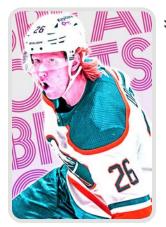


BREAKOUTS

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.

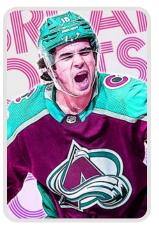
Below, we'll investigate a handful of players who have the potential to pop in 2022-23. Some of them will. Some of them won't. And a few others will who aren't identified here. So keep your eyes out for pre-season risers, injury-related opportunities, and hot starts to add to this list.



😠 Rasmus Dahlin

Buffalo Sabres **D**

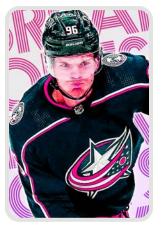
- Yes, Owen Power is now officially a member of the squad thus giving the club their second,
- left-side, first-overall pick. And while Power has a considerable upside, he won't be usurping
- Ramus Dalin on the top power-play unit. What we saw from the 22-year-old Swede to end last season was a window 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!



Alex Newhook

Colorado Avalanche C

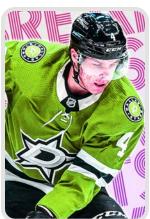
- The Colorado Avalanche suddenly find themselves with a gaping hole in the middle of the ice
- where Nazem Kadri had been occupying. Enter Alex Newhook. The Newfoundlander was a
- rookie in 2021-22 but performed admirably recording just shy of a half-point-per-game while his most common linemate was 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.



Jack Roslovic

Columbus Blue Jackets C

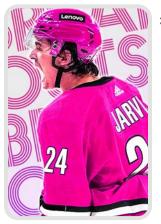
- This might be my favourite breakout prediction of the season. The Blue Jackets have Johnny
- Gaudreau and Patrik Laine on the top line just waiting for some skillful pivot to play between
- them. The thing is, Columbus has some young pivots coming in Kent Johnson and Cole Sillinger, but neither are 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.



, Miro Heiskanen

Dallas Stars **D**

- It's official, the shackles, aka John Klingberg, will be completely removed this upcoming sea-
- son. 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.



Seth Jarvis

Carolina Hurricanes RW

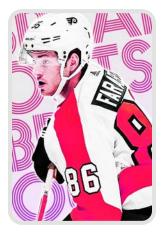
- It was one heck of a foray into professional hockey for Seth Jarvis last season. 17 goals and
- 40 points in 68 contests were good enough for him to land himself a spot as a full-time gig on
- Carolina's top line down the stretch and into the playoffs. That's not going to change moving forward. What 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.



🛾 Martin Necas

Carolina Hurricanes C/RW

- 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.



🛾 Joel Farabee

Philadelphia Flyers LW/C

• 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.

REBOUNDS

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.



Philadelphia Flyers **G**

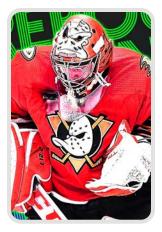
- I feel like I wrote this exact same blurb about Carter Hart last offseason. On the heels of one of
- the most dreadful campaigns ever, it was easy to point at the young, high-pedigree netminder
- and say, "He'll be better next season." And he was. But he still wasn't great in 2021-22. Hart sat outside 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.



Dougie Hamilton

New Jersey Devils D

- 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.



John Gibson

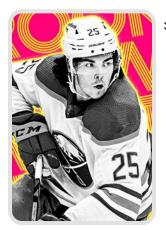
Anaheim Ducks G

- 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 per-
- cent 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.

ROOKIES TO WATCH

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.

The list below highlights a whole host of first-year skaters. They all have the upside to make an instant impact. Some will even have tube deployment needed to



Buffalo Sabres **D**

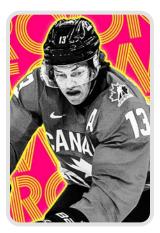
- The 2021 first overall selection was just the second top pick to play his draft-minus one
- season outside of the NHL in the last 18 years. It was a choice to return to the University of
- Michigan, and in hindsight, it was a smart choice. At the NCAA level, the towering defender shone brightly and added depth and nuance to his offensive game. He used that experience to springboard into the Sabres lineup to end the season and flashed the skills that will make him a future stud. While he won't be handed top power-play duties, he should be able to generate enough offence at even-strength to keep him reliable in fantasy, and as he becomes more comfortable in the league, watch for his peripheral stats to climb steadily.



Matty Beniers

Seattle Kraken C

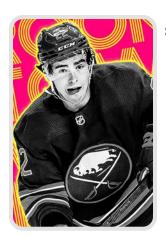
- Matty Beniers was supposed to be the heir to the top centre position in Seattle for the next
- decade-plus. But then Shane Wright fell into the Kraken's lap and that could scare some folks
- off. But here's the thing, Beniers might end up holding that crown despite the competition. And the addition of Wright will only boost his production on the man-advantage. That level of one-two punch down the middle is something few organizations can ever boast. Beniers has terrific speed and pace to his game, and blends that well with his hands and play creation ability. His nine points in 10 NHL games down the stretch last season were excellent, but we're not considering this a point-per-game level player... not yet anyway. Still, the American should be given a healthy dose of offensive minutes and skilled talent to work with. And that's always a nice combination for a high-pedigree kid to waltz into.



🛾 Kent Johnson

Columbus Blue Jackets C/LW

- Kent Johnson decided one more year of NCAA action would set him up for a smoother tran-
- sition 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.



