The rules for commando ships are, of course, in CL#38, but this material is available on the website. A quick summary:

Commando ships have the special capabilities explained below. Commando ships conduct their special commando attacks in addition to other attacks (even attacks by other ships) and do not need a card to conduct a commando attack, just an undamaged commando icon. In all cases, a commando ship is not required to use all of its available commando icons. Damaged commando icons are repaired by the normal rules just as any other icon would be repaired.

Hit-and-Run Raids are conducted by commando ships on the front row against ships damaged in that turn.

Ground Assaults can attack icons on planet cards.

Capturing an Enemy Ship is possible but difficult, as you have to capture each individual (undamaged) icon.