The Boston Bruins traded away (the rights to) RFA winger Benoit Pouliot to the Tampa Bay Lightning for a 5th round draft pick and Michel Ouellet.

Tampa Bay gets:

A highly skilled player who was drafted 4th overall back in 2005. He had a terrific season in Boston, scoring 16 goals in 74 games. He won't be the top line star that Minnesota was expecting or hoping for when they originally drafted, but he looks to be on his way to getting back on track as a solid offensive contributor at the NHL level.

Pouliot will get a chance to play on a line with Vincent Lecavalier. His linemates last season:

Frequency

Strength

Line Combination

25.38%

EV

23 KELLY,CHRIS - 49 PEVERLEY,RICH - 67 POULIOT,BENOIT

11.46%

EV

23 KELLY,CHRIS - 67 POULIOT,BENOIT - 12 ROLSTON,BRIAN

9.44%

EV

38 CARON,JORDAN - 23 KELLY,CHRIS - 67 POULIOT,BENOIT

Fantasy players impacted:

This move is great for Pouliot, who goes from a depth forward in Boston to a scoring line forward with the Lightning. This move is not great for Tampa Bay's AHL stars – Cory Conacher, Alex Killorn, and Tyler Johnson now have one more guy to leap over in order to crack the big club. This is also some competition for top prospect Brett Connolly, who could use some seasoning in the AHL next year.

Even if he doesn't score consistently, Pouliot's game away from the puck has become good enough that he can contribute in a third line/checking role. He fills a huge need on the left side in Tampa Bay, and likely takes the departed Ryan Shannon's roster spot.

I don't see this move affecting Malone or Purcell at all.

In Boston, this opens up a roster spot for one of their young forwards.

Players this trade helps:

1. Pouliot

2. Jordan Caron

Players this trade hurts:

1. Conacher

2. Connolly

3. Killorn

4. JT Brown

(These prospects are only hurt in the short term – Pouliot is more of a stop gap until one of them is ready)