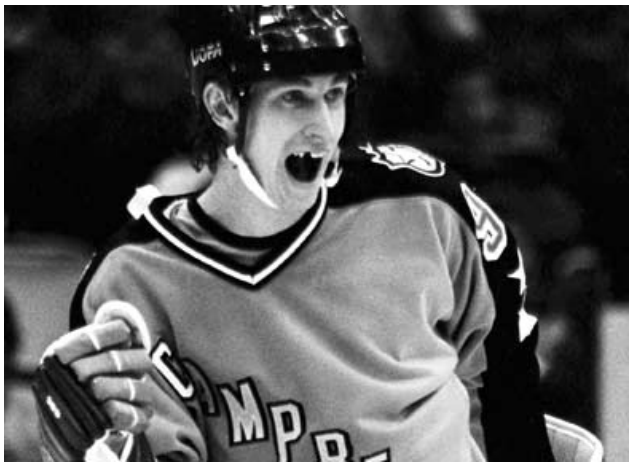

A tough decision can be made easier with these charts showing you the best five and worst five schedules for upcoming seven-day periods. Some of you used them last year but for the benefit of new readers here is a refresher. The number next to the team indicates the 'multiplier' to use on a player's point-per-game pace to give you an idea how many points to expect for that week.

For those of you in leagues with a combined Week 16 and 17 due to the All-Star Game, I have included a schedule for the week of Tuesday February 2 to Sunday February 6. I hope that helps anyone who might be behind going into this break. The Hawks are the lone team with one game during this shortened week, and the face the mighty Canucks at home. If you're already behind this week and are holding onto someone expendable like a Bickell or Campbell, you can gain two games by adding someone from Edmonton, Detroit, Pittsburgh, New Jersey or Montreal (the only five teams with three game weeks).

The early part of this week's schedules are all still showing repercussions of the All-Star Break, but things are back to normal once we get to mid week. Over the next two weeks only the Penguins, Devils, Canadiens and Leafs play six games. The Ducks are on the opposite end with only three games over that span and six over the next 21 days

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Instead of fighting for the Pacific Division like many expected, the Sharks and Kings both sit on the playoff bubble at the Break and both get to look forward to long road trips once it's over. San Jose plays eight of their next ten on the road, while the Kings play ten straight away from the Staples Centre where they are only 10-13-0.

The Preds have a chance to make up some ground on the Red Wings, not only with seven of their next nine at home, but two of which are against Detroit.

Two down, ten to go. Tampa's 12 game homestand got off to a good start last week; two victories with a combined score of 9-1. They sit with six other teams at 16 wins on home ice (second most), but have still only played 22 games there.

Enjoy the All-Star festivities and check back next week for a look which teams you are going to want to focus on in your fantasy playoffs.

Best Bets
Edmonton 3.10 - LA, @STL, @CBJ
Pittsburgh 3.08 - NYI, BUF, @WAS

Detroit 3.06 - @OTT, CBJ, @NAS
New Jersey 2.98 - @NYR, FLA, @MON
Montreal 2.93 - FLA, NYR, NJ

Steer Clear

Chicago 0.95 - @VAN
Dallas 1.79 - @BOS, @PHI
Philadelphia 1.81 - NAS, DAL
Phoenix 1.81 - VAN, MIN
San Jose 1.89 - @ANA, @BOS

Thursday February 3, 2010

Best Bets

Los Angeles 2.33 - @MIN, @EDM
NY Islanders 2.22 - @ATL, @PIT
Boston 2.19 - @CAR, DAL
Florida 2.15 - @TOR, @MON
Calgary 2.10 - @NAS, @ATL

Steer Clear

Buffalo 0.00 - zero games
Columbus 0.85 - CHI
Washington 0.86 - MON
Edmonton 0.89 - LA
Tampa Bay 0.92 - PHI

o Friday February 4, 2010

Best Bets

Florida 3.09 - @TOR, @MON, @NJ
New Jersey 2.95 - OTT, @NYR, FLA
Vancouver 2.91 - @DAL, @PHX, CHI
Pittsburgh 2.90 - @NYR, NYI, BUF
Los Angeles 2.33 - @MIN, @EDM

Steer Clear

Anaheim 0.95 - SJ
Buffalo 1.07 - @PIT
Dallas 1.76 - VAN, @BOS
NY Rangers 1.92 - PIT, NJ
Columbus 1.83 - CHI, @DET

Saturday February 5, 2010

Best Bets

Los Angeles 3.28 - @MIN, @EDM, CGY
NY Islanders 3.19 - @ATL, @PIT, OTT
Boston 3.14 - @CAR, DAL, SJ

Los Angeles 3.28 - @MIN, @EDM, CGY
Atlanta 3.09 - NYI, CGY, @CAR

Steer Clear

Tampa Bay 1.87 - PHI, WAS
Chicago 2.00 - @CBJ, @VAN
Anaheim 2.00 - SJ, @COL
Washington 2.03 - MON, @TB
St. Louis 2.11 - COL, EDM

