Are you wondering what your plan of attack should be in your fantasy hockey pool this summer? Preparing for a draft? Upset about some trades you made in the past? I'll weigh in with my thoughts on the interesting and important issues.

This week, I took a look at the team submitted to me by DobberHockey reader and member Jasmin (known as 'jasdou' on the message boards).

The Team

Nordiques de Québec

The Rules

Full keeper (three are dropped on draft day, and three more are added through the draft),

12 team league

H2H

Daily roster changes

Start 3 C, 3 LW, 3 RW, 5 D, 1 UTIL and 2 G daily

Scoring Categories

G, A, +/-, PIM, PPP, SHG, GWG, SOG

W, L, GAA, SV, SV%, SHO

The Roster

C
Mikko Koivu
Mike Richards
Pavel Datsyuk
Jordan Staal
Matt Stajan
Jordan Eberle
LW
Mike Cammalleri
Rene Bourque
Andrei Kostitsyn
RW
Alex Semin
David Backes
Brian Gionta
Mike Knuble
Jiri Hudler
David Backes
D
Kimmo Timonen
PK Subban
Stephane Robidas
Brent Seabrook
Lubomir Visnovsky
G
Evgeni Nabokov
Cam Ward
Mike Smith

The Breakdown

Jasmin made a very solid move before the roster freeze, dropping Jamie McBain for Jordan Eberle. Both are terrific prospects to own, but Eberle (who won't be a center at the NHL level) fills more of a need as the defense on the Nordiques is pretty solid.

Some sell high candidates on your team: Stephane Robidas (don't see him getting the same offensive minutes in 2010-11 as he did this past season), Brent Seabrook (a good cup run may inflate his value a bit, he is better in real life than in fantasy hockey), and Mike Cammalleri (only if you get a LW back, he is far and away your best at your weakest position).

Some of the notable free agents include:

Jovanovski, Bieksa, Liles, Ryan Whitney, Tyutin, Callahan, Hainsey, Vrbata, Dumont, T.Ruutu, O'Sullivan, Leclaire, Conklin, Boucher, Biron, Deslauriers, Harding.

The Recommendations

1) Drop Stajan, Smith, and Bourque from your keeper list.

2) Of the notable free agents, I'd target the wingers (obviously). Dumont and Ruutu will be your best bests there. I like JM Liles to have a bounce back season – he is a prime candidate to be dealt (perhaps as early as the NHL Entry Draft).

3) Make some trades! You mentioned how one GM in particular is really interested in Eberle – try and get a bona fide winger from him.