

ELITE



POTENTIAL
BREAKOUTS

ROOKIES
TO WATCH

REBOUND
CANDIDATES

PLAYERS
THAT MIGHT
REGRESS

TOP
250
PLAYER
RANKINGS

INCLUDED WITH AN
EP PREMIUM ACCOUNT

And we're here to help you along that journey. There is nothing finer than tasting victory over your friends and loved ones. So settle in and enjoy the inaugural 2022-23 EliteProspects Fantasy Hockey Guide.

Each year, we see a handful of players take substantial strides. Some of these players come from relative obscurity. Some are highly touted prospects who have finally figured things out. Others have been given the opportunity to showcase their true potential. And it's that opportunity that reigns supreme when searching for a potential breakout player. You need offensive minutes, next to talented players. It's rare for us to see a breakout from a player outside of the first power-play unit, but it can happen. They just usually find their way onto that top group before long.

Below, we'll investigate a handful of players who have the potential to pop in 2022-23. Some of them will. Some of them won't. And a few others will who aren't identified here. So keep your eyes out for pre-season risers, injury-related opportunities, and hot starts to add to this list.



- Yes, Owen Power is now officially a member of the squad thus giving the club their second,
- left-side, first-overall pick. And while Power has a considerable upside, he won't be usurping
- Ramus Dalin on the top power-play unit. What we saw from the 22-year-old Swede to end last season was a window into what we can expect in 2022-23. Over his final 17 contests, Dahling recorded 14 points. On the season, he recorded career-highs in goals (13), points (53), power-play points (21), hits (121), blocks (91), penalty minutes (68), and time on ice (24:02). It was a statement season ahead of what will be a true breakout season. The Sabres have quietly amassed a considerable amount of young talent and they'll place their cornerstone offensive defender in every possible situation to succeed. Think big. Think BIG. THINK BIG!



- The Colorado Avalanche suddenly find themselves with a gaping hole in the middle of the ice
- where Nazem Kadri had been occupying. Enter Alex Newhook. The Newfoundlander was a
- rookie in 2021-22 but performed admirably recording just shy of a half-point-per-game while his most common linemate was Nicholas Aube-Kubel. No disrespect to Aube-Kubel, but if all goes to plan, Newhook will have to see a tad more dangerous combinations in 2022-23. A spot on the top power-play, but we're guessing that won't be filled by Newhook thus limiting the true breakout potential. Still, 20 goals and 50-plus points are very doable here.



- This might be my favourite breakout prediction of the season. The Blue Jackets have Johnny Gaudreau and Patrik Laine on the top line just waiting for some skillful pivot to play between them. The thing is, Columbus has some young pivots coming in Kent Johnson and Cole Sillinger, but neither are ready for that spot just yet. Enter Jack Roslovic. The 25-year-old is coming off of his first 20-plus goal season while playing just over 14 minutes a night. The year before that, he clicked at a 60-point pace. There's always been skill and upside here. If he can prove capable.



- It's official, the shackles, aka John Klingberg, will be completely removed this upcoming season. That leaves Miro Heiskanen as the marquee blueliner on the Dallas Stars and the offensive minutes will flow freely. We're still waiting for that 2020 playoff version of Heiskanen to rise up, and this season will tell us a great deal about whether he can sustain that level over the long haul. Dallas needs Tyler Seguin to re-find his game, but maybe just as badly, they need the former third-overall pick to assert himself as a premier defender in the game. Heiskanen has it in him, and we're betting this is the season he takes a substantial step forward.
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- It was one heck of a foray into professional hockey for Seth Jarvis last season. 17 goals and
- 40 points in 68 contests were good enough for him to land himself a spot as a full-time gig on
- Carolina's top line down the stretch and into the playoffs. That's not going to change moving forward. What we need to see now is an increase in his shot generation - which is very doable considering his playing style and history, and to pry his way onto the first power-play unit. That second one will be more daunting with the talent in Carolina and the addition of Max Pacioretty. But you can't keep an elite player down, and we're betting it won't be long before Jarvis finds himself up there. Think 60-point bump in Year Two with more coming later on.



