through auction and then points are calculated based on their on field stats. In fantasy football, players are drawn from a single league like the NFL or the NCAA. Every team plays against one opposition every week and they are arranged according to their points tally.

In fantasy football, there are two formats in competition, mainly games played every week against particular opponents and total points where the season's tally decides the winner. Fantasy football drafts are of three types. In the snake or the serpentine round of the draft, round one gets reversed in the second and then the process is repeated to make a snaking formation. In the standard draft there are no alterations and the formation remains as usual.

Owners place their bids on players by determining the bid amount beforehand. Beginning with 4 and going up to 20, there is the keeper as well as the dynasty leagues in fantasy football leagues.

## How does fantasy football work?

With the growth of internet and personal computers, fantasy football has surged in popularity in recent years. It is played throughout the season by diehard football buffs that pick their fantasy football players and leagues and pit them against the other teams built by players. Winners in a particular game are determined by points the players total up in their real performances on a

particular day.

Fantasy teams in fantasy football league are made up of teams numbering eight, ten, twelve, fourteen and sixteen. The fantasy football picks are all drafted and played by different contestants. Until the slots are filled, the owners go on with their fantasy football picks. It is up to the owners to select a lineup for every game and also for trading players.

It is at the end of the nfl fantasy football season that the fantasy football league champion gets sorted out. For the playoffs, the qualifying teams are determined before the beginning of the season.

There are at least 2 quarterbacks, tight ends and defensive units, 3 running backs and wide receivers and a kicker. Beginning each week, the owners provide lineups taking into account injuries of the players. But you can make a lineup change in fantasy football only before the game begins and in the event of not being able to do it, the previous week's formation would remain in place. Lineups vary from one fantasy football league to the other.

Usually the fantasy football players lineup consists of a quarterback, 2 running backs, a kicker, a defensive unit and a tight end.

Scoring systems vary and the most common are touchdowns that get six points for the fantasy football league scoring player. If in the event of a touchdown, a passing play results and the same also applies for a quarterback. The kicker gets 3 points for field goals, while some other fantasy football leagues can award more. Usually for 40 yards, 4 points and for 50 yards, 5 points are awarded. When players score two point conversions, they receive 2 points and a point is awarded to kickers after touchdown.

Players on the offensive in fantasy football can also get extra points when they rush, pass or receive depending upon the yards covered. Normally 10 points are awarded for rushing 10 yards and 1 point for receiving every 10 yards. For passing 25 yards, they get a point. Players, who fumble with the ball or throw an interception, can risk losing points in the fantasy football league. Based on defensive touchdowns, sacks and turnovers and bonuses, the score of a fantasy football team is determined in defense. A 2 point defense bonus is awarded for safety.

In order to maintain a balance in the team selection, trades in fantasy football

picks can come up for protests if the odds are loaded on one side. Un-drafted players can be signed up on first come first served basis, but the owner has to release a player if the fantasy football team exceeds the roster limit.

## How do I join a Fantasy Football league?

With the rapid growth of fantasy football in the US in recent years, many Americans now want to join the fun and get involved in fantasy league football. There are many websites of fantasy football teams that you can join and also other places like the football magazines where you can pick up prizes. Many others join a small fantasy football league to get a taste of the fun and excitement.

You can join and organize a league taking anyone you like from friends, relatives to even co-workers. Getting your first fantasy football league ready doesn't mean you have to follow any fixed standards as the idea primarily is to have loads of fun. There are no rights or wrongs out there when fun and unlimited excitement is what is aimed at.

You need to get together a team for a league and they could comprise of 8 to 16. Depending on the resources in your locality you should get a team done. But you should also keep in mind that the intensity of the competition and the fun would get scaled down with too few teams. Owners in that case would find it hard to get top level players or get enough competition going. Your aim would be to keep the number of your teams as equal as possible.

