

CAPTAIN'S COMMENTS...

# SHAUN BARKER

CLUB CAPTAIN SHAUN BARKER PENS HIS LATEST PROGRAMME COLUMN FOR THE RAM...

**It's no secret that I've kept myself busy since I picked up my knee injury in March 2012, refraining to get dragged into utter boredom until I'm on the pitch once again. I've done some media bits and continued with both my Derby Telegraph column as well as this one too.**

One thing that still remained untouched was learning simple skills that are needed for other careers once my football one comes to an end... I'm not expecting that for a while yet! I sat down with my brother a few months ago and we discussed the idea of setting up a website - and I've done just that.

My main aim was to provide the chance for everyone to see my progress in my rehabilitation which people don't get to see on a daily basis. There's going to be an in depth Rehabilitation section to show exactly what I'm doing on a monthly basis to give you all the insight to what my days entail. I'm sure people will think I sit in the Physio Room sipping cups of tea everyday, but you couldn't be further from the truth.

My routine at the moment is extremely tough and Neil Sullivan and the rest of the physio department will find it tougher containing me as and when I feel I can do more than the schedule will allow. The idea of the Rehabilitation section will provide that information so you can witness how far I've progressed of late. Along with that there are also features on Derby County, Charities and a Music section.

I had a great response from its initial release and if I continue adding content as I progress hopefully it will be interesting enough for you to keep visiting. I'm delighted not only with the response but with my skills on a computer. I've gone from being able to do nothing but search for things on the internet to being able to help my brother set up the website and add my own content as I go along!

I'm currently teaching myself how to use Photoshop and Illustrator to help the creative graphic side to it all too which would be extremely valuable for other possible career paths.

The last couple of games we have seen how important it is to produce a performance past the 90 minute mark of a game, with a last-ditch victory at home against Yeovil and a frustrating 3-3 draw against Birmingham. We have been the benefactors on many occasions this season with last-minute goals following our persistent displays and this is no coincidence.

In the vast majority of our games we have been the more dominant side, building from the back and believing the patient passing game is our strength. Sides have set up to either stop that or more obviously sit back as a solid defensive unit and try and catch us on the break.

The times when last-minute goals have been achieved is when we have continued to be patient and keep 'knocking at the door' so to speak. It's always tough to concede so late

on. I believe Birmingham had four attempts on target and scored three, we on the other hand created many, many more. We didn't fail to win the game solely on conceding a last-minute goal but by not making the most of our opportunities.

It's hard to be critical as the lads have been outstanding since Steve McClaren arrived, but in order to make sure a result isn't wasted again we have to evaluate what went wrong to determine that it doesn't happen again. It's tough to take after the performance but we shouldn't forget we've had 'Lady Luck' on our side a few times this season, but that's just what we've deserved.

**Check out Shaun Barker's website: [www.shaubarker.co.uk](http://www.shaubarker.co.uk)**

