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.

Two weeks ago I mentioned that I felt a new Northeast Division leader was on its' way as the Habs were setting out on a seven game road trip. After a 4-1 loss to the Lightning on Thursday, Montreal has fallen to 1-5 on that trip thus far and has now dropped to eighth in the East. The Bruins have basically made up six points since last week's article and are now three points ahead with two games in hand. It will be interesting to see how the Habs fare in their final game against Florida, and their subsequent games once they return home for six of seven.

The Best Bets for the Thursday week isn't very promising for poolies; NYI, St. Louis, Toronto, Minnesota, Boston. Guess which four teams are in the bottom third in goals for per game?

The Blackhawks only play eight games over the next 21 days , which will all but close the window you had to take advantage of their games played difference with a team like Detroit (who play ten in the next 21 days).

The Panthers play nine of their next 11 games at home, where they have been a much more offensive team. They have averaged only 2.3 goals per game in 20 road games, but are scoring 3.2 goals in 14 home games this year. They have also played a league low 14 home games so far.

A few weeks ago, I made two separate deals trading away a Duck for a King when LA had five less games than Anaheim. One was Getzlaf for Kopitar. The other was a two for two deal involving Visnovsky leaving and Doughty joining. This is something I like to look at in every deal I do. Even gaining one extra game in a trade can be enough to swing it in your favour.

Best Bets
Calgary 4.25 - four games COL, @EDM, NYI, @VAN
Nashville 4.12 - four games @MIN, CBJ, @ANA, @LA
Vancouver 4.10 - four games @DAL, @COL, @SJ, CAL
New Jersey 4.07 - four games ATL, @CAR, MIN, PHI

Phoenix 4.01 - four games @STL, @MIN, CBJ, @COL

Steer Clear

Washington 2.13 - two games @PIT, TB
Ottawa 2.14 - two games @CBJ, TOR
Anaheim 2.63 - three games PHI, CHI, NAS
Los Angeles 2.66 - three games SJ, CHI, NAS
San Jose 2.69 - three games @LA, VAN, BUF

Friday January 7, 2010

Best Bets

NY Rangers 4.46 - four games @TB, @FLA, CAR, @DAL
Calgary 4.18 - four games @EDM, NYI, @VAN, DET
Florida 4.13 - four games NYR, @CAR, ATL, CAR
Chicago 4.13 - four games @ANA, @LA, DAL, OTT
Vancouver 4.12 - four games @COL, @SJ, CAL, EDM

Steer Clear

Philadelphia 1.92 - two games @DET, @NJ
Montreal 2.01 - two games ATL, PIT
Ottawa 2.03 - two games TOR, @CHI
Washington 2.13 - two games @PIT, TB
NY Islanders 2.23 - two games @CAL, @EDM

Saturday January 8, 2010

Best Bets

Florida 5.18 - five games NYR, @CAR, ATL, CAR, @WAS
Vancouver 5.00 - five games @COL, @SJ, CAL, EDM, DET
NY Rangers 4.23 - four games @FLA, CAR, @DAL, @STL
Chicago 4.13 - four games @ANA, @LA, DAL, OTT
Nashville 4.12 - four games CBJ, @ANA, @LA, @SJ

Steer Clear

Ottawa 2.00 - two games @CHI, TB
Washington 2.06 - two games TB, FLA
San Jose 2.55 - three games VAN, BUF, NAS
Anaheim 2.66 - three games CHI, NAS, CBJ
Los Angeles 2.66 - three games CHI, NAS, CBJ

Sunday January 9, 2010

Best Bets

Florida 4.29 - four games @CAR, ATL, CAR, @WAS

NY Islanders 4.22 - four games @CAL, @EDM, @COL, @CHI

Tampa Bay 4.14 - four games @WAS, @PIT, @OTT, @NJ
Carolina 4.13 - four games FLA, @NYR, @FLA, ATL
Chicago 4.07 - four games @LA, DAL, OTT, NYI
Steer Clear
Montreal 1.78 - two games PIT, BOS
Philadelphia 1.80 - two games @NJ, NJ
Ottawa 2.00 - two games @CHI, TB
Washington 2.06 - two games TB, FLA
St. Louis 2.09 - two games @TOR, NYR
Monday January 10, 2010
Best Bets
Detroit 4.22 - four games @EDM, @CAL, @VAN, @COL

