

FANTASY FOOTBALL 2025



Dominate Your League

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A LITTLE ABOUT ME

- Lifelong sports fan
- Started playing Fantasy FB 2 years ago
- Family & friends league
- Done a lot of studying to improve my game
- Developed a spreadsheet to help me evaluate players
- 2024 champion
- Follow my advice at your own risk....



COMMON FANTASY LEAGUES

- Keeper – 1 to 3 players retained
- Dynasty – keep entire roster, making way for rookies
- IDP leagues – individual defensive players drafted
- Best Ball – draft 20 players; no trades; no waivers; starters auto-select
- Paid leagues
- Redraft (our focus)



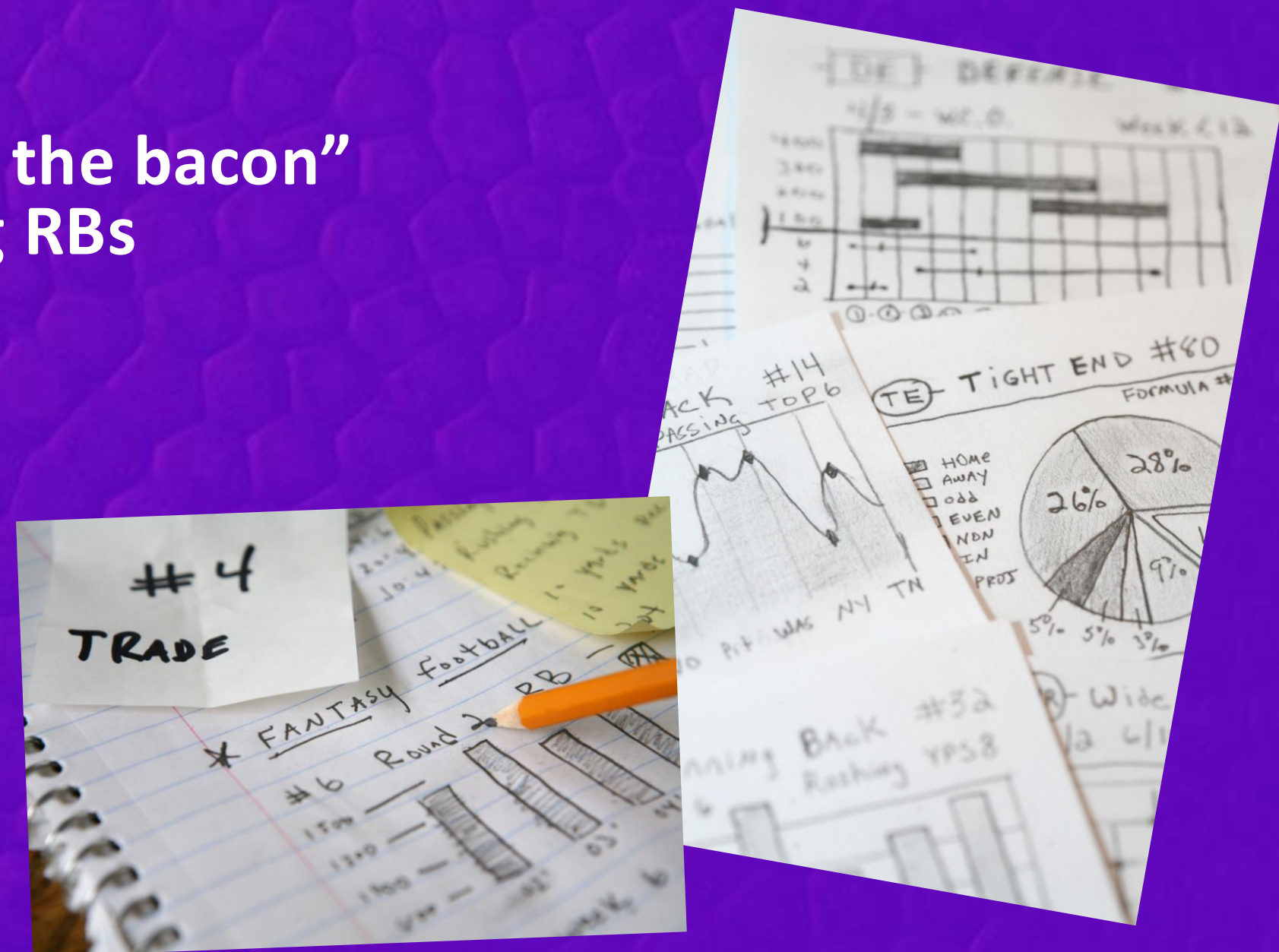
FANTASY FLAVORS

- Standard scoring (non-PPR)
 - Points for yards, TDs, FGs, etc.
- **Points Per Reception (PPR)**
- Half PPR
- Salary Cap
- Dynasty + Salary Cap
- Flex (extra WR/RB/TE)
- Super Flex (start extra QB)



DRAFT STRATEGIES

- Auto draft (easy)
- Best available
- Robust RB
 - Traditionalists
 - Shortage of RBs who can “bring home the bacon”
 - Many more starting WRs than starting RBs
- Zero RB (draft WRs at the top)
 - Becoming a prominent strategy
 - WRs score the most points in PPR
 - RBs prone to injury
- Hero RB