Sunday February 6, 2010

Best Bets

Pittsburgh 4.06 - @NYR, NYI, BUF, @WAS

Montreal 3.98 - @WAS, FLA, NYR, NJ
New Jersey 3.95 - OTT, @NYR, FLA, @MON
Los Angeles 3.28 - @MIN, @EDM, CGY
St. Louis 3.38 - COL, EDM, @TB

Steer Clear

Buffalo 2.03 - @PIT, TOR
Chicago 2.00 - @CBJ, @VAN
Anaheim 2.11 - SJ, @COL
Dallas 2.64 - VAN, @BOS, @PHI
Tampa Bay 2.76 - PHI, WAS, STL

Monday February 7, 2010

Best Bets

Atlanta 4.28 - NYI, CGY, @CAR, @TOR
Ottawa 4.24 - @NJ, DET, @NYI, @VAN
Pittsburgh 4.06 - @NYR, NYI, BUF, @WAS
Edmonton 4.04 - LA, @STL, @CBJ, @NAS
Vancouver 4.02 - @DAL, @PHX, CHI, OTT

Steer Clear

Buffalo 2.03 - @PIT, TOR
Anaheim 2.11 - SJ, @COL
Dallas 2.64 - VAN, @BOS, @PHI
Tampa Bay 2.76 - PHI, WAS, STL
San Jose 2.84 - PHX, @ANA, @BOS

2 to Tuesday February 8, 2010

Best Bets

Toronto 4.14 - CAR, @BUF, ATL, @NYI

Pittsburgh 4.12 - NYI, BUF, @WAS, CBJ

Edmonton 4.04 - LA, @STL, @CBJ, @NAS
Detroit 3.95 - @OTT, CBJ, @NAS, NYR
New Jersey 3.93 - @NYR, FLA, @CAR, MON
Steer Clear
Dallas 1.79 - @BOS, @PHI
Philadelphia 1.81 - NAS, DAL
Boston 1.90 - DAL, SJ
Chicago 2.00 - @VAN, @CGY
Anaheim 2.11 - SJ, @COL
[redacted]o Wednesday February 9, 2010
Best Bets
Toronto 4.14 - CAR, @BUF, ATL, @NYI
Nashville 4.10 - @PHI, DET, EDM, @DET
Columbus 4.10 - @DET, EDM, @PIT, SJ
Edmonton 4.11 - @STL, @CBJ, @NAS, CHI

Colorado 4.00 - MIN, ANA, @PHX, @MIN
Steer Clear
Los Angeles 1.05 - @CGY
Philadelphia 1.81 - NAS, DAL
NY Islanders 2.06 - OTT, TOR
Anaheim 2.10 - @COL, @VAN
Florida 2.11 - @NJ, STL
[redacted]hursday February 10, 2010
Best Bets
Buffalo 4.31 - @PIT, TOR, @TB, @FLA
Toronto 4.24 - @BUF, ATL, @NYI, NJ
New Jersey 4.15 - FLA, @MON, CAR, @TOR
Columbus 4.10 - @DET, EDM, @PIT, SJ
Edmonton 4.11 - @STL, @CBJ, @NAS, CHI
Steer Clear
Boston 1.86 - SJ, MON
Dallas 1.90 - @PHI, PHX
Philadelphia 1.90 - DAL, CAR
Los Angeles 2.00 - @CGY, @PIT
NY Rangers 2.06 - @MON, @DET

o Friday February 11, 2010

Best Bets

Toronto 4.24 - @BUF, ATL, @NYI, NJ
Colorado 4.24 - ANA, @PHX, @MIN, @CBJ
San Jose 4.20 - @BOS, @WAS, @CBJ, @NJ
Pittsburgh 4.18 - @WAS, CBJ, LA, @NYI
New Jersey 4.11 - @MON, CAR, @TOR, SJ

Steer Clear

Washington 1.81 - PIT, SJ
Florida 1.90 - STL, BUF
Philadelphia 1.90 - DAL, CAR
Tampa Bay 1.90 - STL, BUF
Vancouver 1.92 - OTT, ANA

Saturday February 12, 2010

Best Bets

Chicago 4.43 - @CGY, @EDM, @DAL, @PHX
St. Louis 4.27 - @TB, @FLA, MIN, @MIN
Colorado 4.20 - @PHX, @MIN, @CBJ, @NAS
Toronto 4.19 - ATL, @NYI, NJ, @MON
Pittsburgh 4.18 - @WAS, CBJ, LA, @NYI

Steer Clear

Philadelphia 0.95 - CAR
Boston 1.86 - MON, DET
Dallas 1.90 - PHX, CHI
Florida 1.90 - STL, BUF
Anaheim 2.00 - @VAN, @CGY