

Below, we look at the happenings from the past week in the NBA and apply what we learn in order to assist us in our waiver wire moves and trades. Our [Games-per-Week Schedule Grid](#) is especially useful throughout the season, so make sure you download it, print it, and keep it by your side to consult for every decision you make. Personally, I like to take a blue highlighter and "blue out" the column for the current week each Tuesday as to easier see the good and bad stretches on the horizon.

Ask a question about your lineup in our [FORUM](#) . Leave a comment about this article down below.

TOP FIVE PLAYER NEWS BITS FROM THE PAST WEEK

We tell you whether you should **ADD**, **WATCH**, **IGNORE**, or **DROP** the player based on the recent news and upcoming schedule. When you see something like 4-3-3-4 referring to the upcoming schedule, each number refers to games per week with the upcoming Monday as the starting point. A "shallow" league is 130 players deep. A "deep" league is 154 or more players deep.

5. Arroyo, Carlos PG MIA

Starting NBA point guards don't grow on trees, and Arroyo is now one, leap-frogging ahead of Mario Chalmers. Chalmers could very well get his job back in short order, but if you need an assists boost in deep leagues, **ADD** Arroyo and use him while he's starting. He won't do much else, but he should get you 5+ assists per game. Be ready to cut him if Chalmers gets back in the groove, though. MIA has a 3-3-4-4-4-4-4 upcoming schedule.

4. Butler, Rasual SF/SG LAC

Here's another deep-leaguer **ADD** for you. He can theoretically score points, hit threes, and block some shots, but minutes have been hard to come by with Al Thornton and Eric Gordon ahead of him on the depth chart. Still, he's put together a little hot streak, and if you've been hit by injuries, the Clips play four games next week. He's not a very exciting free agent, but he could patch a hole for a week for you.

3. Casspi, Omri SF SAC

Written by Dave Gawron

Friday, 18 December 2009 00:00 - Last Updated Friday, 18 December 2009 06:37

Omri is another guy that can patch a hole, but he's even an **ADD** in 10-team leagues, the way he's been playing lately. He's scored 22, 14, 9, and 22 points in his last four games. Spencer Hawes has been demoted, Casspi has taken his place in a smaller starting five, and Kevin Martin is still apparently a ways off. Casspi should give you a solid 15 PTS while not really hurting you anywhere (well, maybe FTP, but he doesn't take enough FTA to hurt you there). SAC's upcoming schedule reads 3-4-3-3-4, which isn't great for h2h leagues.

2. Speights, Marreese C/PF PHI

Speights has missed a bit of time due to injury, but now that he's back, and Elton Brand is still struggling to find his place on this team, Marreese should continue with his season averages of 13-6-1 PTS-REB-BLK and 50 & 80 percentages and is an **ADD** in all leagues.

1. Dampier, Erick C DAL

Dampier missed some time and Drew Gooden dazzled in his absence. Dampier is back, and Gooden has faded away. Dampier picked up where he left off, hoarding rebounds and blocks with the best of them (10 & 2) while reeling off an amazing 78% FGP over the past 2 weeks! **ADD**

him in all leagues where he's still available. Do note that he'll be more helpful in non-h2h leagues, as the Mavs' upcoming schedule is 3-3-3-3-4-3-3-2.

ALSO

Jarrett Jack is a good deep-league play while Jose Calderon remains out and should be added in leagues where he's available for an assists boost...

Jianlian,

Andris Biedrins, Yi

and **Mike Miller**

are other players are on the verge of returning from injuries, so grab them and stash them now and reap the rewards soon.

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NBA - 2009-2010 Week 8 Fantasy Basketball Waiver Wire Watch

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