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.

We have finally reached the week where I can stop talking about the massive 12 game homestand that the Tampa Bay Lightning have been on. I have to say though, results are not as impressive as I would have thought going into this streak. Combine Tampa's outstanding home record with the inconsistent play by the Caps this year, and I would have thought the Lightning would have a much larger lead in the Southeast through nine games than they do right now. I can't wait for a great March and April from these two teams (who unfortunately only play once more). Tampa finishes the home stretch off against Florida , Phoenix and New Jersey .

A couple of weeks ago, I warned against going after any Thrashers, but noted that I figured a lot of poolies had already split ways with them. Well this week, that dubious honour goes to the members of the Colorado Avalanche. Not only have they now lost nine straight games and dropped 11 points back of 8th in the West, they only play seven games in the next 21 days , five of which are on the road.

This current 10 game road trip has not phased the Kings one bit, as they have gained at least a point in their last 11 games including their shootout loss to the Rangers on Thursday. They still have two more road games to go, and then come back to STAPLES for a six game homestand. While Dallas seems to be playing their way out of the Pacific, I would love to see either the Kings or Coyotes take the division over San Jose.

[redacted]

Best Bets
Florida 4.39 - DET, @TB, @NYI, @OTT
Philadelphia 4.06 - @COL, @NYR, PHX, NYI
Detroit 4.05 - @FLA, @MIN, SJ, DAL
Minnesota 4.05 - ANA, DET, EDM, @LA
NY Islanders 4.04 - LA, FLA, @TOR, @PHI
Steer Clear
Calgary 1.86 - MON, BOS
Columbus 1.91 - @CHI, NAS
Tampa Bay 1.95 - FLA, PHX
Washington 2.00 - @BUF, @PIT
Boston 2.12 - @OTT, @CGY
[redacted] **to Friday February 25, 2010**
Best Bets
Florida 4.49 - @TB, @NYI, @OTT, @ATL
Phoenix 4.22 - @NAS, @PHI, @TB, @CBJ
Minnesota 4.15 - DET, EDM, @LA, @ANA
St. Louis 4.13 - ANA, CHI, @VAN, @EDM
Edmonton 4.11 - EDM, @MIN, @COL, STL
Steer Clear

Boston 1.05 - @CGY
Columbus 1.81 - NAS, PHX
Colorado 2.21 - @SJ, EDM
Calgary 2.62 - MON, BOS, SJ
Carolina 2.79 - NJ, NYR, PIT

[redacted]o Saturday February 26, 2010

Best Bets
Pittsburgh 5.20 - @CHI, WAS, SJ, @CAR, @TOR
Minnesota 4.15 - DET, EDM, @LA, @ANA
NY Islanders 4.09 - FLA, @TOR, @PHI, WAS
Philadelphia 4.08 - @NYR, @CAR, @NYR, PHX
Washington 4.07 - @BUF, @PIT, NYR, @NYI

Steer Clear
Columbus 1.81 - NAS, PHX
Anaheim 1.84 - LA, MIN
Boston 2.00 - @CGY, @VAN
Tampa Bay 2.00 @PHX, NJ
Atlanta 2.05 - @BUF, FLA

[redacted]o Sunday February 27, 2010

Best Bets
Florida 4.36 - @NYI, @OTT, @ATL, NJ

Phoenix 4.32 - @PHI, @TB, @CBJ, @CHI
St. Louis 4.23 - CHI, @VAN, @EDM, @CGY
Nashville 4.20 - @CBJ, CHI, @DAL, CBJ
Pittsburgh 4.15 - WAS, SJ, @CAR, @TOR

Steer Clear
Vancouver 2.62 - MON, STL, BOS
Calgary 2.66 - BOS, SJ, STL
Carolina 2.75 - NYR, PIT, @MON
Columbus 2.75 - NAS, PHO, @NAS
Buffalo 2.87 - ATL, OTT, DET

[redacted]to Monday February 28, 2010

Best Bets
Phoenix 4.32 - @PHI, @TB, @CBJ, @CHI
Nashville 4.20 - @CBJ, CHI, @DAL, CBJ
Minnesota 4.15 - EDM, @LA, @ANA, CHI
Los Angeles 4.00 - @ANA, MIN, COL, DET