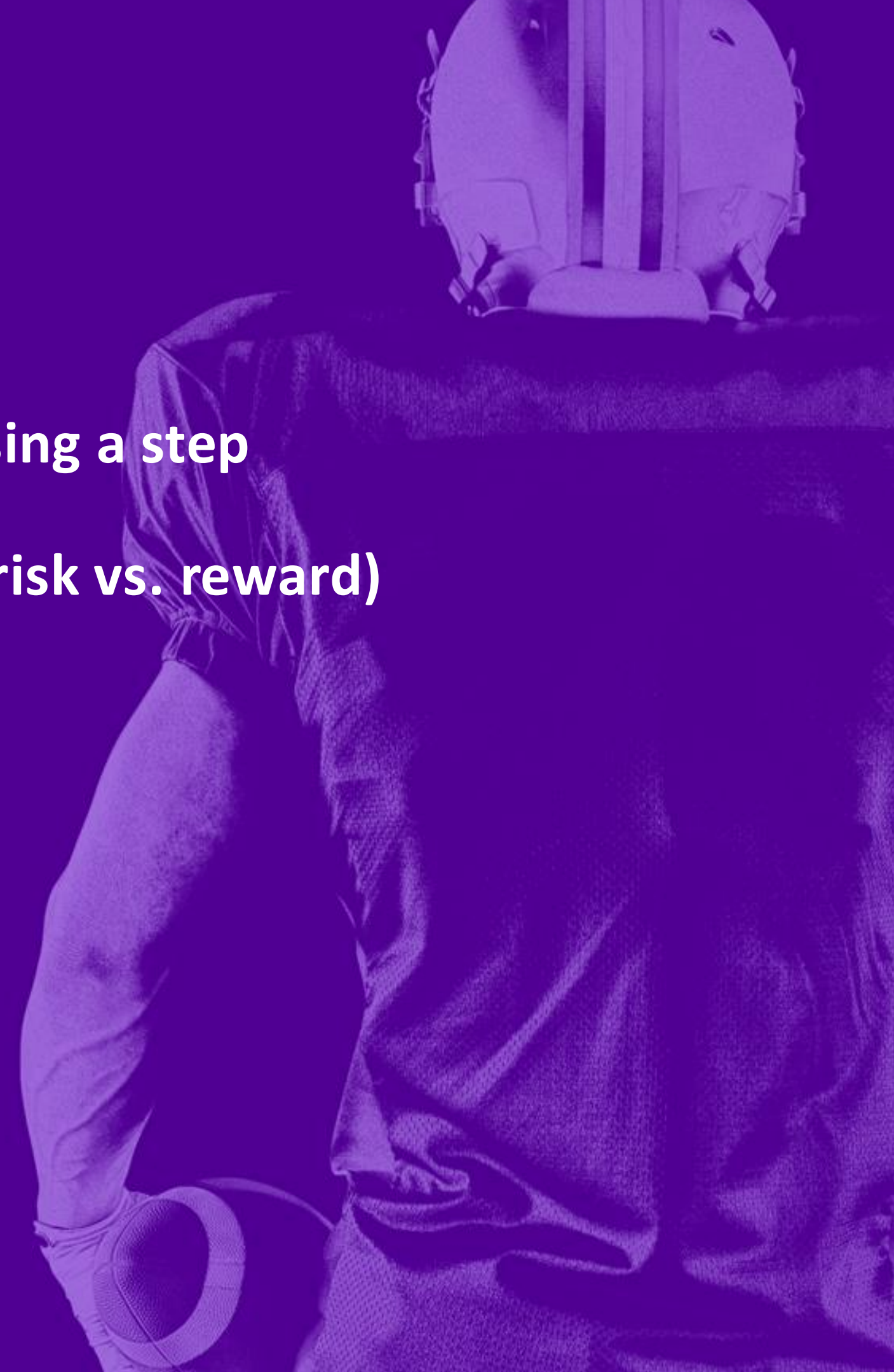
DRAFT TIPS

- There is a shortage of high-end RBs – have a strategy
 - Who are the Big Dawg running backs? – draft at least one



DRAFT TIPS

- Focus on young, healthy players
 - Seasoned stars are more prone to injury or losing a step
 - Beware players with regular nagging injuries
 - Take calculated risks based on draft position (risk vs. reward)
 - Don't hate players—hate draft positions....



DRAFT TIPS

- Draft players with high ability + strong opportunity
- Examples of limited opportunity
 - RB by committee
 - Established veteran vs. hot-shot rookie
 - Too many receivers
