

Excited, scared and up for the challenge

TONY Adams admits he is both scared and excited by the challenge of taking Wycombe Wanderers up the division.

He said: "It's all new, it's all scary, but it's very exciting."

Adams sought the counsel of some of the biggest names in the game before accepting his first management job with the second division's basement club.

And he will continue to enlist the help of his former managers Terry Venables, George Graham and Arsene Wenger along the way as he bids to join them in the management hall of fame.

He said: "I will try and take the best bits from all of them. George Graham's resilience, Martin O'Neill's enthusiasm, Arsene Wenger's empathy with the team and his sensitivity and man management and people like Terry Venables who is an amazing coach and had a brilliant way of putting his ideas across."

But he added that he is

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WANDERERS

determined to be his own man.

"I will have learned things off all of them but I am Tony Adams. I can't be anyone else.

"We are what we learn, hopefully I've learned a bit but it is me you see here.

"I've got my own ways and my own ideas."

But he insists he will be not too proud to accept help as he looks to improve a Wycombe side who have won just twice in 17 league matches this term.

He said: "I have taken advice from everyone. I had lunch with Terry Venables, George Graham and all the people at my resources. I've been gathering information.

He said: "This is the way I've got to learn my trade. It is an apprenticeship and I've got to learn quickly."

And Adams knows he will have



Talking football: Tony Adams on his first day

to do it all under the glare of the media spotlight.

He said: "It is inevitable I will come under extra pressure because of what I have done at Arsenal and England."

Adams' foray into management has come sooner than he anticipated. He is halfway through a sports science degree at Brunel University but found the pull of football too big to resist.

He said: "I got itchy feet. I'm rubbish at golf. I enjoy fishing quite a bit and I was sitting at home with my girlfriend feeling very unfulfilled.

"I missed the game so much. I have been in it as long as I remember."

Adams did his UEFA B coaching course in the summer and he reckons the studies he has been doing for his degree will give him an extra advantage on the rest of the pack.

He said: "I'm majoring in psychology and sociology and they will help me deal with situations I'm going to face at Wycombe.

"I think it complements the job and I don't want to waste that. It

has taught me a lot on the academic side but I need to lean on the experience side as well."

Adams, who was appointed on National Stress Awareness Day, insists he is well equipped to handle the pressures of football management, despite his previous troubles with the booze.

He said: "I get stressed when I'm not doing anything. I can handle big crises, it's when the toast gets burnt that I'm struggling.

"I'm excited about my opportunity at Wycombe. It's the right place and the right time for me. I don't know where that path will take me. All I know is that I can't wait to get started.

Adams has categorically ruled out a return to playing although he says he will be kicking every ball from the dugout.

He said: "I know I will find it frustrating that I can't get out there and kick every ball away, hopefully I will be able to coach the lads to do that for me instead.

"I will give it 100 per cent. I don't like losing. It is much more enjoyable when you are winning matches."