Are you wondering what your plan of attack should be 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.

Today I'll be taking a look at the team submitted to me by DobberHockey reader Ryan D.

The League

Beermargs Keeper League

The Rules

12 team keeper league

No salary cap

20 active players (12 F, 6 D, 2 G)

3 bench players (can be any position)

1 point for G, A

0.1 points for PIM

2 points for wins and 2 extra points for shutouts

Up to 16 keepers each off-season

The Roster

His Keeper Selections:

Forwards

E. Malkin

M. St. Louis

H. Sedin

D. Sedin

W. Wolski

C. Stewart

J. Neal

TJ Oshie

Simon Gagne

A. Ponikarovsky

S. Hartnell

M. Samuelsson

D. Setoguchi

Defense

N. Lidstrom

B. Rafalski

A. Edler

E. Karlsson

M. Zidlicky
E. Jovanovski
M. Niskanen
D. Morris

Goalies
Luongo
Rask

My Keeper Selections:

Forwards
E. Malkin
M. St. Louis
H. Sedin
D. Sedin
W. Wolski
C. Stewart
J. Neal
TJ Oshie
Simon Gagne
A. Ponikarovsky
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N. Lidstrom
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Goalies
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Rask

Recent Trades

Incoming: Karlsson and the 13th pick in this year's draft

Outgoing: Nabokov

This trade was made a few weeks ago. It was a bit risky at the time, as even as a massive Karlsson fan I'd have trouble justifying moving a very good starter for a young defenseman and a decent pick. However, Ryan made a great gut call and Nabokov is now in Russia for the next four years.

Incoming: Rask and a conditional 3rd round pick next year (if Vermette gets more pool points than Rask, I get the pick)

Outgoing: Vermette and the 12th pick in this year's draft

Fantastic trade. Vermette is a decent mid-range fantasy forward with these scoring categories. Rask is on the cusp of becoming an elite goalie. The Bruins have a strong defensive group and he should play at least 55-60 games in 2010-11.

Breakdown

Rob is trying to package Lidstrom and Rafalski for a good young defenseman, which would open up another keeper spot for him. I'd try and keep at least one of the Wing defensemen, personally.

This team has a good mix of proven veterans and young talent at all three positions. I see it being a contending team in 2010-11, with a strong sophomore season from Rask and a huge bounce-back season from Luongo.

The Recommendations

1) Keep Gagne over Oshie. Oshie has some upside but I foresee a rebound season from Gagne (especially if he winds up on Anze Kopitar's wing in Los Angeles).

2) Don’t trade both Red Wing defensemen. Lidstrom could probably fetch a higher return than Rafalski, so see what his market is in your league. Always remember not to overrate unproven young talent. Your team will not improve in the short-term by trading Lidstrom or Rafalski away, so make sure you have a plan for when you want to contend.