I wanted to take a look back at the spread done during Week 19 that outlines team' matchups during the fantasy playoffs this year. Keep an eye out for the teams that are only playing two game weeks throughout these playoffs as some of them are fairly big fantasy performers (they're in
bold
). Here is a quick rundown of the two and four game weeks throughout the playoffs for the Monday – Sunday week:

March 14 – 20

Two Games: **Pittsburgh**, Edmonton

Four Games: Columbus, Minnesota, Montreal, Nashville, New Jersey, Phoenix, San Jose, Toronto

March 21 – 27

Two Games: **Chicago, Vancouver,** Minnesota

Four Games: Boston, Florida, Ottawa, Philadelphia, Pittsburgh

March 28 – April 3

Two Games: Phoenix, **San Jose**

Four Games: Anaheim, Buffalo, Carolina, Chicago, Colorado, Columbus, Dallas, Detroit, Minnesota, Philadelphia, St. Louis, Tampa Bay

April 4 – 10

Two Games: Calgary

Four Games: Atlanta, Boston, Chicago, Colorado, Dallas, Edmonton, Los Angeles, New Jersey, San Jose

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.

The Calgary Flames have played a league high 70 games, which leads to them having zero four game weeks during the fantasy playoffs that I listed above. If your league sticks it out until the last day, they are the only team to have a two game week that week.

The Preds' standing in the West may have fallen a bit over the past few weeks, but that should be helped out by them playing 12 of their last 15 games at home.

The Stars were thought to be on the decline a week ago, but have somehow scratched their way back into the race. While they're in the midst of a seven game homestand (beginning with a shootout loss to Calgary on Wednesday), things are about to get a lot harder for them. Their remaining six at home are against Minnesota, LA, San Jose, Chicago, Philly and Anaheim. Kudos to them if they can get through that stretch and still be in a playoff position.

Best Bets
New Jersey 4.43 - @ATL, NYI, ATL, @OTT
Detroit 4.31 - EDM, @STL, WAS, @CBJ
Tampa Bay 4.29 - OTT, @FLA, @TOR, @MON
Carolina 4.23 - @WAS, CBJ, @BUF, TOR
Toronto 4.16 - BUF, TB, @CAR, @FLA
Steer Clear
NY Rangers 2.02 - @SJ, NYI
NY Islanders 2.78 - BOS, @NJ, @NYR
Minnesota 2.94 - @DAL, @VAN, @SJ
Calgary 2.95 - VAN, PHX, COL
Edmonton 2.95 - @DET, @PIT, PHX

Friday March 18, 2010

Best Bets
Phoenix 4.33 - @ANA, @CGY, @EDM, @VAN
Carolina 4.26 - CBJ, @BUF, TOR, NYI
New Jersey 4.23 - NYI, ATL, @OTT, WAS

Toronto 4.16 - BUF, TB, @CAR, @FLA
Vancouver 4.09 - @CGY, MIN, COL, PHX

Steer Clear

Minnesota 1.89 - @VAN, @SJ
Edmonton 1.90 - @PIT, PHX
Anaheim 1.90 - PHX, STL
Boston 2.10 - @CBJ, @NAS
Atlanta 2.75 - @PHI, @NJ, PHI

aturday March 19, 2010

Best Bets

Phoenix 4.33 - @ANA, @CGY, @EDM, @VAN
Toronto 4.09 - TB, @CAR, @FLA, BOS
San Jose 4.00 - @CHI, @DAL, MIN, STL
Los Angeles 3.90 - @DAL, @NAS, STL, ANA
Washington 3.89 - CHI, @MON, @DET, @NJ

Steer Clear

NY Rangers 1.93 - NYI, MON
Calgary 2.09 - PHX, COL
Pittsburgh 2.31 - EDM, @OTT
Nashville 2.76 - LA, BOS, DET
Atlanta 2.85 - @NJ, PHI, @BUF

unday March 20, 2010

Best Bets

New Jersey 4.31 - ATL, @OTT, @WAS, @CBJ

Phoenix 4.23 - @CGY, @EDM, @VAN, CHI
Toronto 4.09 - TB, @CAR, @FLA, BOS
Montreal 4.05 - WAS, TB, @NYR, @MIN
San Jose 4.00 - @CHI, @DAL, MIN, STL

