

Below, we take a look at players that you usually start that you may want to sit this week and vice versa. We avoid mentioning the obvious. If a player you'd usually start is facing the Browns, of course you still start him. We attempt to focus on the players you might have questions about.

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### QUARTERBACKS

#### **Start of the Week: Aaron Rodgers GB (@ARI)**

While it may seem obvious to most that 2009's top fantasy performer would be an excellent start, I'm here to encourage you to use a good chunk of your salary cap on him -- especially this week. There are other quality options out there, but Rodgers' consistency, win or lose, is unmatched. Everyone has a chance insert Rodgers in their lineups this week, so relish that opportunity and find out how easy fantasy football is when you have Aaron Rodgers.

#### **Sit of the Week: Mark Sanchez NYJ (@CIN) & Carson Palmer (NYJ)**

I think most of us can agree that the two NFC games have shoot-out written all over them, and the NE/BAL game may fall into the same category. While there are some that disagree with that

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analysis, everyone agrees that Jets/Bengals is going to be a game of ball control and defense. Both teams excel running the ball and playing defense, but concede that Special Olympics squads have more effective passing games (although they struggle with clock management, much like Andy Reid). It's almost impossible to predict how many touchdowns will be thrown versus run in, but I don't expect more than two offense touchdowns scored between them. In a week that you can start who you want, stay far, far way from these kings of handing off.

### **RUNNING BACKS**

#### **Start of the Week: Brian Westbrook PHI (@DAL)**

Westbrook has been eased back into action the last few weeks, all in an effort to have him prepared to go in the playoffs. If the Eagles are going to win this game (and I think they will), they are going to need Westbrook to bring his "A" game. Throw out last week's game where he had only 5 carries, and Westbrook has six touchdowns in his last six game against Dallas. Including a three-touchdown day at Dallas last season. If you're not a fan of risk, Westbrook isn't for you, but in most salary cap leagues, you'll be able to get him at a discount.

#### **Sit of the Week: Laurence Maroney NE (BAL)**

It's entirely possible that Maroney can post a quality game here. The Patriots love to run the ball in the playoffs and Maroney is arguably their best running back. Then why sit him? One word: Trust. Like most women have with me, trust issues are a huge problem with Maroney. Well, [th at and this](#)

. New England has a long tradition of deceiving fantasy owners with a Mike Shanahan-like penchant for switching backs at an alarming rate. With the return of Fred Taylor, the Patriots will now dress Sammy Morris, BenJarvis Green-Ellis, Taylor, and Kevin Faulk along with Maroney. These would all be reasons to sit Maroney in a good match-up. So, in addition to these factors, one must consider that the Ravens boast the league's third-stingiest defense in fantasy points allowed to running backs. Baltimore has allowed only seven touchdowns to running back all year long (6 rushing, 1 receiving) and Maroney draws most of his value from being touchdown dependent. Combine all this, and you have all the makings of the sit of the week.

### WIDE RECEIVERS

#### Start of the Week: Derrick Mason BAL (@NE)

There's one thing we have learned about New England's defense over the course of the season -- they can't defend the pass. We can all agree that the savvy veteran is the Ravens' most viable target at receiver. Despite the recent infatuation Joe Flacco has had with Todd Heap, it is Mason who remains the most targeted member of the Ravens' receiving corps. The Patriots cede a playoff high 20 points per game to wide outs. Couple this with Mason's 14-point performance against these same Patriots in Week Four, and you have the makings of an under-the-radar huge performance this week.

#### Sit of the Week: Chad Ochocinco CIN (NYJ)

Even if Ochocinco wasn't dealing with a bruised knee, he would still be suffering the same fate as those who opposed Shadowman 24 before him. Revis (second to only one other who [dons the number 24](#)) is having a season for the record books. While his team may suffer a lethal blow this weekend, it won't be due to Ochocinco. As much as I would love to see Ocho embarrass the Jets, it won't play out that way.

### TIGHT ENDS

#### Start of the Week: Jermichael Finley GB (SEA)

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Finley has been on quite a roll recently, and a rematch against the Cardinals should keep his roll going. Although Finley was used sparingly last week, he was still able to muster a TD. He won't be taking so many plays off this week and will prove to be an incredible match-up problem for the Cardinals, who allow 7.4 points per game to tight ends.

### **Sit of the week: Dustin Keller NYJ (@CIN)**

Never mind that the Bengals are notoriously chintzy against tight ends (4.9 ppg)... you have to ask yourself a deeper question. Do you really want to invest in the Jets passing game? You'd be better investing in pumpkins in late March.

## **DEFENSES/SPECIAL TEAMS**

### **Start of the Week: New York Jets (@CIN)**

I seem to be one of the few who aren't buying too much into Jets' Week 17 performance, but I will concede the Jets defense is quite punishing. Expect a low scoring affair in Cincinnati, so get the Jets D in your lineup.

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