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.

With fantasy playoffs either just beginning or on the verge of Round 2, being aware of how often your guys play can be a key advantage over your opponent. Be sure to take a look back at the spread done during Week 19 that outlines team' matchups during the fantasy playoffs this year.

If you're starting your playoffs this coming Monday, you can't really be a fan of the Best Bets section. Ottawa and Florida lead the way and the other three teams have extremely tough schedules. Philly plays Washington, Pittsburgh and Boston; Pittsburgh plays the aforementioned Flyers, as well as Detroit and New Jersey; and the Bruins face Broduer, Lundqvist, Price and yes of course, the Flyers.

How bad have the Colorado Avalanche been lately? If you answered they're 6-22-3 in the new year, allowing 3.90 goals per game, you would have been correct. So why not take advantage of their defensive deficiencies? Unfortunately, the only teams to play them twice over their remaining games are Edmonton and Dallas. If your pool goes right to the end of the season, you might want to look at picking up some Stars; they have a back to back with the Avs for game 80 and 81.

The mother of all Cinderella story run that the Devils have been has almost come crashing down in the past two weeks with not one, but two losses to the lowly Senators. After facing the Caps at home tonight, they go on a four game road trip against the likes of Columbus, Boston, Pittsburgh and Buffalo. The good news for them is that they play nine of their remaining 12 games against Eastern Conference playoff teams.

The top two seeds in the West are pretty much locked up, and the Kings loss to the Blues Thursday will go a long way in helping San Jose win the Pacific. The rest of the West is completely insane. Although they're holding onto the 8th seed, Calgary's 73 games played so far puts them behind the eight ball. Their 15-15-5 road record will be put to the test this week as they head to Anaheim, LA, San Jose and Edmonton. However, they do have some winnable games down the stretch with six of their remaining nine against non playoff teams.

Nashville on the other hand, with only eight losses at home all year, still have eight more home games to go and games against Edmonton, Colorado, St. Louis, Columbus and Atlanta.

Although in 10th place, two points behind Calgary and one behind Nashville, the Ducks are in control of their destiny now as they've only played 70 games. Much like the Devils, they have a lot of opportunities to make up ground on the teams ahead of them with 10 of their remaining 12 against Western playoff teams (three of which are against LA).

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

unday March 27, 2010

Best Bets
Ottawa 4.14 - @CAR, @NYR, WAS, @ATL

Florida 4.03 - @NYR, @CHI, @BUF, @PIT
Philadelphia 3.85 - WAS, PIT, @NYI, BOS
Pittsburgh 3.85 - @DET, @PHI, NJ, FLA
Boston 3.54 - NJ, NYR, MON, @PHI

Steer Clear
Dallas 1.90 - ANA, @NAS

Chicago 1.95 - FLA, ANA
Minnesota 2.04 - TOR, STL
Buffalo 2.80 - @MON, FLA, NJ
Detroit 2.80 - PIT, VAN, TOR
Monday March 28, 2010
Best Bets
Colorado 4.23 - CBJ, TOR, @LA, @ANA

Anaheim 4.19 - @DAL, @NAS, @CHI, COL
Ottawa 4.14 - @CAR, @NYR, WAS, @ATL
Florida 4.03 - @NYR, @CHI, @BUF, @PIT
Philadelphia 3.85 - WAS, PIT, @NYI, BOS
Steer Clear
Dallas 1.90 - ANA, @NAS
Los Angeles 2.00 - SJ, COL
Minnesota 2.04 - TOR, STL
Calgary 2.23 - SJ, EDM
Buffalo 2.80 - @MON, FLA, NJ
to Tuesday March 29, 2010
Best Bets
Vancouver 4.31 - @DET, @ATL, @CBJ, @NAS
Ottawa 4.26 - @NYR, WAS, @ATL, @TB

Florida 4.20 - @CHI, @BUF, @PIT, @CBJ
Anaheim 4.19 - @DAL, @NAS, @CHI, COL
Atlanta 4.04 - @NYI, VAN, OTT, @MON
Steer Clear
NY Islanders 1.90 - ATL, PHI
NY Rangers 1.99 - OTT, @BOS
New Jersey 2.00 - @PIT, @BUF
Minnesota 2.00 - STL, @STL
Calgary 2.23 - SJ, @EDM
Wednesday March 30, 2010
Best Bets
Ottawa 4.26 - @NYR, WAS, @ATL, @TB
St. Louis 4.21 - EDM, @MIN, MIN, @DET
Anaheim 4.19 - @NAS, @CHI, COL, @CGY

Carolina 4.14 - @TB, TB, @WAS, MON

Atlanta 4.04 - @NYI, VAN, OTT, @MON

Steer Clear

Dallas 2.00 - @NAS, @PHX
Minnesota 2.00 - STL, @STL
San Jose 2.10 - @LA, @PHX
Calgary 2.23 - @EDM, ANA
Nashville 2.76 - ANA, DAL, VAN

ursday March 31, 2010

Best Bets

Ottawa 4.48 - WAS, @ATL, @TB, @FLA
Vancouver 4.21 - @ATL, @CBJ, @NAS, LA
Florida 4.20 - @BUF, @PIT, @CBJ, OTT
Carolina 4.14 - @TB, TB, @WAS, MON
Washington 4.10 - @OTT, @MON, CAR, CBJ

Steer Clear

Phoenix 1.81 - SJ, DAL
San Jose 2.00 - @PHX, DAL
Calgary 2.23 - @EDM, ANA
NY Islander 2.69 - PHI, @NJ, NYR
Columbus 2.90 - VAN, FLA, @WAS

Friday April 1, 2010

Best Bets

Ottawa 4.52 - @ATL, @TB, @FLA, TOR
Vancouver 4.21 - @CBJ, @NAS, LA, CBJ
Pittsburgh 4.12 - FLA, PHI, @TB, @FLA
Boston 4.03 - @PHI, CHI, TOR, ATL
Florida 4.00 - @PIT, @CBJ, OTT, PIT

Steer Clear

San Jose 2.00 - @PHX, DAL
NY Islander 2.69 - PHI, @NJ, NYR
Atlanta 2.94 - OTT, @MON, @PHI
Dallas 2.94 - @NAS, @PHX, @SJ
Washington 2.94 - @MON, CAR, CBJ

aturday April 2, 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

San Jose 1.90 - DAL, ANA
Calgary 2.00 - ANA, @STL
Phoenix 2.09 - DAL, COL
NY Rangers 2.24 - @BUF, @NYI
NY Islanders 2.78 - @NJ, NYR, CAR