Depending on the number of teams in your fantasy football league, the number of divisions would be determined. For many, a total of 3 divisions is great and works well according to their requirement. For the success of your league and excellence in the game, you need to be very choosy while picking a commissioner. The choice of a commissioner can stand between success and failure in fantasy football. It is also among the most important fantasy football tips offered to people before they join up.

Commissioners require to be trusted by all the other owners and under his or her watch rest the fantasy football drafts, games scoring and the league set up. It can be the most tedious of tasks and to help the commissioner along, an assistant is also roped in. It would require an extra position in fantasy football. For every season you should get together a plan of at least thirteen games that

would exclude playoffs lasting for 3 weeks. Your nfl fantasy football season should not be lasting more than an actual NFL season in real terms. These are basically the rules followed in fantasy league football.

Fantasy football drafts would depend on the league you set up. There are many leagues that just hold one draft at the initial stages during the league set up and after that, it is for the rookies. For selecting fantasy football players you got to have a draft during the league set up stage.

You can go for an auction where very owner would be given a salary cap depending on a pre-determined amount. At least 15 players from each team will need to fill up the roster. One tight end, defense, quarterback and place kicker, 2 running backs and wide receivers are among the fantasy football picks.

## **What the best fantasy football draft strategy?**

As a general manager and owner you need to have fantasy football drafts underway to be more competitive and get the winning edge. If you want to make it big this season, you got to have a crafty strategy up and running. Among the fantasy football tips, loading up on running backs early on is a surefire recipe for success, but you also need to figure out when you should change over to a new strategy.

Your primary aim would be to know when to change tack and adopt a new direction. There are many decisions that you need to take to succeed. You have to know the right time for jumping on the tight end and you should decide when to take the QB. Would it be the right time to take it in round 2, 3 or 4? Looking at the wide receiver is the key and you should figure out when to look at it.

Being an owner of a fantasy football league puts you in an important position. Choosing the team is vital and good fantasy football picks can change the result of the game. Among the most crucial of all fantasy football picks are the running backs. For fantasy football drafts your pick in the first round may be a back. But you could be faced with unlikely situations at times.

A ball carrier that may have less potential or appearing less impressive could come on board later on in the game. It could be well into the draft and not early on when all the studs are taken. At that critical juncture you need to look at the innate value of the particular player and compare him to the remaining others on the field in that particular position.

As an owner and a manager you have to be an expert in making comparisons. Fantasy football drafts are an art that you need to master. To be an expert, you need to do some research and lots of work before the drafts. Doing the pre-draft work can leave you in a lot better position as it has several long term benefits. You will have to get together the players that are worthy of drafts and rate them accordingly. For that you need to have all the stats of all them ready with you.

You can use the projected stats of the players into the scoring system of the fantasy football league and then use them as a benchmark to rank them. It can be very useful as an effective device for ranking in fantasy football.

If the remaining fantasy football leagues fail to get the value after a round when you take the second running back, then it would not be one of the best fantasy football picks. You wouldn't benefit with an advantage over other competitors. If the top QB gets past the next one by 100, you may just end up with a meager 6 or 7 points. The best way to go about it is to devise an effective strategy while doing fantasy football drafts.

## **Which is better, a keeper league or a redraft league?**

If you are into playing fantasy football for a few seasons then you would be toying with the idea of retaining some of your players during the seasons. Redraft or the keeper league and whichever is best are among the fantasy football advice much sought after these days. With the growing popularity of fantasy football leagues, some great strategies and tips are very useful in clinching a win.

On the fantasy football drafts day, every player would vouch that their team is great and would win hands down. But as soon as the game starts off, there are injuries and there is at least one team that can be impacted badly with injuries of their key players and this usually happens in the middle of October. You tend to give up when they are dogged by injuries. You park yourself in front of the

big screen when you are playing in a keeper league. You stand a fair chance having a go at players thrust over the waiver wire and use them to give a fillip to the next challenge.

But shifting gears is the key in fantasy football league. It is during the off season that you begin negotiations for converting from redraft to keeper. You should not attempt the conversion during the middle of the season and it is widely touted as there are many good players in teams that the owners would want to keep.

