Last week we looked at some quality players who are either hot or heating up who are worth keeping on your roster. This week we'll take a look at a few Eastern Conference players who might be better off on your opponent's roster. Let's take a look and keep in mind, these comments are for one-year leagues.

Marc-Andre Bergeron – Bergeron has always been an offensive defenseman who can heat up at times, but his lack of defensive acumen typically sours his value in the eyes of his organization. That often leads to specialized ice time (power-play minutes and non-critical moments). In short, Bergeron is typically a feast or famine type of player.

Bergeron began the 2011-12 season as one of the hottest scoring defensemen and is still

putting up points, but at a slower pace than at the start of the year. In his last nine games, Bergeron has four points, all assists. In addition, Bergeron was averaging 22:09 in the first six games of November (lowest ice time 20:59), contrasted by an average of only 17:25 in his last five games (highest total 19:16).

Wayne Simmonds – Simmonds is now in his fourth NHL season. His sophomore campaign is what caught the eye of poolies, as he posted 40 points, a plus-22 rating, and 116 PIM. After a trade to Philadelphia, there was hope that Simmonds would develop into a player scoring more points and adding more penalty minutes.

Despite skating primarily with Daniel Briere, who Scott Hartnell developed so much chemistry with, Simmonds has only eight points in 22 games. By contrast, rookie Matt Read has stepped up with 14 points in 20 games. While Simmonds might eventually develop into a scoring grinder, he is not there yet.

P.K. Subban – After a promising rookie campaign, expectations were high for Subban. While he has performed well at the Junior and AHL levels, Subban appears to need more time before he is dominating the NHL. Most young defensemen take longer to consistently produce than do forwards and it appears Subban is no exception.

While he does have 10 points in 24 games, his value for this season is in his mufti-category presence. Thus far, Subban also adds 31 PIM, 27 hits, and 37 blocked shots. Unless your

league counts all of these, you may be better suited with another defenseman. Additionally, of his 10 points, only two have come on the power play. By contrast, Yannick Weber has five of his eight points on the power-play.

Drew Stafford – Stafford was one of my sleepers for this season, mostly because of his 69-point pace that he maintained a year ago, but this year is proving to be much different. Jason Pominville has been electric while wearing the C on his chest and Stafford is struggling to score in the shadow of the top line.

Most recently Stafford suffered an undisclosed lower-body injury. At this time it is not believed to be a serious injury, but it doesn't exactly help, considering the slow start Stafford has had. If you've managed to be this patient, as 52% of Yahoo fantasy users are, it may be time to look elsewhere for offense.

Originally I had Eric Staal and Alex Semin on this list, but with the coaching changes last night, I would not advise moving either of them. While I do suggest moving the players above, it's important to use discretion and not sell just for the sake of selling. Thoughts? Comments? Let me hear below.