# APPENDICES

**JOHN TERRY PODCAST SCRIPT**

Chris: *welcome along to a very very special off-script podcast it's a special because we're joined by a footballing legend former Chelsea captain former England captain it's this man*.

[Intro]

Chris: *we are live on Facebook a very good morning to you for those of you joining us from the UK a very good afternoon for those of you joining us right here in the United Arab Emirates and we say a very good afternoon to a very special guest it is the cup and the legend the leader it's John Terry*

*Terry: Afternoon guys! How are you doing?*

*Chris: Great to have you in, John. And first of foremost welcome to our humble aboard. You were very complimentary; you're enjoying this place?*

*Terry: It is beautiful, I love Dubai and very impressive here*

*Chris: And you're here for the Dubai fitness challenge as well of course we're gonna touch on that in just a moment. Dubai it is a home away from home for you a little bit?*

*Terry: It is. Actually, we first come in 1999 just me and my wife and the kids have kind of been here since they've grown up, so we've probably been here two three times here very fortunate to kind of come to such a beautiful place but it's definitely our favourite place.*

*Robbie: And John you're out here with the Dubai Fitness Challenge, 30 minutes of exercise for 30 straight days that's the initiative and it's been very successful in the years that has been running. Give us an idea of exactly what you're going to be doing in the next couple of days?*

*Terry: Well I've been down at the football facility this morning, watching the kids play someplace and football that can be any sport, we're not just talking for more here, we're talking cycling, swimming, running, a bit of Zumba as well for my wife and a little bit of everything but like we say just important to get out for 30 minutes of exercise a day for 30 days, it is excellent.*

*Chris: Yeah, you mentioned your wife Tony as well. She has written a book about it about the importance of working with frames and family I mean do you carry that mantra into your daily life? do you work over the misses on a regular basis?*

*Terry: I did, I kind of retired and that was the end of it I give up kind of exercising but she's constantly on the case to me up getting the family our power in the gym Sunday mornings on the bike on the treadmill for a walk with it with the dogs, little jog with the dogs that kind of thing but so she's very active it's very important as a family as well because kids nowadays as well especially around computers and stuff like that it's important to get them out wherever that's 30 40 40 minutes an hour a day, it's very important.*

*Robbie: When you're in a routine like you had for so many years, John, and you transitioned into coaching obviously you're still active in football but how tough is it to stay fit? because you see a lot of athletes I won't name any names but they retire and they kind of let themselves go a little bit but it's pretty tough I would imagine to keep that routine going.*

*Terry: yeah, it’s very tough good because you're probably doing as a player between five and eight K a day without even thinking about it that's just on the on the football pitch with Jim work as well it's probably around 10 K throughout the day so when you stop and realize that you've got gone a 10k run just to sustain what the way you're looking is quite difficult and that's why you see a few players blowing up.*

*Chris: You've not paid me to see this but you're looking in decent, Nick, John?*

*Terry: I’m not too bad at that. I put couple of kilos but…*

*Chris: Could you still plead you record?*

*Terry: I think I could I still get involved every now and then if there's a little injury and training or if we're short and numbers are getting involved.*

*Robbie: Did you score a world class goal the other day you post it on your Instagram?*

*Terry: I posted it. I Did.*

*Terry: There was a couple of little bit shot in the end of training but I still miss it obviously it's the best feeling ever you know being a footballer but I'm on the other side now and I'm enjoying that side a bit as well.*

*Chris: yeah, let's talk about that how much are you enjoying Aston Villa and working and learning off of Dean Smith who bit of a footballing visionary did great work at Walsall carried that through to Brentford given the job of his dreams at Aston Villa you enjoying working under him?*

*Terry: I am… actually, He's a really good guy and my brother used to play for a Malay Leyton Orient says the connection there was known each other obviously. I played at Villa for one year as well he's a big Villa fan and obviously done great at Brentford, so, I got the opportunity, we kind of spoke and just hit it off straightaway as well so, got the same mindset and the same full process we got in football so it works well but I'm learning every single day of him and it's a real pleasure to be around him.*

*Robbie: How did getting villa back into the Premier League as a feeling of euphoria? how did it compare to winning a trophy?*