Build a sort of consensus by talking to players individually. Players that are not willing can be shown the advantages of keeper. There could sometimes be around 10 keepers in a team.

By doing this you can eliminate the first round of the fantasy football drafts system. There would be teams that would hold on to the top backs and the list of keepers would be a close competitor in the first round during a redraft. But the teams that have three players may not fare badly in the league as it will not allow the poorer teams to get the benefit of top players.

To make the transition a success you should not give rise to any hard feelings. With a large keeper count the leagues tend to be sort of dynasties, but lack a proper dynastic system.

The best fun comes with the ability to choose or get hold of a young player by chance. Keeper systems can make the teams go stale as all the best players would be on the same team year after year in the fantasy football league. But some leagues put a hold on the years a team can retain a player. If you plan to go for a keeper league, go for an auction system. Those owners who are last in fantasy football drafts would be miffed as the best RB's and young ones would be gone long before they get a chance to get hold of them.

Redrafts give you a start all over again, but keeper system is more preferred according to fantasy football advice by experts. But with drafts there is always a chance for a fresh start every year in fantasy football leagues.

## **How should I pick players for my fantasy football league?**

When you finally get to manage your very own fantasy football leagues, you

wear a crown that can be filled with thorns. Being the owner as well as the manager makes you doubly responsible for putting together a winning and competitive combination for your nfl fantasy football league. Compared to the big leagues, the fantasy football is no less in quality excitement and top class thrills, but you need to have top class players as well.

Fantasy football picks do not always impact the performance or the end result. Even the best of team could be down with injuries during the season. They could also have close calls or just experience an unlucky season. Even with less than top class players you could end up with a very good show at the end of the season.

For fantasy football picks you need to do a lot of research and find out the past records of the players and how they fared in the previous season. The team you pick in fantasy football should have played well in the past season and you should check by what margin they had won. You should also check the real fantasy football players in the team and who among them had gone overboard in playing well. For a great nfl fantasy football team you got to have stats on your fingertips for ready reckoning.

Instead of focusing on the key players who always played well, you should look at the dark horses. There could be a few that developed their skills recently. There could be some players who did a great job last season. As a team manager who has to prove his worth, you should have an eye for the dark horses who may be the key players in the next games.

Some fantasy football players may not look very impressive on the face of it, but they could spring surprises suddenly. By checking out the records and stats you can spot a potential winner. One among them could change the complexion of the game.

Stats are vital, but so are injuries. Some of the players could have been injured and they could be slow in the games ahead. Their performance may not be what it was in the last season and the information is the key to great fantasy football picks. You should be conversant with the health and fitness conditions of all the players which are your primary duties as a team manager.

Before drafting players into your nfl fantasy football team you should have research done on all of them. By doing extensive and intensive research fantasy football picks get going well and you could end up making some of the best choices.

By doing quality research you can get your first choice ready comprising of top players, then the second choice with less impressive players and so on. It is the key to optimum performances in fantasy football. Combining information on the team and players, the stats about their seasonal performance and injury records would lead to the best roster for fantasy football picks.

## **Should I draft a quarterback or running back first?**

As interest in fantasy football is soaring all over the US coast to coast, there is a need among people to get together strategies that can give them an edge. A proper strategy leads to success and it has to be devised with the available tips online. Many sites offer upfront fantasy football advice on drafts to make the game more thrilling with lot more excitement thrown in. There are tips and suggestions to make you take to a league draft or use them in a format online. In fantasy football leagues, you are required to start with one QB.

To look for a good starter you may need to go deep into nearly 20 QB's , but at the end of it you may realize that a stud QB draft may not eventually make you a winner in the fantasy football league.

The ideal owner or manager of a fantasy football league would wait and watch if the top QB's last till the third or the fourth round. You can change the figures depending on the number of teams you have as this calculation is basically meant for a 12 team fantasy football league.

As your starter throughout the season, there could be 3-4 stud QB's and also five to six more that can stand alone. It is only when you get past 10 QB's, you can plan to use a quarterback to get the most from your position.

