The 'Looking Ahead' series returns a few weeks late. Read on to get the edge when setting your fantasy lineups.

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.

Conference Bias

An Eastern Conference team appears in the “Best Bets” section 30 times in this article, compared to just 5 for Western Conference teams. Not surprisingly, Western Conference teams lead the “Steer Clear” sweepstakes 28 to seven.

What does this tell us? Something we should have already known. Eastern Conference teams (and by extension, fantasy players) tend to score more than Western Conference teams. So unless you’re looking at goaltending, the Eastern Conference is the place to look, at least for this coming week.

Caps Look to Get Back on Track

With the Caps struggling and the “Great 8” still trying to find his footing in this early season, it would seem that he needs a spark to get going. That spark comes this week when the Caps have three home games against weak defensive teams (PHI, PIT & TOR) and playing in

Pittsburgh near the end of the week. When Crosby and Ovechkin play each other, they usually bring out the best in one another. That should come to fruition again as the rivalry will be renewed – couple that with playing a reeling Philadelphia and a poor defensive Toronto, and it's a great bet to expect the Caps to find some rhythm over the next seven days.

Flyers Prepare to Take Flight

Philadelphia's struggling offense gets a chance at redemption this week playing the bottom three teams in terms of goals against per game. Carolina, Washington and Florida are averaging 3.76 goals against per game, while Philadelphia is only averaging two goals for a game; it's a good bet to expect the Flyers to get into gear, starting Friday.

Colorado Taking a Break

Colorado only plays two games over a span of eight days from Sunday, February 3rd to Sunday, February 10th. Those two games are at home versus Dallas and Anaheim, which aren't horrible opponents if you're looking for goals from an Avalanche skater. But with Colorado averaging a measly 1.67 goals per game (tied for last in the league with Florida), being shutout in two of their last three games, and only playing twice in over a week, better off leaving your Avs on the bench in weekly leagues.

Disney Trip

The Blackhawks continue their annual “Disney Trip” on Friday night in Vancouver where the Canucks always play them tough. The road trip, which takes place every January while Disney On Ice occupies the United Center, is a six-game test with stops in Minnesota, Vancouver, Calgary, San Jose, Phoenix and Nashville. The headline of the trip will be the February 5th visit to the Shark Tank where two of the hottest teams in the NHL faceoff. The question is, can the Blackhawks produce the way they have been for six games in twelve days on the road?

Food for thought: Last year during the same “Disney Trip,” the Hawks went 2-6-1, scoring 24 goals in nine games (2.67 GF/G) while giving up 33 goals (3.67 GA/G). Some of you might remember the 8-4 loss to Edmonton when Sam Gagner recorded eight points. The other five losses were to Vancouver, Calgary, San Jose, Phoenix and Nashville, five of the six teams they are playing on this year’s trip. If you believe that history repeats itself, you might want to be wary of Chicago players in your lineup (although I don’t think I could bench Patrick Kane, Marian Hossa, Patrick Sharp or Jonathan Toews right now).

[redacted]

Best Bets

Philadelphia (4.26) - 4 Games: @WSH, CAR, TB, FLA
Buffalo (4.20) - 4 Games: @MTL, FLA, @OTW, MTL
Washington (4.15) - 4 Games: PHI, PIT, TOR, @PIT
Ottawa (4.15) - 4 Games: @CAR, @MTL, BUF, CAR
Carolina (4.14) - 4 Games: OTW, @PHI, @TOR, @OTW

Steer Clear

Boston (2.04) - 2 Games: @TOR, @MTL
Nashville (2.60) - 3 Games: @SJ, @STL, LA
Minnesota (2.80) - 3 Games: @ANH, @PHX, VAN
NY Islanders (2.85) - 3 Games: NJ, PIT, @NYR
San Jose (2.94) - 3 Games: NSH, @ANH, CHI

[redacted]o Friday, February 8, 2013

Best Bets

Buffalo (4.20) - 4 Games: @MTL, FLA, @OTW, MTL
Montreal (4.05) - 4 Games: BUF, OTW, BOS, @BUF
Dallas (4.05) - 4 Games: @PHX, @COL, @EDM, ANH
Toronto (4.04) - 4 Games: BOS, CAR, @WSH, @WPG
Pittsburgh (4.04) - NJ, @WSH, @NYI, WSH

Steer Clear

Minnesota (1.80) - 2 Games: @PHX, VAN
Vancouver (1.95) - 2 Games: @EDM, @MIN
St. Louis (2.00) - 2 Games: NSH, DET
Boston (2.04) - 2 Games: @TOR, @MTL
Winnipeg (2.25) - 2 Games: FLA, TOR

