



YOUR 2023 BEGINNER'S GUIDE TO
FANTASY FOOTBALL



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Welcome to the excitement of fantasy football!

There is no better time to learn why this game is so popular and how to play it. Don't stress beginners; remember to have fun. This is a game about a game after all.

CONVERSATION STARTERS

- The “sport” of fantasy football was initially developed in 1962, but modern fantasy football started in 1999 when Yahoo! offered an online league. Now players can create teams using ESPN or other sports apps and make some dough with online betting sites like DraftKings, although sports betting sites are still illegal in a few states.
- It's a male-dominated sport, with men making up over 80% of the 60 million participants. But don't look now because women are drafting their teams. Just because some men want to debate the 1982 Super Bowl champions doesn't mean that means that's required to enjoy a fantasy football league. Don't stress; there is no need to use those brain cells up with useless football factoids. There are whole leagues and even businesses dedicated to helping female football fans join in on the fun, no knowledge of the 1982 Super Bowl champions needed.
- Fantasy football is usually fun, but some leagues aren't for the faint of heart. They take it very seriously, and there's a punishment for coming in last. The penalties include spending 24 hours at a Waffle House (seriously), buying drinks for the entire next football season, doing standup at a local open mic night or waxing of the nether regions (by a professional, of course, because what are we animals)?

HOW IT WORKS

- Fantasy football isn't as complicated as you might think. You select your team of players and craft a weekly lineup. Then, you watch as they run, pass, catch and score touchdowns, all of which accumulate fantasy points.
- In a head-to-head league (most common), you'll get matched up with someone else in your league every week, and whoever has the most fantasy points at the end of that week wins! Then, the following week, the cycle repeats all over again.
- The final few weeks of the NFL regular season are the fantasy playoffs, which work just like in the big leagues: qualify for the playoffs, win to advance, or lose, and your season ends. It's that simple.



HOW TO DRAFT A WINNING TEAM

- Here's one phrase to have in your back pocket - PPR. When translated into plain English, it means a point per reception. When drafting, look for offensive players who have a lot of time with the ball and tend to score, such as wide receivers, tight ends and running backs. The higher the number, the better.
- While drafting, be aware of bye weeks, i.e., a week off. For example, don't forget to bench your players when they have a bye week. Don't draft quarterbacks with the same bye weeks because you won't have one to play that week. But remember that bye weeks don't start until week four, so don't get too laser-focused on bye weeks.
- Don't waste any of your early picks on kickers.
- Pick your running backs, wide receivers and tight ends early! This season there's a significant point differential between the top players in those positions and the middle and bottom-tier players. The same does not apply to quarterbacks this season.
- You can spend an entire day going over stats and reading the commentary. Go with your gut and have fun.

TIPS AND TRICKS

- A league will have a commissioner who sets up the rules, draft date and approves any trades (so be nice to them).
- If you're starting out as a commissioner of a league, don't overcomplicate it. Platforms like ESPN and Yahoo are simple to get started. No need to change any settings, just play.
- Ideally, there are 8-14 teams per league who will play each other during the season. The team with the most points between the match-ups within your league wins.
- Don't forget to set your lineups multiple times a week. You can make any changes with a player on your roster up until their game starts. Remember, some teams play on Thursday night.
- Scoring systems and roster structure can vary league by league depending on the participants' preference, so make sure to learn the rules of the league you're involved with.

PLAN YOUR WEEK

- Monday - Monday Night Football (You can make any changes with a player on your roster up until their game starts).
- Tuesday - Do you have any bye weeks coming up? If needed, claim a player off of waivers.
- Thursday - Set your lineup for Thursday Night Football
- Saturday - Make sure your roster is set (later in the season, there are Saturday night games)
- Sunday - Check your roster for injuries 30 mins before game time. Player injuries have to be announced an hour before game time.

GREEK FRIES WITH FETA

Ingredients

- 3 russet potatoes skin-on, washed
- 2 tbsp extra virgin olive oil
- 1 tsp dried oregano
- 1/2 tsp salt
- 1/4 tsp freshly cracked black pepper
- 2 tbsp extra virgin olive oil
- 4 garlic cloves, minced
- 1/2 lemon, zested and juiced
- 4 oz feta crumbles
- 2 tbsp fresh parsley, chopped

Instructions

- **Prep potatoes.** Wash potatoes and pat dry. Slice potatoes lengthwise into disks about 1/4" thick. Then slice those into evenly sized fries (try to make them all uniform in size).
- **Soak potatoes.** Transfer fries to a large bowl of ice water and soak for at least 20 minutes or up to 1 hour for best results. Drain fries and pat dry completely with a clean towel.
- **Preheat oven to 400 degrees F.**
- **Season fries.** Place cut fries into a large dry bowl and add 2 tbsp olive oil, 1 tsp dried oregano, 1/2 tsp salt and 1/4 tsp pepper. Toss to coat the fries evenly in seasonings.
- **Transfer fries to baking sheet.** Lightly coat a nonstick baking sheet with olive oil (you might need two pans). Arrange fries in an even layer, making sure to leave space between each fry.
- **Bake at 400 F.** Place baking sheet(s) in the oven for 30-40 minutes, or until golden and crispy on the outside. After the first 20 minutes, remove the baking sheet(s) and flip each fry over to ensure even cooking on all sides. Return to oven for 10-20 minutes more.
- **Prepare garlic oil while the fries bake.** In a small bowl, combine 2 tbsp olive oil, 4 cloves minced garlic, 1 tsp dried oregano and juice from 1/2 a lemon.
- **Prepare the toppings.** Chop fresh parsley, crumble feta and zest 1/2 a lemon.
- **Add toppings and serve.** Transfer fries to a serving plate. Spoon garlic oil all over the hot fries. Top with lemon zest, crumbled feta, and fresh parsley. Serve immediately.

ABOUT LAST NIGHT'S GAME

When brother-sister duo Amy and Scott searched for a source that breaks down sports in an easy-to-understand way with a dose of pop culture, they couldn't find anything. So they created it.

In addition to the Sports Curious podcast, which has surpassed its 300th episode, Last Night's Game publishes a tri-weekly podcast, a weekly email newsletter and daily conversation starters across social media.



Make sure to follow along with us on social media. Want more pop culture and sports in less than 5 minutes a week? Check out our podcast.



ABOUT SEBYPodcast™ MEDIA

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