Tampa Bay 4.14 - four games @WAS, @PIT, @OTT, @NJ

Minnesota 3.95 - four games @NJ, @BOS, @PIT, DAL
New Jersey 3.94 - four games MIN, PHI, @PHI, TB
Phoenix 3.79 - four games CBJ, @COL, BUF, @STL
Steer Clear
Montreal 1.78 - two games PIT, BOS
Philadelphia 1.80 - two games @NJ, NJ
Calgary 1.83 - two games @VAN, DET
Ottawa 2.00 - two games @CHI, TB
Washington 2.06 - two games TB, FLA
to Tuesday January 11, 2010
Best Bets
NY Islanders 4.13 - four games @EDM, @COL, @CHI, VAN
Nashville 4.12 - four games @ANA, @LA, @SJ, MIN

Florida 4.09 - four games ATL, CAR, @WAS, WAS
Vancouver 4.09 - four games CAL, EDM, DET, @NYI
Toronto 4.05 - four games STL, @ATL, @LA, SJ
Steer Clear
Washington 2.10- two games FLA, @FLA
Philadelphia 2.73 - three games @NJ, NJ, BUF
Anaheim 2.76 - three games NAS, CBJ, SJ
Montreal 2.77 - three games PIT, BOS, @NYR
Colorado 2.78 - three games PHO, NYI, DET
Wednesday January 12, 2010

Best Bets

NY Islanders 4.13 - four games @EDM, @COL, @CHI, VAN
St. Louis 4.05 - four games @TOR, PHO, NYR, @ANA
Toronto 4.05 - four games STL, @ATL, @LA, @SJ
Minnesota 3.95 - four games @BOS, @PIT, DAL, @NAS
Boston 3.93 - four games MIN, @MON, @PIT, OTT

Steer Clear

Calgary 2.04 - two games DET, @CAR
Atlanta 2.24 - two games TOR, @CAR
Philadelphia 2.73 - three games @NJ, NJ, @BUF
Anaheim 2.76 - three games NAS, CBJ, SJ
Buffalo 2.88 - three games @SJ, @PHO, PHI

hursday January 13, 2010

Best Bets

San Jose 4.23 - four games NAS, @ANA, TOR, EDM
Vancouver 4.21 - four games EDM, DET, @NYI, @NYR
Toronto 4.10 - four games @ATL, @LA, @SJ, @PHO
Ottawa 4.09 - four games @CHI, TB, @BOS, @NYI
Carolina 3.93 - four games @FLA, ATL, CAL, @BUF

Steer Clear

Calgary 2.04 - two games DET, @CAR
New Jersey 2.07 - two games @PHI, TB
Atlanta 2.24 - two games TOR, @CAR
Philadelphia 2.69 - three games NJ, @BUF, @BOS
Pittsburgh 2.71 - three games MIN, BOS, @MON

Friday January 14, 2010

Best Bets

San Jose 4.23 - four games NAS, @ANA, TOR, EDM
Washington 4.18 - four games FLA, @FLA, @TB, VAN
Vancouver 4.12 - four games DET, @NYI, @NYR, @WAS
Ottawa 4.01 - four games TB, @BOS, @NYI, CAL
Minnesota 4.00 - four games @PIT, DAL, @NAS, COL

Steer Clear

Anaheim 1.81 - two games SJ, STL
Chicago 2.03 - two games NYI, COL
Atlanta 2.07 - two games @CAR, PHI
Edmonton 2.20 - two games @DAL, @SJ
Dallas 2.21 - two games @MIN, EDM

aturday January 15, 2010

Best Bets

San Jose 4.23 - four games NAS, @ANA, TOR, EDM
Phoenix 4.11 - four games @STL, @CBJ, TOR, ANA
St. Louis 3.99 - four games PHO, @ANA, @LA, @SJ
Boston 3.92 - four games @PIT, OTT, PHI, PIT
Tampa Bay 3.90 - four games @NJ, WAS, NJ, @CAR

Steer Clear

NY Rangers 2.66 - three games MON, VAN, @MON
Florida 2.66 - three games WAS, NAS, NJ
Pittsburgh 2.66 - three games BOS, @MON, @BOS
Columbus 2.68 - three games PHO, DET, @DET
Anaheim 2.72 - three games SJ, STL, @PHO