[redacted] Saturday, February 9, 2013

Best Bets

Ottawa (4.31) - 4 Games: @MTL, BUF, CAR, WPG
Buffalo (4.25) - 4 Games: FLA, @OTW, MTL, @NYI
Washington (4.15) - 4 Games: PIT, TOR, @PIT, FLA
Montreal (4.15) - 4 Games: OTW, BOS, @BUF, TOR
Toronto (4.10) - 4 Games: CAR, @WSH, @WPG, @MTL

Steer Clear

Chicago (1.76) - 2 Games: @SJ, @PHX
Columbus (2.00) - 2 Games: LA, CGY
Los Angeles (2.00) - 2 Games: @ CLB, @NSH
NY Rangers (2.06) - 2 Games: @NJ, NYI
Boston (2.10) - 2 Games: @MTL, TB

[redacted] Sunday, February 10, 2013

Best Bets

Carolina (4.10) - 4 Games: CAR, @WSH, @WPG, @MTL

Buffalo (4.09) - 4 Games: @OTW, MTL, @NYI, BOS
Edmonton (4.09) - 4 Games: VAN, DAL, @DET, @CLB
Pittsburgh (4.00) - 4 Games: @NYI, WSH, @NJ, NJ
New Jersey (3.95) - 4 Games: NYR, TB, PIT, @PIT

Steer Clear

Minnesota (2.75) - 3 Games: @PHX, VAN, NSH
Colorado (2.15) - 2 Games: DAL, ANH
NY Islanders (2.90) - 3 Games: PIT, @NYR, BUF
Chicago (2.61) - 3 Games: @SJ, @PHX, @NSH
San Jose (2.94) - 3 Games: @ANH, CHI, PHX

o Monday, February 11, 2013

Best Bets

Philadelphia (4.35) - 4 Games: TB, FLA, CAR, @TOR
Columbus (4.10) - 4 Games: LA, CGY, EDM, SJ
Buffalo (4.09) - 4 Games: @OTW, MTL, @NYI, BOS
Toronto (4.10) - 4 Games: @WSH, @WPG, @MTL, PHI
NY Islanders (4.01) - 4 Games: PIT, @NYR, BUF, CAR

Steer Clear

Colorado (2.05) - 2 Games: ANH, PHX
Vancouver (2.05) - 2 Games: @MIN, CGY
Dallas (2.10) - 2 Games: @EDM, ANH
Chicago (2.61) - 3 Games: @SJ, @PHX, @NSH
Anaheim (2.85) - 3 Games: @COL, @DAL, @STL

6 to Tuesday, February 12, 2013

Best Bets

Philadelphia (4.29) - 4 Games: FLA, CAR, @TOR, @WPG
Edmonton (4.19) - 4 Games: DAL, @DET, @CLB, DAL
New Jersey (4.10) - 4 Games: TB, PIT, @PIT, CAR
Buffalo (4.09) - 4 Games: MTL, @NYI, BOS, @OTW
Montreal (4.04) - 4 Games: BOS, @BUF, TOR, @TB

Steer Clear

Colorado (2.05) - 2 Games: ANH, PHX
Los Angeles (2.61) - 3 Games: @NSH, @DET, @STL
Detroit (2.80) - 3 Games: @STL, EDM, LA
Chicago (2.81) - 3 Games: @ PHX, @NSH, ANH
San Jose (2.94) - 3 Games: PHX, @CLB, @NSH

to Wednesday, February 13, 2013

Best Bets

Philadelphia (4.29) - 4 Games: FLA, CAR, @TOR, @WPG
Ottawa (4.21) - 4 Games: CAR, WPG, BUF, @PIT

New Jersey (4.10) - 4 Games: TB, PIT, @PIT, CAR
Calgary (4.10) - 4 Games: @CLB, @VAN, MIN, DAL
Buffalo (4.09) - 4 Games: MTL, @NYI, BOS, @OTW

Steer Clear

Colorado (0.95) - 1 Game: PHX
Los Angeles (2.61) - 3 Games: @NSH, @DET, @STL
Anaheim (2.66) - 3 Games: @DAL, @STL, @CHI
Chicago (2.81) - 3 Games: @PHX, @NSH, ANH
San Jose (2.94) - 3 Games: PHX, @CLB, @NSH

Editors note - would like to welcome Bob on board to the DobberHockey writing team!