If in round five or six, the 10 QB's or the top among them are not available, you should go for a redraft as soon as the seventh and eighth round is over. You should draft at least two good QB's. You should follow the fantasy football drafts value sheet to guide you for drafting the quarterbacks.

This is called a platoon system and could be a crucial decision when one QB has a breakout or gets injured during the season. If you wait till the middle rounds to take 2 QB's, you can lock your RB and WR starters or steal a great

TE in either the fourth or the fifth round. But you should remember that when the RB or WR looks good, you shouldn't wait to get hold of a QB as soon as one fails in either of the third or the fourth rounds.

As both the QB's and the RB' get to handle the balls most of the time, they are crucial in the fantasy football drafts. They are the ones that get to score the maximum points in fantasy football leagues.

Starting RB's compared to other positions are very scarce. As there are 32 teams in nfl fantasy football, you can get 32 RB's. Many of the teams use a RB committee and work through a scheme.

To get the majority of the team's carries you need about 20-24 RB's that can be banked on. You can start with one or two and they are very valuable. In the first four rounds of the fantasy football drafts the RB's can simply fly off. You should take 2-3 in the first 3 rounds and consider a couple of WR's when the stud RB has gone.

## **What Fantasy Football websites are the best?**

Among the best thing that has happened to Americans are the fantasy football sites that are all over the internet. The amount of excitement and fun it generates has been able to bring over many Americans to the NFL as hard core football fans. It does not matter whether you are a newbie or an experienced fantasy football fan, there are opportunities all over online for you to play the game and get thrilled upfront.

Fantasy league football is not only a game, but it is a lifestyle that binds together the TV, the internet as well as backup software that is very powerful. You are free to enter many of the websites and great prizes await you for the match day and the winners. Nowadays, the game has become intertwined with American culture. It is as much a part of the all American lifestyle as are camping and baseball. If you go by the findings of PC magazine, then fantasy football sites are the most popular haunt of people worldwide these days.

The surge in popularity has primarily been due to the level of thrill and entertainment that it promises and allows people to play from the comfort of their homes. Fantasy football sites like yahoo had been able to draw more people to their site than ESPN although the gap may be bridged soon. But there is no denying the reality that more people find the online stuff lucrative

and are always looking for fantasy football advice and fantasy football tips to succeed in this version of the game.

Most of the fantasy football websites are free and you need to make payments in others at a pre-designated number. You have to do some research online and check out the reviews to get at the right website where you can get upfront enjoyment and thrill. There are many prizes waiting for you.

If NFL didn't have a proper tool for marketing, then fantasy football has come in to offer their services with a bang and there is lots of fanfare surrounding it. There are fantasy football sites like Fantasy Sports (Yahoo) and CDM Fantasy Sports where prizes range from just a T shirt to a cash prize of \$25,000.

Primarily the fantasy football websites allow people to play a game that has luck, skill and great strategies mixed together to form a potion for superb quality entertainment. If you go to the listed sites that are very popular with everyone you would become born again fans of football.

You get to compete with lots of people from all over and you could put to use strategies that you think are the best.

You can play teams in a particular league or teams in several different leagues. You could play all over the world in fantasy football league games like having a team in NFL and another at the UK fantasy football league. You should check online for fantasy football tips and look for sites that also provide fantasy football advice to win top prizes.

Here's several fantasy football websites that I highly recommend:

### **FFL Commish**



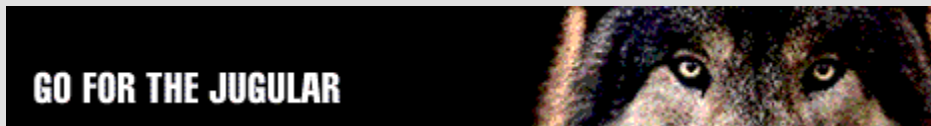
[Click here to learn more about FFL Commish!](#)

## Free Fantasy Football



[Click here to learn more about Free Fantasy Football!](#)

## Hey Sports Fans



[Click here to learn more about Hey Sports Fans!](#)

## How do I start a Fantasy Football league?

You would be ready to start a fantasy football league once you stop owing allegiance to your favorite team and concentrate all your energies on your own squad. If you have an eye for details and a passion for research on all things football, then you are ready to start a fantasy football league. You should also be friendly with numbers and be able to reel stats figures easily.