- Might as well run it back on another Hurricanes' player. The former 12th overall selection
- from 2017 hasn't been able to connect on the scoresheet to the level of talent that he pos-
- sesses. The issue has been sustained opportunities in the top six and managing to scrape additional power-play time. The quick evolution of Jarvis has further complicated matters, but the achilles injury to Max Pacioretty re-opens up some hope. However, there is still a very real possibility that he's ready to break out in his fourth full season - even if it's not in Carolina. Necas has been in the rumour mill for some time now and if he finds himself in another location, you better believe it'll be in a primarily offensive role. Buy low with the upside value here.



- After a friendly little bump in his sophomore season, Joel Farabee took a minor step back in
- 2021-22. His minutes were up - including his powerplay deployment and offensive zone start
- times. However, his shot rate, his power-play production, and his goal and point outputs were all down. So why the expectation of a breakout? The magical fourth season, of course. This will be the former first-rounder pick's fourth 'full' season. He's battled some injury and Covid has robbed all of us of full campaigns of late. The left-wing depth in Philadelphia isn't anything to write home about, so a chance to line up beside Sean Couturier in all situations is achievable. The addition of Tony DeAngelo will boost the power-play efficiency, and if Farabee can put up even-strength points from the top-six, then he should get some spins on the top unit as well. A lot of ifs, but we believe in the player, the talent, and the potential opportunity.

The NHL is not an easy place to play. Especially if you're struggling. We often forget that the athletes we watch on TV are also human beings. They have things going on in life outside of the game. They have challenges like everyone else. A move to a new club. A new baby at home. A slash to their confidence. Any number of factors can come into play and result in a down season. But that doesn't mean we just write them off.

The rebound value on draft day is highly volatile, but also provides immense upside. A player who was waiver wire fodder a year ago, could regain their position in the lineup and find prior success.



- I feel like I wrote this exact same blurb about Carter Hart last offseason. On the heels of one of
- the most dreadful campaigns ever, it was easy to point at the young, high-pedigree netminder
- and say, "He'll be better next season." And he was. But he still wasn't great in 2021-22. Hart sat outside the top 30 netminders with at least 20 games played for a myriad of statistics, including wins, goals against, save percentage, and quality start percentage. Now, it's not like the Flyers are the benchmark for intelligent building these days, but they are fumbling around in this 'retool' game and plan on being better this season. A big part of that plan must hinge on the 23-year-old netminder being better as well. And we think it's a good bet too.



- It can take a player a minute to get acclimatized to a new situation. We've seen it time and
- time again. Hell, we've seen it twice already with Dougie Hamilton himself! Each time he's
- moved organizations, the first season is a production downturn. The second season in that location though? That's when things pop. Things are about to pop in New Jersey. The Devils are not-so-quietly amassing a plethora of young, exciting prospects in all positions (except goal). Jack Hughes is ready to step into the role of superstar and with it will come even more power-play production. Hamilton will play a big part and receive a healthy boost in that. Don't blink, you might miss another point-per-game defenseman.



- I feel like we could've written this blurb on John Gibson in each of the last three offseasons.
- That's because the once dominant netminder has posted a .904 save percent and sub-45 percent quality start rate over his last 142 contests ranging back to 2019-20. But here's the thing,
- we know there's so much more hidden under those poor metrics. Anaheim will be better this season. Their young players are coming and they've added some solid veteran help in John Klingberg and Ryan Strome. If Gibson can find some semblance of health and consistency, that combination will boost his numbers a fair amount. But the real upside swing here is a potential trade - something that's been brewing for a while. If Gibson finds himself on the move this year, it'll assuredly be to a better spot. Draft him as a No. 2 for your club and you might end up with a high-end No.1 if things break right by the fantasy playoffs.

