

Skol Starter Pack

A one-page cheat sheet to jump into fantasy football with confidence.

Draft & Lineup Fundamentals

- Your weekly lineup: 1 QB, 2–3 RB, 2–3 WR, 1 TE, 1 FLEX (RB/WR/TE), K, DEF (may vary by league).
- PPR means receptions score points (PPR > Half-PPR > Standard).
- Start studs unless there's a strong reason not to (injury/benching/weather).
- Volume > vibes: snaps, routes, and touches beat "gut feel."

Weekly Checklist

- Mon–Tue: Check injuries, snap counts, and role changes.
- Tue night: Waivers — add priority RB handcuffs, high-route WRs, streaming DEF.
- Thu: Verify TNF actives/inactives; use non-TNF players in non-FLEX spots.
- Sun AM: Confirm actives, set your highest-volume plays, and a single upside swing if needed.

Waivers & Trades (Quick Tips)

- Chase role (snaps/routes/targets), not last week's TDs.
- 2-for-1 trades can upgrade a starter; avoid trading for players at peak value.
- Bench stashes: backup RBs behind fragile starters; rookie WRs with rising usage.

Common Mistakes

- Starting Thursday players in FLEX (reduces flexibility).
- Ignoring bye weeks/injuries until Sunday.
- Streaming QB/TE/DEF without checking matchups/pace/total.

Glossary (Mini)

- ADP: Average Draft Position.
- Ceiling/Floor: Best-case/Worst-case outcome.
- Handcuff: Backup who becomes a starter if the lead is out.
- Streaming: Rotating position weekly based on matchup.
- FLEX: Lineup slot for RB/WR/TE.

Your First Month Game Plan

- Week 1: Set a safe lineup, track usage (snaps/routes/targets).
- Week 2: Add usage risers, dump low-role bench pieces.
- Week 3+: Make your first small trade; keep one upside bench slot for new breakouts.