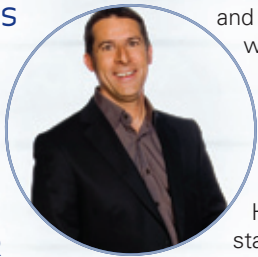


FANTASY FOOTBALL

Do You Have The Goods?

THE HD TELEVISION SET IS POSITIONED PERFECTLY IN THE BASEMENT, STRATEGICALLY PLACED WITHIN FIVE STRIDES OF THE FRIDGE AND THREE STRIDES FROM THE COMPUTER. BILL BELICHICK EAT YOUR HEART OUT.



and an easy pick at quarterback would be Super Bowl MVP QB Drew Brees. He not only led the New Orleans Saints to a championship last season, but also tied his personal best with 34 touchdowns in a season. However, one just can't rely on stats alone.

Before the start of

Loyalty starts at home. Forget the Cowboys and Steelers, your favourite team is the one you select. Just ask NFL expert Jim Lang, a weekend anchor and football reporter for Sportsnet Connected, who follows the NFL during the season, and more importantly for fantasy owners, in the off-season.

The rule in fantasy football is to always choose the best player available

the 2010 NFL season, Chill reached out to Lang who will present his top picks in each category and some sleeper picks. OK, let's get started!



QUARTERBACKS

Quarterback (QB) scoring categories are based on a standard fantasy football scoring system, including:

- Passing Yards:** 1 point / 25 passing yards
- Passing Touchdown:** 4 points
- Interception:** -1 points
- Rushing Yards:** 1 point / 10 rushing yards
- Receiving Yards:** 1 point / 10 receiving yards
- Rushing/Receiving Touchdown:** 6 points
- Fumble Lost:** -2 points

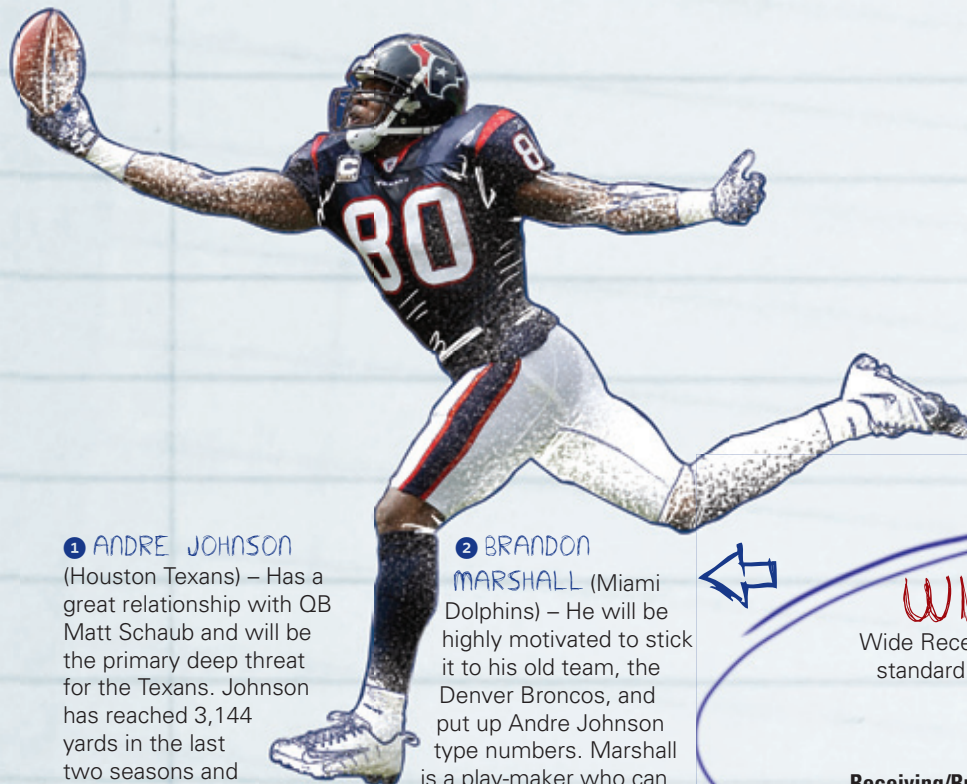
1 PEYTON MANNING

(Indianapolis Colts) – Talk about a machine. His ability to put up big fantasy points should top anyone's quarterback list because of one category: consistency. His health is without question among the best ever – not having missed a game in his career. Manning has some of the best weapons in the NFL surrounding him and is almost guaranteed to throw for 4,000 yards and 30 touchdowns.



2 AARON RODGERS

(Green Bay Packers) – Some might be reluctant to take a player like Rodgers because of his high sack totals. However, he doesn't throw many interceptions either. He passed for 4,434 yards and threw 30 touchdowns in just his second year as a starter. Rodgers has one of the best receiving duos in the NFL with veteran Donald Driver and Greg Jennings, in addition to tight end Jermichael Finley who presents a great third option to throw to.



1 ANDRE JOHNSON (Houston Texans) – Has a great relationship with QB Matt Schaub and will be the primary deep threat for the Texans. Johnson has reached 3,144 yards in the last two seasons and plays with an offensive line that allowed only 25 sacks in 2009. A strong o-line protecting Schaub will be key to fantasy success for Johnson.



2 BRANDON MARSHALL (Miami Dolphins) – He will be highly motivated to stick it to his old team, the Denver Broncos, and put up Andre Johnson type numbers. Marshall is a play-maker who can help Chad Henne become a legitimate NFL quarterback, and could result in 100-plus receptions on the year.



WIDE RECEIVERS

Wide Receiver (WR) scoring categories are based on a standard fantasy football scoring system, including:

Receiving Yards: 1 point / 10 receiving yards
Rushing Yards: 1 point / 10 rushing yards

Receiving/Rushing Touchdown: 6 points
Fumble Lost: -2 points
Passing Yards: 1 point / 25 passing yards
Passing Touchdown: 4 points
Interception: -1 points

RUNNING BACKS

Running Back (RB) scoring categories are based on a standard fantasy football scoring system, including:

Rushing Yards: 1 point / 10 rushing yards
Receiving Yards: 1 point / 10 receiving yards
Rushing/Receiving Touchdown: 6 points
Fumble Lost: -2 points
Passing Yards: 1 point / 25 passing yards
Passing Touchdown: 4 points
Interception: -1 points



1 CHRIS JOHNSON (Tennessee Titans) – The reigning 2009 NFL Offensive Player of the Year is what you deem a “fantasy stud,” coming off a spectacular season with 2,006 yards on the ground and finished with 16 touchdowns in total. The most important thing to consider is that Johnson plays on a run-oriented team. He led the league in carries with 358 and also caught 50 passes. Also, goal-line back LenDale White is gone which will give Johnson much more goal line carries this season.

2 RAY RICE (Baltimore Ravens) – This is a player who can pound the ball and is surrounded by one of the best offensive lines in the league, led by tackle Michael Oher of “Blindside” fame. Rice is also a great receiver out of the backfield, witnessed by his 78 receptions last season. He combined for over 2,000 yards in rushing and receiving, a double threat for fantasy owners.

