

Sanchez's weighty advice could save you housekeeping bills

HOW delighted I was to learn about the tough new training regime our pampered footballers are to face at Wycombe Wanderers.

Admirable new boss Lawrie Sanchez has pledged to dock the wage packet of every player who returns from the summer lay-off carrying more weight than they finished the season with.

Apparently, the players are to be fined £50 for every four pounds of

excess fat they bring back with them when pre-season training begins.

When you are earning £1,000 a week as – incredibly – some of the Adams Park playing staff are, £50 may seem a trifling sum. But at least that sensible Mr Sanchez is doing something to instill a bit of steel into our formerly woeful Wanderers.

Under this regime, players are not being allowed to revel in what is, after all, a hollow victory – that of escaping

relegation by the narrowest margin.

Lesser leaders may have allowed the players to relax and rest on their laurels, but obviously not Mr Sanchez.

Like a war correspondent eyeing the country's faithful troops, the new Blues boss weighed his players going out and clearly intends to weigh them all coming back in again – handing out fines to all those who have over-indulged.

As a diet plan, it may be one of the best around. It certainly seems to be

the only one Mrs Mann is yet to try, though I have been encouraging her to give it a go. It could certainly save on the housekeeping payments.

Footballers these days don't know they are born. It strikes me that even the footballs themselves are designed to be so light that they don't mess up the costly hairdos of our mega-rich stars.

In my day, the ball was made of heavy leather which soaked up rainwater like a sponge, and woe betide you if

you headed the laces. Never mind working out with a medicine ball, in my day we used to play with one. Now there's a training ground idea for you, Mr Sanchez.

MEANWHILE, my friends at the BFP have asked whether I believe the so-called Beast of Bucks really exists.

Well, of course I do.

And anyone else who has seen Mrs Mann in a temper would be sure to agree with me.

Charles Mann

FORMER Crewe Alexandra striker Steve Anthrobus will tell Wanderers' boss Lawrie Sanchez: "I can solve your striker problems" when the two meet for a second round of talks expected next week.

The 6ft 2in striker, who was released by Dario Gradi in Crewe's summer clearout, is also being chased by Shrewsbury and Blackpool but he wants to join Sanchez's Adams Park revolution after having

REPORT By Dave Peters

had preliminary talks last week.

Anthrobus, 30, said: "A few clubs have contacted me but Wycombe would be my first choice. I was really impressed by them. Sanchez came over really well and the whole set up of the place and the stand is magnificent."

And the former Wimbledon, Millwall and Shrewsbury goal-getter

could be just what Sanchez is looking for.

Sanchez finished last season saying he needed a target man and a wide man to help him turn last season's relegation survivors into play-off contenders.

He said: "It was evident in matches against Gillingham, Notts County and Manchester City that we needed someone to rough up defenders a bit and give us another option."

Anthrobus said: "I fit that bill. I

can put myself about and upset defenders, that's my language."

Anthrobus, who made his Wimbledon debut when Sanchez was in the team, was released by Crewe after playing 16 matches in the first division for them last season.

He said: "It was frustrating. They didn't really play my style. I need crosses and I wasn't getting them."

Sanchez is also talking to Wimbledon utility player Peter Fear who has been released by the Dons.

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