Buffalo Sabres C/RW

- The American Hockey League has been around since 1938. In that 85 year history only 10 U21 players produced at a higher per-game rate than Jack Quinn's 2021-22 1.36 pace over a full
- campaign. That is some impressive stuff. The soon-to-be-21-year-old got his feet wet in two
 NHL games last season as well and nabbed a couple of points. This season, the expectation is
 he'll find his way onto the Sabres third line which won't offer a ton of scoring opportunities.
 However, a spot on the second power-play unit with a bevy of the team's top young players
 could be a lot of fun.



😸 Marco Rossi

Minnesota Wild C

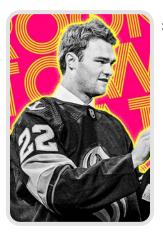
- The Minnesota Wild are absolutely stacked at every position in their pipeline. But perhaps no
- prospect has as much weight placed on their success as Marco Rossi. The 20-year-old pivot
- needs to break right for the Wild because their organization's lack of a high-end centre has played a key role in their undoing in recent seasons. Couple that with a bevy of illustrious wingers and Rossi's ascension is crucial. His 53 points in 63 AHL games last season after missing nearly a year of action due to Covid is a great sign that he's ready to earn a spot and start driving up the lineup.



$_{lpha}$ Lukas Reichel

Chicago Blackhawks LW/RW

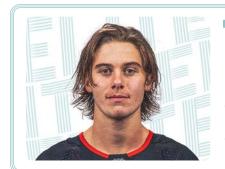
- There's absolutely no denying it. The Chicago Blackhawks are tanking. They're stripping it
- down to the studs and staring directly at the top of the 2023 class to infuse some truly elite
- young talent into their program. And what comes with a teardown? Opportunity. Enter Lukas Reichel. The 20-year-old forward was excellent in his AHL rookie season, recording 21 goals and 57 points in 56 contests. He'll have a good opportunity to play alongside Patrick Kane (before he's shipped off too).



$_{lpha}$ 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.



Jack Hughes

New Jersev Devils C

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

Projected

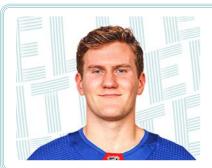
GP: 79

G: 34 58

92 Pts:

★ The Breakdown

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.



Adam Fox New York Rangers D

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

Projected

GP: 82

Pts: 79

Projected

81

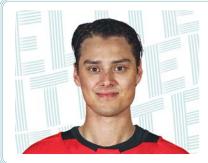
55

GP:

Pts:

★ The Breakdown

- 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.



Sebastian Aho

Carolina Hurricanes C

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

★ The Breakdown

- 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

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- 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



Elias Pettersson Vancouver Canucks C

est Socian

Lasto	Casuii						
GP	G	Α	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		

Projected

GP:	77
G:	38

Pts: 90

★ The Breakdown

- 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.



Aleksander Barkov

Florida Panthers **C**

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

Projected

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

Projected

Pts: 87

82

GP:

★ The Breakdown

- 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.



Matthew Tkachuk

Florida Panthers **LW/RW**

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

▼ The Breakdown

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

- And while Meier isn't a sharpshooter, the sheer volume he was able to put on net facilitated a healthy goal total. If he
- can find that level again, then another point-per-game season is within reach even as the Sharks rebuild on the fly.



Brad Marchand Boston Bruins **LW**

Last S	eason						
GP	G	Α	Pts	PPG	PPA	SHG	SHA
70 S	32 PIM	48 Hits	80 Blks	7 +/-	20 TOI/GP	2	0
242	97	78	20	16	19:14		

Projected

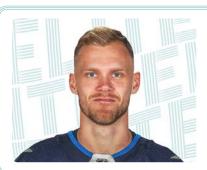
GP: 82

G: 31 A:

Pts: 72

★ The Breakdown

- If it wasn't for double hip labru surgery, Brad Marchand would've checked in much earlier on this list. However, the six-
- month recovery process could mean we don't see the Bruins superstar until after American thanksgiving. That said, I
- wouldn't be shocked to see him step onto the ice earlier than that. The key to Marchand is that teams will by shy to grab
- him early, but whoever lands him, will be adding a better than a point-per-game player for the majority of the season in-
- cluding when it matters most at the end.



Nikolaj Ehlers

St. Louis Blues RW

Last	Season						
GP	G	Α	Pts	PPG	PPA	SHG	SHA
62 S	28 PIM	27 Hits	55 Blks	4 + / -	5 TOI/G F	0	0
245	20	32	27	18	18:04		

Projected

GP: 80 G: 31

Δ: 41 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.



Anze Kopitar

Los Angeles Kings C

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

GP: 81

Projected

49

Pts: 72

★ The Breakdown

- 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

- suit up next to the Slovenian centre is Kevin Fiala. We've got Kopitar jumping back into the 70-point level as the Kings
- continue to climb up the Wester Conference standings.



Dougie Hamilton New Jersey Devils D

Last S	eason						
GP	G	Α	Pts	PPG	PPA	SHG	SHA
62	9	21	30	2	6	0	0
S	PIM	Hits	Biks	+/-	TOI/GP		
197	34	87	92	-19	21:13		

Projected

GP: 82 G:

44 **Pts:** 58

★ 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.



John Tavares

Toronto Maple Leafs C

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

Projected

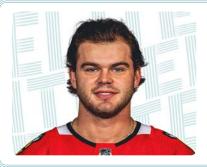
GP: 77

A:

Pts: 72

★ The Breakdown

- 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-advan-
- tage 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.



Alex DeBrincat

Last Season

GP	G	Α	Pts	PPG	PPA	SHG	SHA
82	41	37	78	14	14	0	0
S	PIM	Hits	Blks	+/-	TOI/GI	P	
270	19	101	35	-13	20:51		

Projected

GP: 78 37 34 A: Pts: 71

★ The Breakdown

- 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