

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 Tampa Bay Lightning have been struggling mightily lately; heading into Thursday's game against the Rangers they had lost five in a row and only two of their last nine. They have a league high 10 road losses so far and play five of their next seven away from St. Pete's. Not only have they allowed four goals or more in four straight games, they've only scored 18 goals in their last nine games, a stretch which includes a five goal outburst against Florida.

The Jets are another team much better at home then on the road, going 8-4 in Winnipeg versus 4-7-4 on the road. They've also been climbing the standings in the East going 7-2-1 in their last 10 and are in the midst of playing 13 of 15 at home. The even better news is that they've only played four of those 13 home games and are basically in Winnipeg until a New Years Eve date against the Leafs.

The month of December is either going to make or break the Anaheim Ducks season. Before Thursday's games, Anaheim was already nine points back of the final playoff spot in the West, with five teams between them and eighth. They have a league low two wins on the road scoring only 18 goals in their 11 road games. Boudreau's rough start is looking to get a bit worse as the Ducks play only one home game in their next eight, where all games are against teams ahead of them in the standings; St.Louis, Nashville, Chicago, Winnipeg, Dallas, Los Angeles and San Jose.

Best Bets

San Jose 4.62 - @StL, @Chi, @Col, Col

NY Rangers 4.00 - @Buf, Fla, Dal, @StL

Winnipeg 3.85 - Car, @Det, Min, Was

Vancouver 3.43 - @Ott, @CBJ, @Car

Edmonton 2.28 - Col, @Cgy, @Phx

Steer Clear

St. Louis 1.71 - SJ, NYR

Anaheim 1.83 - @Nas, Phx

Toronto 1.89 - @Was, Car

Chicago 1.95 - SJ, @Min

Pittsburgh 2.18 - @NYI, Det

iday Dec 16, 2010

Best Bets

San Jose 4.62 - @StL, @Chi, @Col, Col

Dallas 4.02 - @LA, @NYR, @NYI, @NJ

NY Rangers 4.00 - @Buf, Fla, Dal, @StL

Calgary 3.99 - Edm, @Nas, @Fla, @TB

New Jersey 3.95 - Mon, @TB, @Fla, Dal

Steer Clear

St. Louis 1.71 - SJ, NYR

Colorado 1.86 - SJ, @SJ

Carolina 1.97 - @Tor, Van

Toronto 2.04 - Car, @Buf

Edmonton 2.12 - @Cgy, @Phx

urday Dec 17, 2010

Best Bets

San Jose 4.50 - @Chi, @Col, Col, Edm

New Jersey 4.04 - @TB, @Fla, Dal, @Mon

NY Rangers 3.99 - Fla, Dal, @StL, @StL

Washington 3.50 - Phi, @Win, @Col

Vancouver 3.43 - @CBJ, @Car, @Tor

Steer Clear

St. Louis 1.71 - NYR, Nas

Carolina 1.97 - @Tor, Van

Edmonton 2.01 - @Phx, @SJ

Detroit 2.62 - @Pit, @Nas, LA

Columbus 2.63 - Van, LA, TB

nday Dec 18, 2010

Best Bets

Calgary 4.07 - @Nas, @TB, @Fla, @Chi

New Jersey 4.04 - @TB, @Fla, Dal, @Mon

Columbus 3.71 - VAN, LA, TB, @StL

Washington 3.50 - Phi, @Win, @Col

San Jose 3.47 - @Col, Col, Edm

Steer Clear

Edmonton 2.01 - @Phx, @SJ

Detroit 2.62 - @Pit, @Nas, LA

Philadelphia 2.67 - @Was, @Mon, Bos

Colorado 2.66 - SJ, @SJ, Was

Ottawa 2.68 - @Buf, Bos, Pit

nday Dec 19, 2010

Best Bets

Vancouver 4.40 - @CBJ, @Car, @Tor, Min

Los Angeles 4.30 - @Bos, @CBJ, @Det, @Tor

Anaheim 4.23 - Phx, @Chi, @Win, @Dal

Looking Ahead - Week 10

Written by Dave Poleck

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Minnesota 4.17 - @Win, Chi, NYI, @Van