Toronto 3.99 - NYI, @MON, PIT, @ATL

Steer Clear

Washington 2.02 - NYR, @NYI
Vancouver 2.62 - MON, STL, BOS
Calgary 2.66 - BOS, SJ, STL
Carolina 2.75 - NYR, PIT, @MON
Columbus 2.75 - NAS, PHO, @NAS

23 to Tuesday March 1, 2010

Best Bets

Boston 4.35 - @CGY, @VAN, @EDM, @OTT
Phoenix 4.32 - @TB, @CBJ, @CHI, DAL

Nashville 4.32 - CHI, @DAL, CBJ, @EDM
Colordao 4.25 - EDM, @LA, @ANA, @SJ
St. Louis 4.23 - @VAN, @EDM, @CGY, CGY

Steer Clear

Philadelphia 2.15 - NYI, @OTT
New Jersey 2.27 - @TB, @FLA
Vancouver 2.76 - STL, BOS, CBJ
Columbus 2.85 - PHO, @NAS, @VAN
Carolina 2.86 - PIT, @MON, FLA

to Wednesday March 2, 2010

Best Bets

Nashville 4.32 - CHI, @DAL, CBJ, @EDM
St. Louis 4.23 - @VAN, @EDM, @CGY, CGY
Minnesota 4.18 - @LA, @ANA, CHI, @NYI
Detroit 4.05 - DAL, @BUF, @LA, @ANA

Calgary 4.00 - SJ, STL, @STL, @CHI

Steer Clear

San Jose 2.10 - @CGY, COL
Philadelphia 2.15 - NYI, @OTT
Edmonton 2.57 - STL, BOS, NAS
Ottawa 2.67 - @BUF, PHI, BOS
Vancouver 2.76 - STL, BOS, CBJ

Thursday March 3, 2010

Best Bets

Boston 4.36 - @VAN, @EDM, @OTT, TB

St. Louis 4.33 - @EDM, @CGY, CGY, WAS
Nashville 4.33 - @DAL, CBJ, @EDM, @VAN
Minnesota 4.18 - @ANA, CHI, @NYI, @NYR
Phoenix 4.14 - @CBJ, @CHI, DAL, @LA

Steer Clear

Dallas 1.91 - NAS, @PHX
Philadelphia 2.16 - @OTT, TOR
Vancouver 2.66 - BOS, CBJ, NAS
Anaheim 2.95 - MIN, COL, DET
Los Angeles 2.95 - COL, DET, PHX

[redacted]to Friday March 4, 2010

Best Bets

Boston 4.36 - @VAN, @EDM, @OTT, TB
Nashville 4.33 - @DAL, CBJ, @EDM, @VAN
Columbus 4.22 - @NAS, @VAN, @EDM, @CGY
Detroit 4.14 - @BUF, @LA, @ANA, @SJ
Calgary 4.10 - STL, @STL, @CHI, CBJ

Steer Clear

San Jose 2.00 - COL, DET
Philadelphia 2.16 - @OTT, TOR
Edmonton 2.66 - BOS, NAS, CBJ
Vancouver 2.66 - BOS, CBJ, NAS
Anaheim 2.95 - MIN, COL, DET

[redacted]o Saturday March 5, 2010

Best Bets

Chicago 5.10 - PHX, @MIN, CGY, CAR, @TOR
Boston 4.27 - @EDM, @OTT, TB, PIT
St. Louis 4.24 - @CGY, CGY, @WAS, @NYI
Columbus 4.22 - @NAS, @VAN, @EDM, @CGY
Detroit 4.14 - @BUF, @LA, @ANA, @SJ

Steer Clear

Washington 2.03 - NYI, STL
Philadelphia 2.04 - TOR, BUF
Ottawa 2.70 - BOS, @ATL, NYR
Los Angeles 2.76 - DET, PHX, VAN
Vancouver 2.89 - CBJ, NAS, @LA