

Cheap NHL Labor - Part 1

Written by Eric Daoust

Thursday, 07 March 2013 09:56 - Last Updated Thursday, 07 March 2013 13:07



Daoust takes a look at salary cap bargains that can put you over the top

This week we begin a multi-part series that will cover many NHL players who are delivering good fantasy numbers at a bargain price in the shortened season. Obviously, the team that wins a league with a salary cap is the one that gets the best value out of every dollar allocated to its roster. This will include players who have a cost that is near the league minimum. Getting the most out of them can go a long way towards improving your chances of winning.

The focus will be put on players who have a cap hit under \$1 million for at least this year and next year. Some have real potential to be scoring line players for years to come while others are shorter-term solutions that can still give your team a boost in the proper setting.

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[Alex Killorn](#) (C) – Tampa Bay

2012-13: \$875,000

2013-14: \$875,000

GP

G

A

+/-

PIM

Hits

BkS

FOW

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PPP

SOG

13

4

4

1

6

10

5

1

1

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30

[Alex Killorn](#) has enjoyed an outstanding first full season as a pro, beginning with 38 points in 44 games in Syracuse of the AHL. He has been called up to Tampa Bay and has been very productive at the highest level as well. He is a very talented point producer who has the potential to become a reliable scoring line player in the future. When looking at his peripheral stats you can see that he will be a very balanced player in roto leagues.

[Andrew Shaw](#) (C) – Chicago

2012-13: \$565,000

2013-14: \$565,000

GP

G

A

+/-

PIM

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Hits

BkS

FOW

PPP

SOG

23

5

4

6

17

39

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5

100

1

34

Last year, [Andrew Shaw](#) made his NHL debut and made an immediate splash with 23 points and 50 PIM in just 37 games. This year the multi-category production is continuing. His nine points in 23 games are still very respectable numbers for a depth agitator and while his PIM total is down, this can get back on track after a wild game or two. As an added bonus he wins about four face-offs per game which is especially helpful in leagues where he has wing eligibility.

[Antoine Roussel](#) (LW) – Dallas

2012-13: \$612,500

2013-14: \$612,500

GP

G

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A

+/-

PIM

Hits

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4

4

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1

25

31

5

10

0

18

A candidate to be this year's [Andrew Shaw](#) is [Antoine Roussel](#) , who has come from out of nowhere to post excellent stats during his brief NHL career. The signs were there as he had 19 points and 107 PIM with the AHL's Texas Stars. It is unlikely that he will be able to continue producing offensively at the same rate in the NHL but he can settle in as a third line two-way player with respectable point totals along with a high amount of hits and PIM.

[Brendan Gallagher](#) (RW) – Montreal

2012-13: \$870,000

2013-14: \$870,000

2014-15: \$870,000

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19

6

7

10

19

29

10

2

0

48

[Brendan Gallagher](#) was not expected to be a major contributor in the NHL this year but has been a key contributor on a surprising Montreal club. He is among the rookie leaders with 13 points and does have long-term scoring line potential. With that said his peripheral stats are even more impressive and combined with his point totals make him a lethal roto league asset.

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Unfortunately, with such a small frame that takes so much abuse injuries will always be a concern.

[Cody Eakin](#) (C) – Dallas

2012-13: \$637,778

2013-14: \$637,778

GP

G

A

+/-

PIM

Hits

BkS

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FOW

PPP

SOG

23

3

10

3

14

33

11

128

1

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31

After being traded to Dallas from Washington for [Mike Ribeiro](#) , [Cody Eakin](#) has delivered excellent two-way play for the Stars and has emerged as a strong fantasy contributor. His 13 points in 23 games are very impressive but he does not have high-end upside so his true value will probably lie in multi-category leagues where he can produce balanced numbers across many categories.

[Cory Conacher](#) (LW) – Tampa Bay

2012-13: \$925,000

2013-14: \$925,000

GP

G

A

+/-

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PIM

Hits

BkS

FOW

PPP

SOG

23

7

13

0

12

13

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4

0

4

39

[Cory Conacher](#) has been a known commodity for more than a year at Dobberhockey and he has certainly delivered on the hype. His 20 points in 23 games lead all rookies and considering his massive success at both the AHL and NHL levels it appears he is destined for a long career as a scoring line winger. His numbers indicate that he may not be a great roto league player but he did get 170 PIM in 111 total games at the AHL level over the last two years.

[Brenden Dillon](#) (D) – Dallas

2012-13: \$900,000

2013-14: \$900,000

GP

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G

A

+/-

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Hits

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22

3

3

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4

33

67

30

0

0

40

[Brenden Dillon](#) is a classic rugged two-way defenseman who has excellent value in multi-category leagues. He is not a great offensive player so he is not recommended in points-only leagues but he certainly has the ability to produce respective totals. This, along with a great combination of PIM, hits, blocked shots and shots on goal make him a must-own.

[Deryk Engelland](#) (D) – Pittsburgh

2012-13: \$566,667

2013-14: \$566,667

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23

0

3

6

34

30

31

0

0

15

To put it bluntly, [Deryk Engelland](#) should be avoided in points-only leagues. However, his ability to not be a total liability offensively along with the nasty edge to his game and a cap hit as close to the league minimum as it gets makes him a good depth option in roto leagues. Being a member of the Penguins helps add a few points to Engelland's total while also boosting his

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plus-minus.

Also by Daoust:

[Breaking down the Cole/Ryder trade](#)

[Ducking out in Anaheim](#)