 - QBs who take TDs away from RBs
 - Teams with a goal-line RB

Value = ABILITY + OPPORTUNITY

DRAFT TIPS

- Know when to wait
 - Wait to draft positions with strong talent
 - Wait on kicker & defense



DRAFT TIPS

- Don't be afraid to reach a little for players you really want
 - Remember that you are trying to beat the system
 - To win, you must recognize value your fellow managers miss

DRAFT TIPS

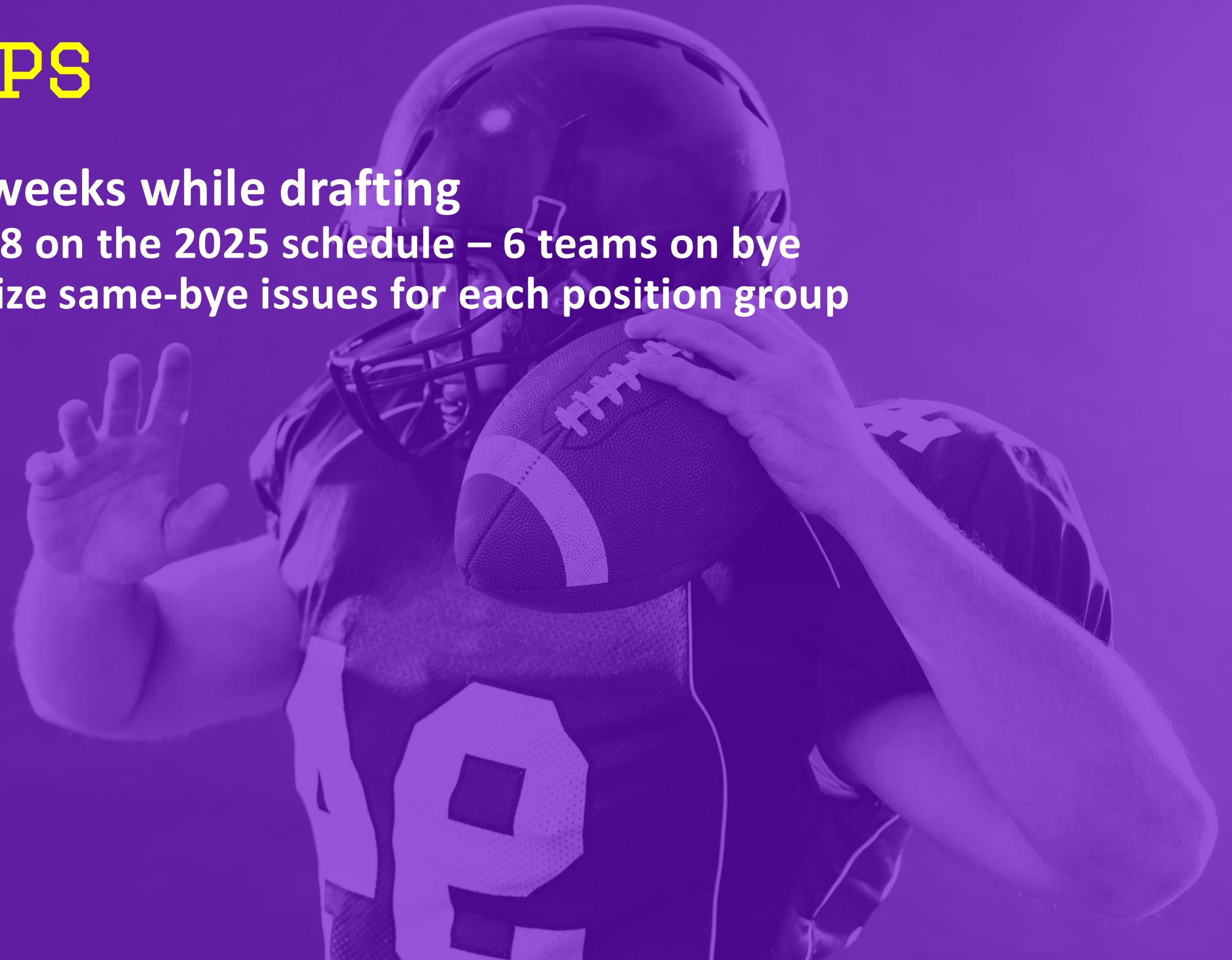
- Draft players you like
 - Upgrades
 - Teams I like
 - Players I admire
 - Players with coaches I respect
 - Downgrades
 - Character issues
 - Bad coaches
 - Packers
 - Why? It's supposed to be fun!

