From January 22 to January 26 the All-Star breaks gets in the way of fantasy hockey. It interrupts all NHL team's weekly schedules. Nashville gets eight days off. St. Louis, Montreal and NY Islanders, Los Angeles and Pittsburgh get seven days off. The rest of the teams only get five or six days rest. The charts below have a bit of a different look this week to give you an easier view of the number of games teams play around the All-Star break.

A few weeks ago I took an early look at the end of season schedule for those people with their fantasy pool playoffs over that time period. Over the next few weeks I would like to address the 'playoff' schedule a few more times. I want the analysis to be tailored to your rules, your formats, yours teams and your concerns so feel free to post your playoff schedule questions in the 'Article Feedback' forum.

Looking at a team's schedule may help your chances of finding a good injury replacement. Here are some of the high and low ratings for teams over a two, three and four week period starting January 16, 2009. The rating is shown in brackets.

Two weeks

High ratings: Panthers (6.61), Thrashers (6.60), Blackhawks (5.99)

Low ratings: Flyers (3.16), Predators (3.06) Canucks (2.86)

Three weeks

High ratings: Panthers (10.15), Ducks (9.41), Bruins (9.14)

Low ratings: Sharks (5.99), Canucks (4.75)

Four weeks

High ratings: Panthers (13.31), Thrashers (12.50) Lightning (12.38)

Low ratings: Sharks (8.75), Canucks (7.79)

Best Bets
Florida 4.51 - four games PHI, TB, BUF, DAL
Atlanta 4.20 - four games TOR, NAS, MTL, PHI
Chicago 4.19 - four games NYR, STL, MIN, STL
New Jersey 3.99 - four games CBJ, NYI, NAS, MTL
Anaheim 3.80 - four road games PIT, MIN, NYR, NYI
Steer Clear
Detroit 1.71 - two road games SJ, PHX

Vancouver 1.81 - two games CBJ, SJ
Ottawa 2.00 - two games MTL, WAS
San Jose 2.00 - two games DET, VAN
Nashville 2.21 - two games ATL, NJ

Best Bets
Tampa Bay 3.36 - three home games FLA, DAL, BUF
Florida 3.36 - three games TB, BUF, DAL
Boston 3.35 - three games WAS, STL, TOR
Chicago 3.24 - three games STL, MIN, STL
Carolina 3.14 - three road games BUF, TOR, PIT
Steer Clear
Philadelphia 1.26 - ONE games ATL
Detroit 1.71 - two road games SJ, PHX
Vancouver 1.81 - two games CBJ, SJ
Toronto 1.89 - two games CAR, BOS
Colorado 2.00 - two games CGY, LA

Best Bets
Columbus 2.76 - three games VAN, EDM, CGY
Boston 2.40 - two games STL, TOR
Florida 2.31 - two games BUF, DAL
Tampa Bay 2.31 - two games DAL, BUF
Carolina 2.19 - two games TOR, PIT
Steer Clear
Nashville 0.95 - ONE games NJ
San Jose 0.95 - ONE games VAN
Detroit 0.95 - ONE games PHX
Ottawa 1.05 - ONE games WAS
Philadelphia 1.26 - ONE games ATL

Best Bets
Panthers - play two home games
Maple Leafs - play two home games
Lightning - play two home games
Islanders - play two home games
Blackhawks - play two home games
Steer Clear
Flyers, Senators – play only one game
Rangers, Penguins – play only one game
Oilers, Flames, – play only one game
Coyotes, Red Wings, Avalanche – play only one game
Sharks, Predators, Canucks – play only one game

Best Bets
Ducks – play two games

Thrashers – play two games
Blue Jackets – play two games
Canadiens – play two games
Kings – play two games

Steer Clear

Nashville doesn't play any games
0
0
0
0

Best Bets

Panthers, Stars, Flyers – play two games
Bruins, Thrashers, Ducks – play two games
Blue Jackets, Sabres, Lightning – play two games
Canadiens, Devils – play two games
Avalanche, Maple Leafs – play two games

Steer Clear

Predators - don't play any games
Penguins - don't play any games
Canucks - don't play any games
0
0

Best Bets

Rangers – play two games
Sabres – play two games
Ducks – play two games
0
0

Steer Clear

Kings - don't play any games
Islanders - don't play any games
Blues - don't play any games
0
0

Best Bets

Thrashers, Stars, Red Wings, Panthers – play two games
Avalanche, Rangers, Senators, Hurricanes – play two games
Sharks, Canadiens, Bruins, Sabres – play two games
Lightning, Ducks, Coyotes – play two games
Blackhawks, Maple Leafs, Devils – play two games

Steer Clear

Wild, Islanders, Oilers – play one game
Flames, Canucks, Blues – play one game

Blue Jackets, Flyers – play one game
Penguins, Kings – play one game
Predators, Capitals – play one game

Best Bets
Lightning – play three games
Senators – play three games
Devils – play three games
0
0
Steer Clear
Islanders – play one game
Canucks – play one game
Blues – play one game
Kings – play one game
Capitals – play one game

Best Bets
Columbus 3.36 - three home games DET, OTT, DAL
Atlanta 3.35 - three games DAL, NYI, CAR
Carolina 3.27 - three games NYR, TB, ATL
Florida 3.24 - three games PHI, MTL, NYI
Dallas 3.16 - three games ATL, DET, CBJ
Steer Clear
Los Angeles 1.80 - two games CHI, MTL
Nashville 1.81 - two games VAN, CGY
Washington 1.81 - two games BOS, DET
Vancouver 1.89 - two games NAS, EDM
Edmonton 1.89 - two games BUF, MIN