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.

As a Wings' fan, one of the most staggering things for me this season has been their play on the road. Last season, they had the second most road wins in the league with 26 (one behind Vancouver). This year, this just can't seem to get it done away from the Joe; 11-13 thus far. While they're managing over four goals per game at home, they only have 2.54 per game on the road. That is a huge difference. Thankfully for us they have a few in a row at the Joe this weekend with another matchup against Chicago followed an early week clash with the struggling Sabres. After that it's seven of nine away from home, at the end of which they will have played eight more road games than home games.

After Friday's meeting in Buffalo (the first road game of the new year for Toronto), the white hot Maple Leafs play another five straight at the ACC. Toronto has a distinctly better record at home (12-5-4) versus on the road (10-10-1), which is why I find it weird that their goal differential for each is surprisingly similar. Through 21 games at home they're 64 GF – 61 GA; 21 games on the road 68 GF – 68 GA. I'm sure they're not really complaining about the differential, but they have lost five of their last six road games.

I actually have not one, but two five game weeks to talk about this week. In the Friday to Thursday schedule, Buffalo gets to try and turn their ugly 5-9-3 stretch around with games vs Toronto, then in Long Island, Detroit, Chicago and Winnipeg. It's a make or break point for the Sabres as starting with the Isles game they play seven straight on the road where their 8-10 is actually flattering to the way they've played. While they have played six more games at home at this point (74 GF in 24 home games), they've scored 40 less goals on the, being outscored 52-34. Gut check time for the Sabres.

I'm a good news second kind of guy, so not only is the second five game week the fantasy friendly in every way Boston Bruins, but it also runs during the Monday to Sunday schedule. While only one of the games is at home where they've absolutely dominated opponents (84 goals in 23 games), this stretch will help even up their seven less road games. They play in Florida, Tampa, New Jersey, then welcome the Rangers before heading to Philly. There's a positive in every matchup; Florida can't score, Tampa and the Devils can't keep the puck out, and you can expect the last two games to get downright nasty.

Who would have thought that next week's Battle of Ontario would have some excitement to it because both teams are actually good? The Sens have been on fire as of late but are going to be vacating our nation's capital for a while as the league sets up the All Star Game. They play seven of their next eight away from home, including six straight leading into February after Monday's game against Winnipeg. This may not be a bad thing though as Ottawa is one of the few teams that not only have a similar home and away record, but they're also scoring goals at an almost equal clip in both settings; 3.17 GF at home, 3 GF on the road.

I'll leave the Blue Jackets for last, because, well.....you get the idea. Despite what the Habs, Canes, Ducks and Capitals are trying to show us this year, a coaching change often brings some enthusiasm to a team resulting in at least a few more wins than usual. Columbus opens the Arniel-less era with four straight home games starting on Friday with Phoenix, followed by San Jose, Edmonton and Nashville.

Best Bets
Buffalo 5.39 - Tor, @NYI, @Det, @Chi, @Wpg
Boston 4.46 - @Car, @Fla, @TB, @NJ
San Jose 4.30 - @CBJ, @Chi, Cgy, Ott
Nashville 4.28 - Phi, @NYI, @NYR, @CBJ
Phoenix 4.46 - @CBJ, Col, @Ana, Det
Steer Clear
Vancouver 1.82 - Ana, LA
Tampa Bay 2.61 - @Was, Pit, Bos
Carolina 2.70 - Was, @Bos, @Pit
Calgary 2.71 - LA, @SJ, @LA
Montreal 2.75 - Ott, NYR, Was
day Jan 20, 2010
Best Bets
Boston 4.46 - @Car, @Fla, @TB, @NJ
Buffalo 4.39 - @NYI, @Det, @Chi, @Wpg
San Jose 4.30 - @CBJ, @Chi, Cgy, Ott
Nashville 4.39 - Phi, @NYI, @NYR, @CBJ

Winnipeg 4.24 - NJ, @Ott, @NJ, Buf

Steer Clear

Vancouver 1.82 - Ana, LA
Anaheim 1.88 - @Van, Phx
Calgary 2.71 - LA, @SJ, @LA
Tampa Bay 2.77 - Pit, Bos, @Dal
Columbus 2.78 - SJ, Edm, Nas

[redacted]urday Jan 21, 2010

Best Bets

Nashville 4.26 - @NYI, @NYR, @CBJ. Chi
Ottawa 4.23 - Wpg, @Tor, @SJ, @Ana
Winnipeg 4.19 - @Ott, @NJ, Buf, Fla
Washington 4.18 - Car, NYI, @Mon, @Car
Detroit 4.18 - Buf, @Dal, @Phx, CBJ