Let us not mince words here. The NHL is a young man's game. We are seeing young players enter into the league and impact their surroundings quicker than ever before. And this season will be no different. There isn't a slam dunk superstar asset stepping in which is a product of the underwhelming 2022 class of draft talent. However there are several soon-to-be rookies that will provide a shot in the arm for fantasy clubs and become must-have assets in keeper setups.

Buffalo Sabres **D**

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Seattle Kraken C

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Columbus Blue Jackets **C/LW**

- Kent Johnson decided one more year of NCAA action would set him up for a smoother transition to the NHL. The 2021 fifth overall selection returned to the University of Michigan and was excellent in a top offensive role. The Blue Jackets are suddenly a team with a bevy of impressive wingers and a dearth of high-impact pivots. Now, I wouldn't go pencilling in Johnson between Johnny Gaudreau and Patrik Laine just yet, but that could certainly be his home long term.



≡ **Marco Rossi**
Minnesota Wild C



» **Lukas Reichel**
Chicago Blackhawks LW/RW



Shane Wright
Seattle Kraken C



- The fourth overall selection from the 2022 class will come to Kraken camp with a bit more
- prestige than most players taken in that spot. This is a first overall quality talent and Shane
- Wright will be looking to prove that in a hurry. It's more than likely that he makes the team, but those first 10 games will be crucial to see if he sticks, and how far up the lineup he can climb.



GP	G	A	Pts	PPG	PPA	SHG	SHA
49	26	30	56	6	8	0	0
S	PIM	Hits	Blks	+/-	TOI/GP		
165	0	6	15	-16	19:33		

GP: 79
G: 34
A: 58
Pts: 92

I'm not going to mince words here, Jack Hughes is on the cusp of superstardom. If his 44-goal, 94-point pace last season as a third-year player doesn't have you excited about what's to come, I'm not sure what will. The key here is that due to injury and global pandemic happenings, the middle Hughes' brother has yet to play more than the 61 games he saw in his rookie season - a number that has shrunk over each of the last two seasons. Now it's time to prove he's able to withstand the physicality of the game, continue to drive everything, and do it for 82 games. There's a very real 50-goal, 115-point upside here. We likely won't see that level in 2022-23, but we're betting he takes a sizeable step forward towards that level.



GP	G	A	Pts	PPG	PPA	SHG	SHA
78	11	63	74	0	33	1	1
S	PIM	Hits	Blks	+/-	TOI/GP		
158	26	30	128	18	23:54		

GP: 82
G: 12
A: 67
Pts: 79

- If it wasn't for Cale Makar, Adam Fox would be the premier young defender in the game. The Norris-trophy winning
- back has been exceptional in his NHL career thus far; watching his metrics blossom with every season that goes by.
- As he enters Year Four, the expectations should be higher than ever. His first point-per-game-plus campaign is within
- reach as the Blueshirts' power-play appears destined to run roughshod over the league. If the American can continue
- to up his shot rates, then look out. We're going to have some monstrous numbers coming.



GP	G	A	Pts	PPG	PPA	SHG	SHA
79	37	44	81	13	15	1	2
S	PIM	Hits	Blks	+/-	TOI/GP		
221	38	76	23	18	18:57		

GP:	81
G:	36
A:	55
Pts:	91

- The Canes star centre has been good for a point-per-game in each of the last four seasons. But I'm telling you, he's due
- for an explosion into the very elite echelon one of these days. I'm banking that 2022-23 is the season it occurs. It'll time

- It's weird to think that a season where career highs were hit in nearly every offensive category could be described as a disappointment, but that's where we were at with Elias Pettersson's 2021-22 campaign. The 23-year-old has so much talent that we've come to expect more than a 72-point pace. The back half of his year featured 22 goals and 46 points in the last 38 games. We'll be looking for that level of pace throughout the entirety of the season this time around. It's time for Pettersson to step up into the upper echelon of NHL star talent.



