

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## **Fantasy Basketball 101**

**By Joseph Kenny**

Fantasy basketball gives fans a chance to experience what it is like to manage their own franchise.

If you're a typical 'back-seat driver' during the regular basketball season, there is no better chance to enforce your own decisions when comes to trading and drafting than to create your own fantasy basketball team.

The first step you will need to take in getting started is to come up with a name for your team. Of course, you can select any name you like; however, most owners choose to have a little fun with the naming process. It really doesn't matter in the end but it's always good to select a name that will easily identify your team.

If there is not already a league in your area you will need to think about creating a league. There is no set number of teams that must comprise a league. Some leagues have just a few teams while other leagues have well over a dozen teams. On average; however, most leagues have about 12 teams. If you find yourself in the position of needing to create a league, consider recruiting family members, co-workers and friends as team owners to join your league.

Once the matter of the league is decided you will need to give some thought to how you want to play. In fantasy basketball there are two different styles; head to head and a style that is known as rotisserie. Head to head, of course, is a style in which teams go head to head with one another and whichever team scores the most points wins. With this type of league play, each team will play a different team each week throughout the regular season.

With rotisserie style of play the standings are determined by the each team's performance in several categories. These categories include assists, rebounds, blocks, steals, 3-pointers and of course, team points.

You will need to give some thought to the type of play that you prefer to go with when designing your league. You will also need to make sure you have your line-up posted every week.

If you are really serious about winning at fantasy basketball it will be critical for you to be as prepared as possible. This isn't something that you can just wing, at least not wing and win. The most successful fantasy basketball winners make sure they are prepared each week. This includes posting their line-ups and keeping an eye on the health of their players on a routine basis so they know ahead of time whether they are going to need to put a backup into place. Even the best and most well honed teams may occasionally find themselves in the position of needing to use a back-up. Keep your backups prepared at all times so you won't be caught off guard.

By taking the time to do your homework ahead of time and understand as much as possible about fantasy basketball you will be better prepared to win your games and do well in the regular season as well as into the playoffs.

Joe Kenny writes for his beloved soccer forum

<http://footballtalk.org/>

. Visit the UK football forum today

at

<http://footballtalk.org/forums/>

and join in the discussions!

### **Fantasy Basketball Leagues**

**By Nancy Anderson**

Have you ever dreamed of coaching or managing an NBA team? Fantasy basketball leagues can get your adrenaline going.

Being a member of a fantasy basketball league is fun and exciting for sports fans. With a fantasy basketball team, you're the manager and owner of your own team. You can draft players, trade players or bench players, just like professional managers and owners do in real life. There is even a commissioner who makes sure that no one in the league cheats, and everyone plays according to the league rules.

Fantasy leagues have become an addiction. Before the professional season starts, millions of Americans sign up for fantasy leagues set up by different organizations. These leagues are organized and operated very much like professional basketball leagues. First, you are required to register your team. Generally, a league has 12 teams, although this is not a fixed rule. Some leagues can have as many as 20 teams.

As for your team itself, the roster size varies from league to league, though generally it's set at 14 players. Only nine players are allowed to start every week, and the remaining five stay in reserve, their

points not counted.

Draft day is the most exciting day for fantasy leaguers. On draft day, each team is allowed to choose its stock of players, based on their individual performance. In this way, teams can choose several superstars playing different positions. However, draft rules make sure that each team manager in a league has a fair chance, and that no one manager stacks his or her team with all the best players.

In fantasy basketball leagues, winners are decided using two points systems: Head-to-Head, and Rotisserie. In the Head-to-Head league, each team enters the points that its players have scored against a rival team during that week. These points include rebounds, assists, blocks, steals and points scored. The team that earns the most points, based on the way its players have performed on the court, wins that week. In the Rotisserie League, player statistics are tallied up against the entire league.

Before each game begins, you are required to prepare your team line-ups. This is where your skill and knowledge of the game comes into play. You may have superstars on your team, but if you play them in the wrong position, you may not get realize the greatest benefits.

The success of your team depends on how well (or how poorly) the players you have chosen are performing. You have the right to trade away players who are not performing well, or to draft a rookie who has taken the tournament by storm. The trade off is done in a very just manner, overseen by your league commissioner.

The team that tops the league with the most points at the end of the season walks away with the jackpot.

Millions have joined the fun of fantasy basketball leagues. They are fun ways to test your skills as a coach and manager, and prepare you for the day that you just might land that NBA dream job.

Nancy Anderson contributes to several online magazines, including

<http://recreation-site.com>

and

<http://jebog.com>



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**