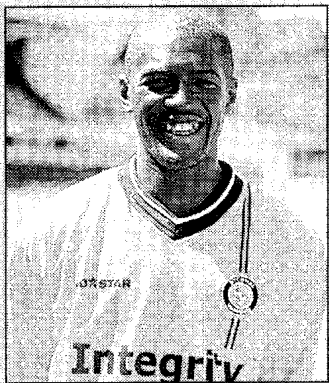


Break from the game has helped



STEVE BROWN

PARKLIFE

LAST weekend, I actually took a total break from the game, and didn't actually know any results until the Monday.

If I had caught up with any of the games, I would have been thinking about playing but taking a complete break has helped me.

I now feel a lot fitter and fresher.

I came back to training and I felt sharper and more refreshed and it showed more in training.

We've all had last weekend off after the Cardiff match was cancelled and it will be nice to come back refreshed and I think it will stand us in good stead tomorrow.

Sadly, I won't be playing against Stockport but it's nice once in a while sitting back and watching them play.

And the lads will want to get the Chesterfield game out of their system.

As far as the lads think, it was a one-off game and we won't play like that again.

We've now had time to think about the result. Sometimes, you want a quick-fix straight after such a defeat, but recently, we've played Saturday-Tuesday-Saturday and we've not had enough time to recover.

Now, we've had time to go over certain things, as well as discuss matters.

Sometimes, it's better to have time to think things through and put it right.

It wasn't the best of games up there when we played Stockport away this season. Simmo was suspended up there and we struggled a bit.

But we want to get back to winning ways.

There's no room for excuses tomorrow. Now it's time to deliver.