

Metropolitan Division

Preseason Power Ranking

20







1806 FRANCHISE WINS 39-27-16 94 Points 2023-24 SEASON

3rd **DIVISION**

2023-24: Lost in First Round

Elmont. NY - UBS Arena (17.255)

Head Coach: Patrick Roy (20-12-5, 2nd Season)

All Eves on the Cup in New York

The Islanders teetered on the edge of the playoff picture for much of last season until they changed head coaches at midseason and brought in Hall-of-Fame goaltender Patrick Roy to lead the team. Roy led the Isles to a 20-12-5 record the rest of the way, including an 8-0-1 record in April that surged New York into the 3rd spot in the Metro Division. That momentum didn't carry over to the playoffs, however, as they quickly fell to Carolina in 5 games in the 1st round. While they don't have the high end talent of others in their division, the Islanders should remain in contention for a postseason spot.

Forwards

The Isles thought they had found a superstar when Mathew Barzal broke into the NHL and put up 85 points in his rookie year. But, it's been six years since then and Barzal has never again reached the heights of that season. However, he did come close last year with 80 points and a career high 23 goals. New York will need that version of their best player if they are to contend for the postseason. Bo Horvat is coming off the best year of his career, setting career highs in goals (33) and assists. Anthony Duclair was a big free agent signing for New York this offseason and will be joining his 9th team in 11 NHL seasons. Part of the reason he has bounced around so much is his injury history. But in every year where Duclair has played at least 75% of the season, he has topped the 20-goal mark, including 24 last year. It might be a stretch to play him on the top line, but he will bring some offensive depth that New York didn't have last year. 11-year veteran Brock Nelson has averaged 25 goals per season for his career and has scored 34 or more in each of the last three seasons. Kyle Palmieri had a 30-goal season last year, his highest total since the '15-16 season. The 33-year-old does have a lethal shot, but another 30-goal season would be a bit unexpected. Maxim Tsyplakov signed as a European free agent after spending the last 7 years playing in the KHL in Russia, where his 31 goals last year were fourth-most in the league. Don't expect him to start scoring like that in the NHL right away, but he'll be given every opportunity to establish himself as a top-6 forward.

Mathew Barzal



Defensive-minded center Jean-Gabriel Pageau is one of the Isles' best penalty killers. Though his goal production has dropped a bit recently, he brings value defensively. Simon Holmstrom played well in his second NHL season last year with 15 goals and very good defensive play. Anders Lee had been a reliable 45-50 point scorer and even scored 40 goals back in the '17-18 season, but the captain's production dropped to 37 points last year and age may be catching up to the 34-year-old. Like Pageau, Casey Cizikas is a crucial penalty killer with the ability to hit opponents and block shots often.

Defense/Goaltending

The Islanders desperately need a rebound season from starting netminder Ilya Sorokin. The Russian is one of the most talented goaltenders in the league and had three elite seasons to start his career, earning himself a massive 8-year extension before last season. But '23-24 was a disaster for Sorokin. His GAA ballooned from 2.34 in '22-23 to 3.01 last year and his save percentage also cratered to a career low. He was benched down the stretch as New York made their playoff push. The talent is there for Sorokin to return to being one of the league's best, but the coaching staff will need to work with him and figure out why last year went so sideways. If Sorokin can't figure it out, Semyon Varlamov will get most of the starts, as he did late in the season last year. Varlamov might be one of the best backup plans in the league, as he has had a GAA below 3.00 and a save percentage above .910 in each of the last seven seasons. However, he is beginning to age and there's no guarantee that trend will continue. For the sake of both the present and the future, the Isles need to figure out how to get Sorokin right.

24-year-old Noah Dobson emerged as a star defenseman last year with 70 points, which shattered his career high and was the highest total by an Isles Dman in 40 years. Dobson shares the top pair with a fellow 24-year-old, Alexander Romanov, who led New York defensemen in hits. Ryan Pulock and Adam Pelech have played on the same pair for much of their careers and both are superb shutdown defensemen, though both battled injury last year.

The Bottom Line

Since going to two straight Eastern Conference Finals in 2020 and 2021, the Islanders have been caught in between contention and mediocrity. They did just enough to get into the postseason in the last two years before quickly bowing out in the first round both times. The team has many good players, but lacks that one elite player who can consistently change the game. New York did play well under new coach Roy last year and a full offseason to continue learning his system should help. If it were possible to look to the future and see the 2025 Stanley Cup playoff bracket, it wouldn't be surprising to see the Isles in the field...but it also wouldn't be a surprise to see them left out.