You should begin by deciding on the number of teams that would be in your league. In the US where fantasy football league games are very popular, the usual count is 8 to 12 teams. But if you exceed 12, the pool gets watered down easily. You should then decide whether it will be a keeper league. Will the fantasy football players remain with you season after season or would you keep changing them and getting on fresh players every season.

Your next major move would be to select a commissioner for our league. Usually the owner appoints the commissioner. Lazy commissioners can spoil your chances and you should pick one who is willing to put in time and effort.

He should be adept at strategies, maintain rosters and taking care of the payments that have to be made for franchising. His decision is final even though some of them could be very unpopular.

Patience is something that the commissioner has to have in loads, but he should have an uncanny eye for details and not budge from his decisions. In a way, he has to be a very astute decision maker.

Rosters should usually be amenable to a starting lineup of a quarterback, 4 running backs and wide receivers, a tight end and kicker as well as a special team. Your primary aim at starting a fantasy football league will be to make and keep things as easy and simple as possible.

The scoring system should be very basic and easy to follow without any complications. If the scoring system gets too complex then maintaining stats would also be a big hurdle and the commissioner would have to suffer from it.

You can follow some basic fantasy football advice, but you have chances for many changes and improvisations. If the scoring is too complex, then again the owners could turn away if it takes time to know where they stand at the end of the week. They would like upfront information and stats on what their teams have done every week.

Your next move would be to get fantasy football drafts organized. You could set limits and time frames for each pick as people take lots of time to make their selections. But you should not waver from the pre-set time limits.

Now you have a commissioner, scoring systems and roster done. You can now get the 8 teams split up into divisions. As the NFL carries on for 17 weeks, you would like games open for the playoffs in fantasy football. Usually the last 3 weeks are great for playoffs. Take the top three from every division and you are on to getting a fantasy football league started.

## **When does 2009 fantasy football start?**

Lots have changed with fantasy football in the year 2009. This year will mark the going away of Ladaian Tomlinson of yesteryears and the only notable running back capable of 10 touchdowns and 1400 yards. You could also look forward to what a former top ranking 7QB is capable of with the offensive of Chicago and prepare yourself for a great show in Jacksonville.

Tom Brady would be back in New England to perhaps get some of the magic of 2007 back with Wes Walker and Randy Moss. The offensive of the Colts would

undergo a sea change and the rival of Brady, Peyton Manning, will re-adjust without the help of the stud receiver Marvin Harrison. Terrell Owens is banking heavily on stats and wants to provide some upfront entertainment.

Among the fantasy football players that could come out is Lee Evans. He would have more leeway as he has more skills to display here rather than stick around with Bill.

During the fantasy football drafts this season the suspension of Marshawn Lynch for three games have to be taken into account. There are legal troubles that have become a regular feature of fantasy football leagues. Then there is Plaxico Burress who is in a precarious position as he could be in prison or face suspension at the NFL. The season of 2009 for fantasy football is just round the corner and the fantasy football drafts would begin by August. You need to get the draft boards ready soon enough.

In the first weeks and months of the fantasy football season there could be loads of surprises and many unexpected happenings. So you need to brace up for the unexpected that is bound to happen in fantasy football 2009.

Usually fantasy football predictions are based on the performance of the winning teams. You should do solid research for the fantasy football season 2009 as many were not drafted in the leagues. You should scan around and look for those that are on the free wire.

As the fantasy football would be underway in 2009, you should be researching well. While big names haven't been so impressive, you need to see the ones that keep struggling and follow the fantasy football tips for better results in fantasy football 2009.