

'THERE ARE NO NEGATIVE VIBES AT ALL'

DANNY Foster says he can't see any scars from Wycombe Wanderers' relegation less than two months ago.

Wanderers
By ALAN FELDBERG

a big part in that.

Foster said: "It's been tough, but it's been good. There is usually the monotony of running round poles but Gary puts the emphasis on using the football and when the ball is out on the first day back it's a good sign.

"We've done a few keep balls and everyone has had plenty of touches. You've got to get as fit as you can in five or six weeks, but if a ball is involved it's a real bonus."

It's a world away from what he has been used to at Dagenham & Redbridge and Brentford.

Foster said: "I know how Gary likes his teams to play and it's a breath of fresh air.

"He wants his players to retain

possession and is trying to teach us the right way to play football, to get it down and express ourselves.

"It's not like that at Dagenham and it's not like that at Brentford.

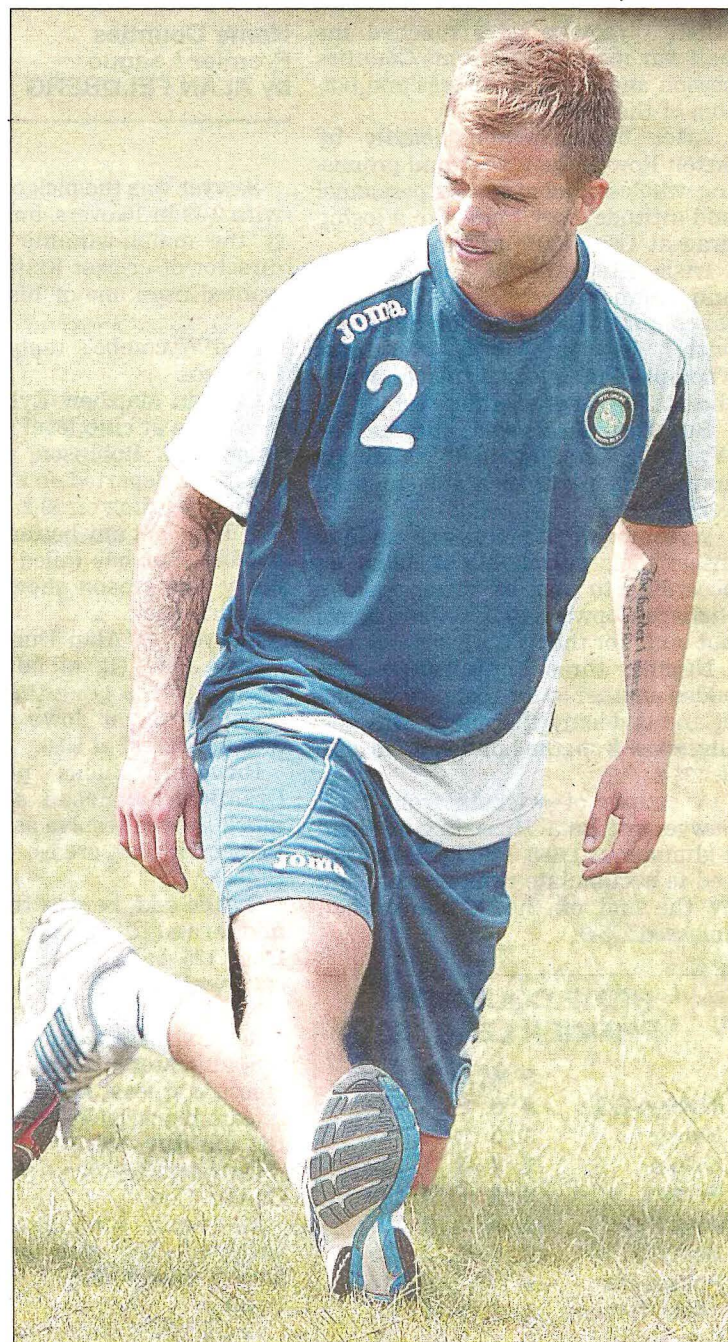
"There it was just about getting the ball to the front as quickly as possible. But I remember I had some horrible games against Aldershot when Gary was there, when all you do it chase shadows."

Foster is one of seven new signings at Adams Park this summer, and the 25-year-old says first impressions are good.

He said: "There are some good lads here and all the new boys have been made to feel welcome.

"It's about building that together and team spirit and I'm sure that will come.

"We want to go straight back up and there is no reason why we can't. You've got to aim high."



NEW BEGINNINGS: This is a fresh start for Danny Foster and Wycombe Wanderers