GP	G	A	Pts	PPG	PPA	SHG	SHA
80	32	36	68	10	17	2	0
S	PIM	Hits	Blks	+/-	TOI/GP		
192	12	49	43	1	18:35		

GP: 77
G: 38
A: 52
Pts: 90

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GP	G	A	Pts	PPG	PPA	SHG	SHA
67	39	49	88	12	14	4	1
S	PIM	Hits	Blks	+/-	TOI/GP		
214	18	50	42	36	20:18		

GP: 75
G: 27
A: 62
Pts: 89

- Aleksander Barkov has tantalized us for years with the hope of a monstrous 100-plus point campaign. 2021-22 saw
- him finally play at that pace, but the health issues kept him from hitting the actual totals. One of these years, he'll
- do it, though. And his age-27 season seems as good a time as any. Especially since he'll likely get to add Matthew
- Tkachuk to his flank.



GP	G	A	Pts	PPG	PPA	SHG	SHA
82	42	62	104	12	17	0	0
S	PIM	Hits	Blks	+/-	TOI/GP		
253	68	93	20	57	17:53		

GP: 82
G: 33
A: 54
Pts: 87

- The exodus of elite talent from Calgary culminated with Matthew Tkachuk's trade request and his landing in Florida.
- The newest and highest-paid Panther is coming off of a career-high 42-goal, 104 point season. His shot rate shot up. His

- The wheels aren't what they once were, but Anze Kopitar remains a sublime playcreator and facilitator. Which works
- very well since the LA Kings have been adding talent on the wings the last few years. The newest addition to likely



64 Anze Kopitar
Los Angeles Kings C

Last Season

GP	G	A	Pts	PPG	PPA	SHG	SHA
81	19	48	67	6	16	0	1
S	PIM	Hits	Blks	+/-	TOI/GP		
210	14	72	71	-6	20:46		

Projected

GP:	81
G:	23
A:	49
Pts:	72

≡ The Breakdown

- This simply has to be the season that Nik Ehlers breaks 30 goals, right? The Danish speedster has tantalized us for
- years with his incredible transitional play and secondary offense. He popped 28 goals in just 62 games last season
- while seeing under half of the man-advantage opportunities (as always). However, this should be the year he breaks
- onto the top power-play and if he can stay healthy for 65 or so, we like him for 30 goals.

- Alex DeBrincat has had a pretty darn good when it comes to linemates running back all the way to junior. First, it was
- Connor McDavid. Then a dominant OHL version of Dylan Strome. And in the NHL, it's almost always been, Patrick
- Kane. Now we'll see if Tim Stutzle can replicate those dishes and keep the kitty cat purring. It's exciting in the Ottawa



67 Alex DeBrincat
Ottawa Senators **RW**

Ottawa Senators RW

Last Season

GP	G	A	Pts	PPG	PPA	SHG	SHA
79	27	49	76	10	16	0	0
S	PIM	Hits	Blks	+/-	TOI/GP		
237	32	90	44	-8	18:04		

Projected

GP: 78
G: 37
A: 34
Pts: 71

≡ The Breakdown

- The New Jersey Devils backed up the Brinks truck for Dougie Hamilton two summers ago. They didn't do that to just
• to land seven power-play points and a 40 point overall pace. They did it to land a top of the league offensive defender.
• The 29-year-old will make good on that bet this season. It's difficult to move clubs and can take some adjusting. That
• adjustment should be over now and the firepower is brewing in Newark. A push for 60 should be coming.

- It's not too often that a point-per-game player gets as little love as John Tavares did last season, but that's what happens when you make 11M and play in Toronto. The team's captain doesn't score at the level he used to, but his man-advantage production is still at a high level. He'll be surrounded by talent in all situations and knows his way around the soft spots, even as the feet slow down. As safe a 70-80 player as there is.

≡ The Breakdown