Steer Clear

Pittsburgh 2.04 - @OTT, NYR
Edmonton 2.09 - PHX, COL
Dallas 2.66 - SJ, CHI, PHI
Ottawa 2.77 - PIT, NJ, TB
Los Angeles 2.85 - @NAS, STL, ANA

Monday March 21, 2010

Best Bets

New Jersey 4.31 - ATL, @OTT, @WAS, @CBJ

Phoenix 4.23 - @CGY, @EDM, @VAN, CHI
Calgary 4.19 - PHX, COL, @ANA, @LA
Montreal 4.05 - WAS, TB, @NYR, @MIN
Detroit 3.91 - WAS, @CBJ, @NAS, PIT
Steer Clear
Edmonton 2.09 - PHX, COL
Vancouver 2.09 - COL, PHX
Chicago 2.10 - @DAL, @PHX
Tampa Bay 2.10 - @MON, @OTT
Dallas 2.66 - SJ, CHI, PHI
to Tuesday March 22, 2010
Best Bets
Colorado 4.32 - @VAN, @CGY, @EDM, CBJ
New Jersey 4.21 - @OTT, @WAS, @CBJ, @BOS

Phoenix 4.13 - @EDM, @VAN, CHI, STL
Columbus 4.12 - DET, @MIN, NJ, @COL
St. Louis 4.10 - @ANA, @LA, @SJ, @PHX
Steer Clear
Dallas 1.81 - CHI, PHI
San Jose 1.90 - MIN, STL
Atlanta 1.91 - PHI, @BUF
Pittsburgh 1.94 - NYR, @DET
Vancouver 2.09 - COL, PHX
Wednesday March 23, 2010
Best Bets
New Jersey 4.21 - @OTT, @WAS, @CBJ, @BOS
Florida 4.20 - TOR, NYI, @NYR, @CHI
Calgary 4.19 - COL, @ANA, @LA, @SJ
Phoenix 4.13 - @EDM, @VAN, CHI, STL

Columbus 4.12 - DET, @MIN, NJ, @COL
Steer Clear
Washington 1.89 - @NJ, @PHI
Atlanta 1.91 - PHI, @BUF

Pittsburgh 1.94 - NYR, @DET
Vancouver 2.00 - PHX, @DET
Carolina 2.12 - NYI, OTT

ursday March 24, 2010

Best Bets
NY Islanders 4.37 - @CAR, @FLA, @TB, ATL
Columbus 4.22 - @MIN, NJ, @COL, @PHX
Nashville 4.11 - DET, @BUF, EDM, ANA
Anaheim 4.00 - @LA, CGY, @DAL, @NAS
Montreal 3.93 - @NYR, @MIN, BUF, @BOS

Steer Clear
Dallas 1.81 - PHI, ANA
Washington 1.89 - @NJ, @PHI
Vancouver 2.00 - PHX, @DET
Chicago 2.05 - @PHX, FLA
Carolina 2.12 - NYI, OTT

Friday March 25, 2010

Best Bets
Columbus 4.22 - @MIN, NJ, @COL, @PHX
Florida 4.16 - NYI, @NYR, @CHI, @BUF
Nashville 4.11 - DET, @BUF, EDM, ANA
Ottawa 4.04 - TB, @CAR, @NYR, WAS
Anaheim 4.00 - @LA, CGY, @DAL, @NAS

Steer Clear
Dallas 1.81 - PHI, ANA
Chicago 2.05 - @PHX, FLA
Washington 2.10 - @PHI, @OTT
Vancouver 2.21 - @DET, @ATL
Carolina 2.22 - OTT, @TB

aturday March 26, 2010

Best Bets
Calgary 4.33 - @ANA, @LA, @SJ, @EDM
Nashville 4.11 - @BUF, EDM, ANA, DAL
New Jersey 4.10 - @CBJ, @BOS, @PIT, @BOS
Anaheim 4.00 - CGY, @DAL, @NAS, @CHI
NY Rangers 3.93 - @PIT, FLA, OTT, @BOS

Steer Clear
Dallas 1.90 - ANA, @NAS
Atlanta 2.05 - @NYI, VAN
Vancouver 2.21 - @DET, @ATL

Boston 2.60 - NJ, MON, NYR
Detroit 2.90 - PIT, VAN, TOR