DRAFT TIPS

- Have a plan to find upside in the late rounds
 - Rookies with high upside could “make” your draft
 - Veterans might “pop” in new homes
- Rounds 1-5 are where you can lose your season; late rounds are where you can win it all
 - Stay safe early
 - Take risks late

DRAFT TIPS

- Monitor bye weeks while drafting
 - Notice week 8 on the 2025 schedule – 6 teams on bye
 - Try to minimize same-bye issues for each position group



DRAFT TIPS

- Use cheat sheets
 - Fantasy Pros can help
 - Homemade spreadsheet
- List your Top 50 players
- Rank players at each position

Link to my free draft system spreadsheet
here

WHAT HAPPENS AFTER THE DRAFT?

- Just as important as the draft
 - Injuries
 - Poor performance
 - Dumb coaches
- You must use the waiver wire regularly
- Many teams stand pat
- I don't worry about waiver position – I just put in my claims



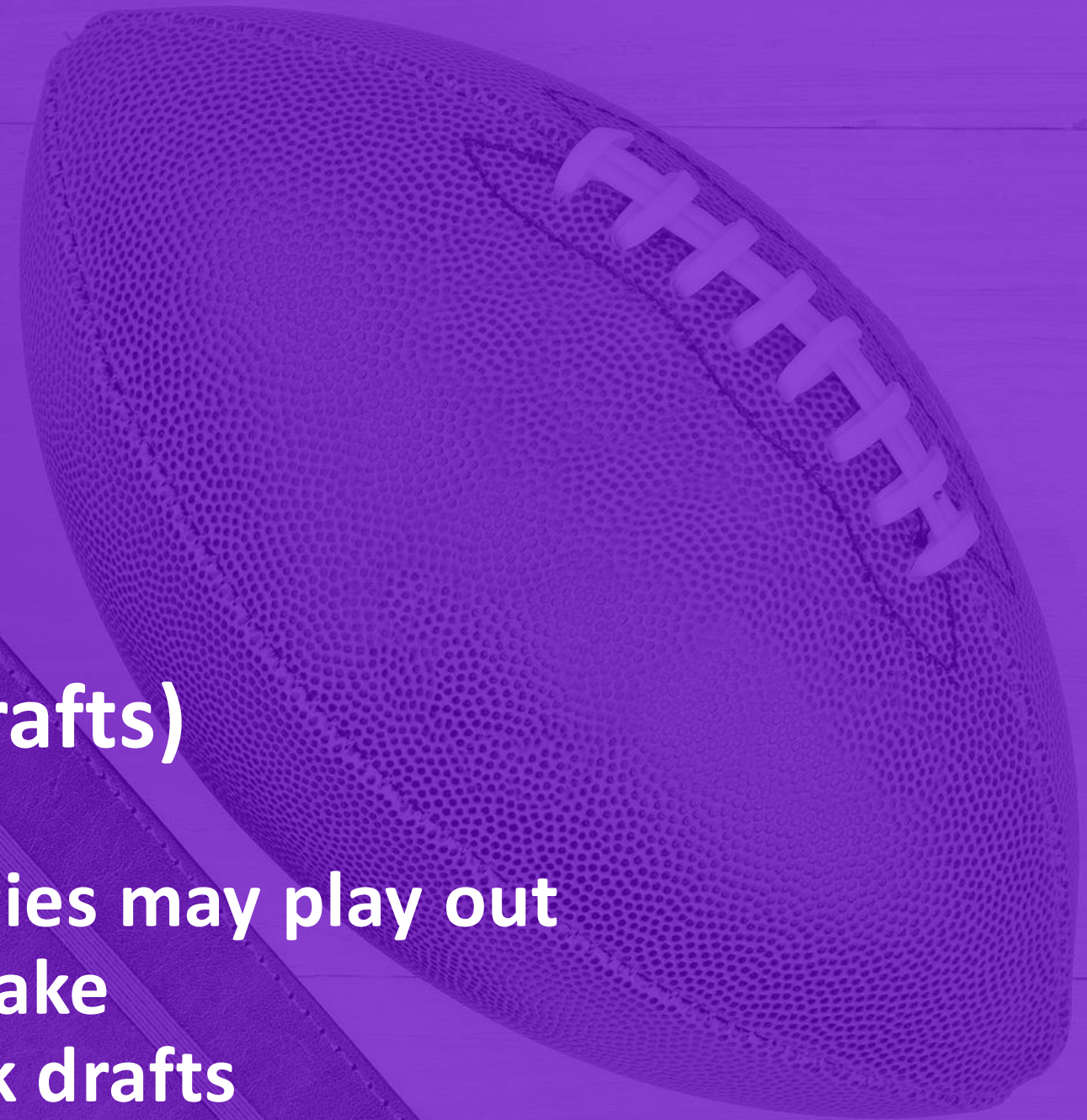
WAIVER WIRE TIPS

- Your players must perform
- Keep your bench strong
- While watching football, keep an eye on un-rostered players
- Pick up players two weeks ahead of need
- Stream your kickers
 - Try to predict the highest scoring games
- Stream your D/ST
 - Look for Ds that produce the most sacks/turnovers facing weak offenses
- Beware of players from teams that have clinched playoff position



STUDY

- **No substitute for research**
 - FantasyPros