2024-25 Projection: 40-34-8 (88 points) - 5th in Metro





Alexander Romanov



ISLANDERS 5-YEAR POINT TREND

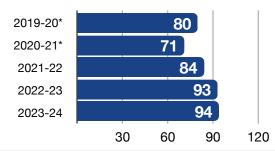




Photo via Elite Prospects

Photo via amNewYork

Projected NYI Lineup

Forwards

Left Wing		Center			Right Wing		
Line 1	11	Anthony Duclair	14	Bo Horvat	13	Mathew Barzal	
Line 2	7	Maxim Tsyplakov	29	Brock Nelson	21	Kyle Palmieri	
Line 3	10	Simon Holmstrom	44	Jean-Gabriel Pageau	26	Oliver Wahlstrom	
Line 4	27	Anders Lee	32	Kyle MacLean	53	Casey Cizikas	

Defense

Line 1	28	Alexander Romanov	8	Noah Dobson
Line 2	3	Adam Pelech	6	Ryan Pulock
Line 3	2	Mike Reilly	24	Scott Mayfield

Goaltenders

Starter	30	Ilya Sorokin
Backup	40	Semyon Varlamov

2023-24 NHL Ranks

POINTS - 94 (15th) GF - 245 (22nd) GA - 258 (19th) PP% - 20.35 (19th) PK% - 71.49 (32nd)

SV% - .904 (8th)

71.50 < Number to Know

The Islanders had the worst penalty kill in the NHL last season, allowing opponents to score on nearly 30% of power play opportunities. This will obviously need to improve in order for New York to contend.

PLAYER SPOTLIGHT NOAH DOBSON - D



GP G A PTS +/79 10 60 70 +12

2023-24 Statistics

Dobson's offensive game has really taken off in the last three years as he has scored 49+ points each season. '23-24 was his best season yet, with 70 points and 60 assists. The only other defenseman in Islanders history to put up numbers like that is Hall-of-Famer Denis Potvin. His defensive play has also gotten better, with an improved plus/minus in each of the last two years. He played more minutes than any other Isles player last year and he'll continue to be a crucial part of the team.

2024-25 Schedule

October 2024							
				UTA ¹⁰ 7:30		DAL 12 8:00	
	COL 14 9:00			STL 17 8:00		MTL ¹⁹ 7:00	
		DET 22 7:45			NJ 7:00	FLA 7:30	
		ANA 7:00	CBJ 7:00				



December 2024								
		MTL 7:00		SEA 7:30		CAR 7 5:00		
OTT 8 5:00		10 LA 7:30		CHI 7:30				
CHI 15 3:00		CAR 17 7:30				TOR 21 7:00		
	BUF 23 7:30					PIT 28 7:30		
PIT 5:30		TOR 1:00						

January 2025							
				TOR ² 7:30			
BOS 5 6:00				VGK 9		UTA 11 9:00	
		OTT ¹⁴ 7:30		PHI ¹⁶ 7:30		SJ ¹⁸ 7:30	
	CBJ ²⁰ 7:30				PHI 24 7:30	CAR 25 7:30	
		COL ²⁸ 7:30		PHI 30 7:30			

February 2025								
						TB 7:00	1	
FLA ² 6:00		VGK ⁴ 7:30			WPG ⁷ 8:00	MIN 8:00	8	
			2025 N	IHL 4 Na	tions Fa	ice-O	ff	
20:	25 NHL	4 Nation	s Face-	Off				
DAL ²³ 7:30		NYR ²⁵ 7:30		BOS ²⁷ 7:00				

	March 2025								
						NSH ¹ 12:30			
	NYR ³ 7:00	WPG ⁴ 7:30				SJ ⁸ 10:00			
ANA ⁹ 9:00		LA ¹¹ 10:30			EDM ¹⁴ 7:30				
FLA ¹⁶ 7:30		PIT ¹⁸ 7:00		MTL ²⁰ 7:30		CGY ²² 4:00			
	CBJ ²⁴ 7:30		VAN ²⁶ 7:30			TB 29 2:00			

March/April 2025							
CAR 5:00		TB ¹ 7:30			MIN 7:30	4	
WSH ⁶ 12:30		NSH 8 8:00		NYR ¹⁰ 7:30			PHI 12 12:30
NJ ¹³ 1:00		WSH ¹⁵ 8:00		CBJ 17 7:00			

HOME

AWAY