Dallas 4.09 - @NYR, @NYI, @NJ, NYR

Steer Clear

Tampa Bay 2.17 - Cgy, @CBJ

Ottawa 2.68 - @Buf, Bos, Pit

Winnipeg 2.76 - Min, Wash, Ana

St. Louis 2.78 - NYR, @Nas, CBJ

Phoenix 2.85 - @Ana, Edm, NYR

Tuesday Dec 20, 2010

Best Bets

Anaheim 4.23 - Phx, @Chi, @Win, @Dal

Calgary 4.15 - @TB, @Fla, @Chi, Min

Minnesota 4.02 - Chi, NYI, @Van, @Cgy Chicago 3.94 - @Min, Ana, Cgy, @Pit

Phoenix 3.90 - @Ana, Edm, NYR, @Fla

Steer Clear

Carolina 1.87 - Van, Fla

San Jose 2.14 - Col, Edm

Tampa 2.17 - Cgy, @CBJ

Ottawa 2.58 - Bos, Pit, Buf

Toronto 2.69 - @Buf, Van, LA

ednesday Dec 21, 2010

Best Bets

Vancouver 4.18 - @Car, @Tor, Min, Det

Calgary 4.15 - @TB, @Fla, @Chi, Min

Dallas 4.13 - @NYI, @NJ, Ana, Phi

Philadelphia 4.12 - @Mon, Bos, @Col, @Dal St. Louis 4.12 - NYR, @Nas, CBJ, @Col

Steer Clear

Ottawa 1.78 - Pit, Buf

Boston 1.92 - @Phi, Mon

Toronto 2.69 - @Buf, Van, LA

New Jersey 2.71 - Dal, @Mon, NYR

Carolina 2.80 - Van, @Fla, Phx

sday Dec 22, 2010

Best Bets

Buffalo 4.25 - Tor, @Pit, @Ott, @Tor

Anaheim 4.20 - @Chi, @Win, @Dal, @La

Minnesota 4.13 - NYI, @Van, @Cgy, @Edm

Montreal 4.06 - NJ, @Bos, @Chi, @Win

Florida 4.06 - Cgy, Car, Phx, @Ott

Steer Clear

Boston 1.92 - @Phi, Mon

San Jose 1.95 - Edm, TB

Carolina 1.88 - @Fla, Phx

Washington 2.13 - @Col, Nas

Tampa Bay 2.16 - @CBJ, @SJ

iday Dec 23, 2010

Best Bets

St. Louis 4.32 - @Nas, CBJ, @Col, @Phx

NY Islanders 4.27 - @Min, @Win, @NYR, Tor

Los Angeles 4.17 - @Det, @Tor, Ana, @SJ

Minnesota 4.13 - NYI, @Van, @Cgy, @Edm

NY Rangers 4.08 - @Phx, @NJ, NYI, Phi

Steer Clear

New Jersey 2.60 - @Mon, NYR, @Was

Dallas 2.73 - Ana, Phi, Nas

Chicago 2.76 - Cgy, @Pit, Mon

San Jose 2.77 - Edm, TB, LA

Boston 2.87 - @Phi, Mon, Fla

ırday Dec 24, 2010

Best Bets

Florida 3.97 - Car, Phx, @Ott, @Bos

Calgary 3.87 - @Chi, Min, Det, @Van

St. Louis 3.43 - CBJ, @Col, @Phx

Philadelphia 3.26 - @Col, @Dal, @NYR

NY Islanders 3.18 - @Win, @NYR, Tor

Steer Clear

New Jersey 1.64 - NYR, Was

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Washington 1.80 - Nas, @NJ Boston 1.82 - Mon, Fla San Jose 1.80 - TB, LA Edmonton 1.94 - Det, Min