The new and improved Eric Staal, avec "C."

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.

Best Bets
Nashville 4.44 - four games DET, ATL, PHX, COL
Tbay 4.37 - four games ANA, WSH, ATL, NYI
Boston 4.12 - four games BUF, LA, WSH, MTL
NYR 4.05 - four games PHX, COL, LA, WSH
Dallas 4.04 - four games COL, PHX, MIN, CLB
Steer Clear
Chicago 1.93 - two games CAR, STL
Pittsburgh 2.10 - two games DET, BUF
Atlanta 2.16 - two games NSH, TB
Montreal 2.69 - three games OTT, VAN, BOS

Toronto 2.73 - three games NJ, VAN, NJ

o Friday February 5, 2010

Best Bets

Washington 4.10 - four games TB, BOS, NYR, ATL
Calgary 4.06 - four games EDM, PHI, CAR, FLA
NYR 4.05 - four games PHX, COL, LA, WSH
Carolina 3.85 - four games CHI, EDM, CGY, BUF
Edmonton 3.83 - four games CGY, CAR, PHI, MIN

Steer Clear

Pittsburgh 2.10 - two games DET, BUF
Montreal 2.69 - three games OTT, VAN, BOS
Detroit 2.71 - three games PIT, SJ, ANA
Toronto 2.73 - three games VAN, NJx2
St.Louis 2.76 - three games CLB, CHI, SJ

Saturday February 6, 2010

Best Bets

Florida 4.48 - four games NYI, ANA, CGY, ATL
Tbay 4.41 - four games WSH, ATL, NYI, CGY
NJ 4.35 - four games LA, TORx2, NYR
Washington 4.10 - four games TB, BOS, NYR, ATL
Calgary 4.08 - four games PHI, CAR, FLA, TB

Steer Clear

St.Louis 2.69 - three games CHI, SJ, CHI
Vancouver 2.70 - three games MTL, OTT, BOS
Philadelphia 2.77 - three games CGY, EDM, MIN
Montreal 2.80 - three games VAN, BOS, PIT
Toronto 2.80 - three games NJx2, OTT

Sunday February 7, 2010

Best Bets

Boston 4.11 - four games WSH, MTL, VAN, MTL
Calgary 4.08 - four games PHI, CAR, FLA, TB
Carolina 4.02 - four games EDM, CGY, BUF, NYI
Washington 3.92 - four games BOS, NYR, ATL, PIT
Buffalo 3.90 - four games PIT, OTT, CAR, CLB

Steer Clear

NYI 2.11 - two games TB, CAR
Detroit 2.69 - two games SJ, ANA, LA
St.Louis 2.69 - three games CHI, SJ, CHI
Vancouver 2.70 - three games MTL, OTT, BOS
Philadelphia 2.77 - three games CGY, EDM, MIN

o Monday February 8, 2010

Best Bets

NJ 4.27 - four games TORx2, NYR, PHI
Boston 4.11 - four games WSH, MTL, VAN, MTL
SJ 4.10 - four games DET, STL, NSH, TOR
Colorado 4.06 - four games CLB, NSH, EDM, STL
LA 4.03 - four games NYR, ANA, DET, ANA

Steer Clear

Pittsburgh 1.96 - two games MTL, WSH
NYI 2.11 - two games TB, CAR
Florida 2.20 - two games CGY, ATL
Detroit 2.69 - two games SJ, ANA, LA
Vancouver 2.70 - three games MTL, OTT, BOS

3 to Tuesday February 9, 2010

Best Bets

St.Louis 4.79 - FIVE games CHI, SJ, CHI, COL, DET
Chicago 4.21 - four games STL, PHX, STL, DAL
Ottawa 4.16 - four games BUF, VAN, TOR, CGY
Carolina 4.05 - four games CGY, BUF, NYI, FLA
Calgary 3.97 - four games CAR, FLA, TB, OTT

Steer Clear

Pittsburgh 1.96 - two games MTL, WSH
Atlanta 2.00 - two games WSH, FLA
NYR 2.01 - two games WSH, NJ
Minnesota 2.14 - two games EDM, PHI
Columbus 2.16 - two games DAL, BUF

o Wednesday February 10, 2010

Best Bets

Colorado 4.28 - four games NSH, EDM, STL, ATL
NJ 4.16 - four games TOR, NYR, PHIx2
Washington 4.12 - four games NYR, ATL, PIT, MTL
NYI 4.09 - four games TB, CAR, NSH, PIT
Nashville 4.00 - four games COL, SJ, NYI, NYR

Steer Clear

Detroit 1.86 - two games LA, STL
Philadelphia 2.56 - three games MIN, NJx2
Toronto 2.77 - three games NJ, OTT, SJ
Buffalo 2.77 - three games CAR, CLB, BOS
Vancouver 2.83 - three games OTT, BOS, TB

hursday February 11, 2010

Best Bets

Washington 4.20 - four games ATL, PIT, MTL, OTT
NJ 4.16 - four games TOR, NYR, PHIx2
Calgary 4.11 - four games FLA, TB, OTT, DAL
Carolina 4.09 - four games BUF, NYI, FLA, BUF
Florida 4.07 - four games CGY, ATL, CAR, VAN

Steer Clear

Columbus 1.92 - two games BUF, SJ
NYR 1.95 - two games NJ, NSH
Anaheim 2.12 - two games LA, EDM
Minnesota 2.16 - two games PHI, PHX
Philadelphia 2.56 - three games MIN, NJx2

[redacted]o Friday February 12, 2010

Best Bets

Colorado 4.46 - four games EDM, STL, Atl, PHX
St.Louis 4.33 - four games CHI, COL, DET, TOR
Pittsburgh 4.14 - four games MTL, WSH, NYI, NYR
Boston 3.99 - four games VAN, MTL, BUF, TB
SJ 3.98 - four games NSH, TOR, CLB, DET

Steer Clear

Chicago 2.07 - two games STL, DAL
Anaheim 2.12 - two games LA, EDM
Buffalo 2.68 - three games CLB, BOS, CAR
Detroit 2.75 - three games LA, STL, SJ
Atlanta 2.84 - three games FLA, COL, MIN

[redacted]Saturday February 13, 2010

Best Bets

St.Louis 4.47 - four games COL, DET, TOR, WSH
Colorado 4.30 - four games STL, ATL, PHX, LA
Phoenix 4.05 - four games EDM, MIN, COL, DAL
SJ 3.98 - four games NSH, TOR, CLB, DET
Montreal 3.94 - four games BOS, WSH, PHIx2

Steer Clear

Toronto 1.82 - two games SJ, STL
Columbus 1.86 - two games SJ, VAN
NYR 1.98 - two games NSH, PIT
Minnesota 2.34 - two games PHX, ATL
Chicago 2.36 - two games DAL, ATL