Steer Clear

Vancouver 2.70 - Ana, LA, SJ
New Jersey 2.80 - Wpg, Bos, Phi
Colorado 2.89 - @Phx, Fla, @LA
Columbus 2.90 - Edm, Nas, @Det
Toronto 2.94 - Ott, Min, Mon

[redacted]day Jan 22, 2010

Best Bets

Boston 5.32 - @Fla, @TB, @NJ, NYR, @Phi
Nashville 4.26 - @NYI, @NYR, @CBJ. Chi
Ottawa 4.23 - Wpg, @Tor, @SJ, @Ana
Winnipeg 4.19 - @Ott, @NJ, Buf, Fla
Detroit 4.18 - Buf, @Dal, @Phx, CBJ

Steer Clear

Vancouver 1.70 - LA, SJ
NY Rangers 2.65 - Nas, Pit, @Bos

New Jersey 2.80 - Wpg, Bos, Phi
Chicago 2.90 - Buf, Fla, @Nas
Columbus 2.90 - Edm, Nas, @Det

[redacted]nday Jan 23, 2010

Best Bets
Boston 4.18 - @TB, @NJ, NYR, @Phi
Nashville 4.14 - @NYR, @CBJ. Chi, CBJ
Washington 4.13 - NYI, @Mon, @Car, @Pit
San Jose 4.10 - Cgy, Ott, @Van, @Edm
Winnipeg 4.10 - @NJ, Buf, Fla, @Car
Steer Clear
Vancouver 1.70 - LA, SJ
NY Rangers 2.65 - Nas, Pit, @Bos

New Jersey 2.80 - Wpg, Bos, Phi
Chicago 2.90 - Buf, Fla, @Nas
Montreal 2.90 - Was, @Pit, @Tor
Tuesday Jan 24, 2010
Best Bets
Florida 4.29 - @Col, @Chi, @Wpg, Phi

Nashville 4.27 - @CBJ. Chi, CBJ, @Chi

Buffalo 4.23 - @Chi, @Win, @StL, @NJ
San Jose 4.21 - Ott, @Van, @Edm, @Cgy

Toronto 4.17 - Min, Mon, NYI, @NYI
Steer Clear
Vancouver 1.88 - SJ, Edm
New Jersey 2.71 - Bos, Phi, Buf
NY Rangers 2.79 - Bos, Phi, Wpg
Calgary 2.89 - @LA, @Edm, SJ
Montreal 2.90 - Was, @Pit, @Tor
ednesday Jan 25, 2010
Best Bets

Nashville 4.27 - @CBJ. Chi, CBJ, @Chi

San Jose 4.21 - Ott, @Van, @Edm, @Cgy

Toronto 4.17 - Min, Mon, NYI, @NYI
NY Islanders 4.14 - @Phi, Car, @Tor, Tor

Columbus 4.11 - Nas, @Det, @Nas, @TB
Steer Clear
Vancouver 1.88 - SJ, Edm
New Jersey 2.71 - Bos, Phi, Buf
NY Rangers 2.79 - Bos, Phi, Wpg
Chicago 2.85 - Fla, @Nas, Nas
Washington 2.85 - @Car. @Pit, Bos
sday Jan 26, 2010
Best Bets
Tampa Bay 3.23 - @Dal, @Phx, CBJ
Anaheim 3.22 - Ott, Col, @Dal
Toronto 3.21 - Mon, NYI, @NYI
Columbus 3.20 - @Det, @Nas, @TB
Dallas 3.16 - TB, @Min, Ana
Steer Clear
Vancouver 1.88 - SJ, Edm
New Jersey 2.71 - Bos, Phi, Buf
NY Rangers 2.79 - Bos, Phi, Wpg
Calgary 1.99 - @Edm, SJ
Buffalo 2.05 - @StL, @NJ
day Jan 27, 2010
Best Bets
Anaheim 3.22 - Ott, Col, @Dal
Toronto 3.21 - Mon, NYI, @NYI
Columbus 3.20 - @Det, @Nas, @TB
San Jose 3.13 - @Van, @Edm, @Cgy
NY Islanders 3.09 - Car, @Tor, Tor
Steer Clear

Washington 1.75 - @Pit, Bos
Pittsburgh 1.80 - Was, @StL
Vancouver 1.88 - SJ, Edm
Chicago 1.90 - @Nas, Nas
New Jersey 1.90 - Phi, Buf

[redacted]urday Jan 28, 2010

Best Bets

Toronto 2.31 - NYI, @NYI
Columbus 2.20 - @Nas, @TB
San Jose 2.19 - @Edm, @Cgy
Anaheim 2.15 - Col, @Dal
Nashville 2.12 - CBJ, @Chi

Steer Clear

Calgary 0.88 - SJ
Chicago 0.90 - Nas
Montreal 0.90 - Det
Florida 0.95 - Phi
New Jersey 0.95 - Buf