 - ESPN
 - Google “Fantasy Football News”
- **No substitute for practice (mock drafts)**
 - See what others are doing
 - Realistic look at how different strategies may play out
 - Learn which mistakes you typically make
 - FantasyPros and ESPN offer free mock drafts



TRIVIA

The record for most NFL seasons played with one franchise is 21 held by Jason Hanson with what team? A. Jets B. **Lions** C. Panthers D. Broncos

Before going on to NFL stardom with Washington, Sammy Baugh was a two-time All-American at what college? A. **TCU** B. Army C. Notre Dame D. Alabama

Which of these NFL running backs is a Heisman Trophy winner? A. Ezekiel Elliott B. Nick Chubb C. **Mark Ingram** D. Saquon Barkley

Which of the following was a #1 overall pick in the NFL draft? A. Donovan McNabb B. **Michael Vick** C. Tom Brady D. Drew Brees

Who is the NFC's all-time leader in career 100-yard rushing games with 78? A. Joe Morris B. Jim Brown C. **Emmitt Smith** D. Franco Harris

Which of these NFL teams once called Houston home? A. **Titans** B. Cardinals C. Ravens D. Rams

Before relocating to its present home city of Washington, DC, Washington's franchise was based in what city? A. Chicago B. Louisville C. Atlanta D. **Boston**

What team named Dennis Green its head coach in Jan. 2004? A. **Cardinals** B. Texans C. 49ers D. Browns

Credit: Gridiron Trivia Challenge game

