

Adams warns his team: "Hoof it and I'll substitute you"

BLUES boss Tony Adams has warned his players he will substitute them if they start hoofing the ball aimlessly forward in tonight's Carling Cup first round match at home to Bristol City.

He was horrified to see his panic-stricken side resort to hitting aimless long balls during Saturday's 3-0 defeat against Rochdale and has now outlawed it.

He said: "I don't ever want to see us doing that again. We

lacked discipline, we got scared on Saturday and started to panic. We need to get back to basics and start building play up. I don't want to get caught up playing the Rochdale way. Our quality wasn't good enough."

Blues looked shell-shocked after Saturday's Rochdale reversal, but Adams says they are determined to put that right.

He said: "I sense a mood of revenge not self pity."

Wanderers look set to be without centre half Mike Williamson who is nursing a dead leg so Roger Johnson will revert to his normal centre half berth.

On-loan Arsenal striker Adam Birchall will also start his first match after coming on as a substitute on Saturday.

Adams also accepted some blame saying that his multiple positional changes confused his team rather than Rochdale.

Adams insists he is more interested in the manner of the performance rather than the result tonight.

He said: "We've been working on pattern work and passing the ball to each other on the ground."

Bristol City arrive with pressure mounting on their rookie boss Brian Tinnion, who is still hunting his first win of the new season."