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 member Benoit, known on the message board as '**LPPQWhalers.**'

The League

The **LPPQ**

Nine team league (expanding to 10 this summer)

Points-only league

Goals = 1 point

Assists = 1 point

Wins = 2 point

Shutout = 1 bonus point

20 moves allowed during the season (moving a player from active roster to bench counts as a move, and vice versa)

Roster Size

30 player rosters

20 on the active roster

14 forwards (no positional requirements)

Four defensemen

Two goaltenders

10 player bench

Allowed to protect 15 players at the end of each season

The other 15 are waived, and are eligible to be drafted in the summer (at the same time as free agents and newly drafted players)

The Roster

*(My 15 keeper choices are **bolded**)*

Forwards

Jason Spezza

Mike Richards

Paul Stastny

Thomas Vanek

Marian Gaborik

Anze Kopitar

Dany Heatley

Loui Eriksson

Mike Ribeiro

Michael Frolik

David Krejci

Valtteri Filppula

Justin Williams

Rich Peverley

Defensemen

Tobias Enstrom

Alex Goligoski

Keith Yandle

Ed Jovanovski

Goaltenders

Henrik Lundqvist

Craig Anderson

Bench

PM Bouchard

Cory Stillman

Paul Kariya

Colby Armstrong

Joffrey Lupul

Chris Campoli

Marc-Edouard Vlasic

Joe Corvo

Nikolai Khabibulin

Kari Lehtonen

Prospects

Jamie Benn

Erik Karlsson

The Breakdown

Some of the recent trades made:

Zdeno Chara for a 2nd round draft pick and Joe Corvo

Benoit didn't have Chara as one of his keepers, and in a points-only league I'd agree It is never a bad move to get a future asset (the pick) for a player you wouldn't have kept beyond this season (unless you directly help a competitor on the process).

Tomas Fleischmann for a 3rd round draft pick and Cory Stillman

A similar deal to the one above – Benoit wasn't going to keep Fleischmann, so he got a draft pick in return.

Dustin Brown and a 1st round draft pick for Marc Savard

Benoit pulled the trigger on this deal the day before the Cooke hit on Savard. Savard wasn't on his team long though...

Marc Savard, Derrick Brassard, and Jason Pominville for Dany Heatley, Danius Zubrus, and Colby Armstrong

He received the best player in the deal. Brassard is a great keeper, and Pominville is a solid guy to have in a points-only league, but with the Whalers' depth I like this move.

Pekka Rinne for Kari Lehtonen and a 1st round pick

I probably would have kept Rinne over Anderson. He did receive a 1st round pick in return (to replace the one he had previously traded). Lehtonen is a risk but he isn't among the players I recommend to keep, so the deal basically amounts to Rinne for the draft pick.

Benoit plans on trying to sell high with Gaborik – smart thinking. I wouldn't consider Enstrom a sell-high candidate, though. Even without Kovalchuk, he should still be a 45-55-point defenseman on Atlanta. They have some offensive talent and always seem to have a strong power play.

Benoit can draft rookies like Nikita Filatov and John Carlson, but it would require him to promote one or both of Benn and Karlsson. I'd probably promote Karlsson and draft either of Filatov or Carlson (or Jordan Eberle, the other good player you believe will be within reach).

The Recommendations

1) Keep Yandle over Krejci. You will thank me later!

2) Promote Karlsson, try and draft one of the three rookies I recommended. Don't forget about Jacob Markstrom either – far and away the best goalie prospect in the world.

3) Keep making two-for-one or three-for-one trades. With lots of depth and limited keepers, lopsided trades are the only real way to benefit from having a strong and deep roster.

4) Sell high on Gaborik if you can. Same goes for Eriksson.