*Terry: Yeah, I missed out as a player actually, we lost in the final to Fulham the year before so we have the opportunity firstly to go back to the club and then as a coach to kind of be part of that process it's completely different you feel like you've done nothing so when all the players are celebrating after the game, I missed it to be honest because I was kind of at the forefront them celebrations and everything else so I missed that side of it but as a coach, we was having conversations 10 minutes after the game getting right signings for next season it was like “right move on now! we were in the Premier League what can we do to now sustain ourselves and be in the Premier League.”*

*Robbie: How does that feeling change, John, from being a player winning things under coach winning things? we've talked about it. The feeling the difference in being successful as a player and a coach is there a difference there?*

*Terry: It’s massive, it’s huge. As a player you feel it's probably the same when you're injured as well so if you're injured and miss a game whether that big, I mean like Champions League final just after the game, I just didn't feel like hurt not because I didn't win it. I felt part of it because I had a process on the build-up to the final, but I just didn't feel the same as if I would have as I was playing.*

Chris: *It’s that a* *regret when you look back and obviously you want it? You've still got the winner's medal. What was that the toughest 90 minutes that you had to sit through? because you weren't involved in the heat of the action.*

Terry: *Yeah, a little bit, but also as well you kind of realized the precious of, I've obviously missed the penalty in the 2008 night against Man United. Devastated, but for me the most important thing was in my lifetime, my career, I just wanted to Chelsea fans to experience that win the Champions League we've done that however that was with me or without me because I'm Chelsea fans for that's all that matters to me.*

*Robbie: How certain for you that Didier was going to score?*

*Terry: A million percent.*

*Robbie: It was an excellent penalty, wasn’t it?* *one step and just banged it into the bottom left corner but we've got a touch we're going to talk about Chelsea of course we've got to touch a little bit on England as well because last night seven nil winners over Montenegro thousandth match thousandth international match and you were a big part of England for a long time. What's your impression of this England? and if we compare Gareth Southgate there's a lot of been a lot of talk has been about the culture of England and how that's changed what's your impression looking into that as to how it's changed it and why it's changed?*

*Terry: well firstly no Steve Holland who was a big part English help and Gareth as well obviously played with gaffer than the back end of his career mine and just what you hear from the players and what you know that Gareth was doing amazing things with a group as well so pretty much when I was playing in part of England setup you kind of go in you get told what to do when to do even after meeting she gets home whether you played well or you didn’t now he's very inclusive with the group as well I think when we're looking at the Millennials nowadays after games is kind of having debriefs or getting players to lead these meetings themselves of going “okay, we're playing against these, what's their weaknesses from set plays” and the players then get up and have to watch the videos and dissect it where can wear the weave fillers play is because it's okay you as a manager going right this is what I feel I think this group of players if you're thinking something completely different to the coach, you're gonna get nowhere so we he listens to them an awful lot before and after games and and likes their input so that side of it I really like the ways coaching and bringing in frupa just very excited as England fan now*

*Chris: He was vilified boards got in some quarters this past week with his handling of the frack are between Raheem Sterling and Joe Gomez in training. Your thoughts? I mean is it fair that some are actually criticizing for what I believe and again I know my opinion doesn't matter in all of this but I obviously thought what he did was very unbritish it was actually quite mature to see I'm not gonna castigate Raheem Sterling, he's still part of my squad, but it's wrong to grab another player and he's banned for a match.*

*Terry: yeah I mean I was still like Raheem to be part of that game last night it's a big occasion big occasion for him and he's probably our best play at the moment as well so as long as it's not a reoccurring into the room it's not like he's done it before or if he does it again I think for me we're talking about player and in full tunes nowadays everyone says players don't care nowadays it's different all they care about is the money you got two players playing for the probably the best two teams in the world at the moment coming in a day after the game still fearing about it and you go I think there's a positive to spin on that you go then to best players caring about their football clubs I hope if we have a disappointment the game or result for England they go away not and I want them to have that same feeling if they've got that something's right.*

*Robbie: Was Gareth damned if he did and damned if he didn't? because if he hushed it up and it had come out in the press they would have probably been a lot of articles about maybe his weakness in handling it.*

*Terry: yeah, I don't think you can hush anything else alluding sadly all gets out the team gets out and everything so that's very difficult I think listen they're two grownups get them alongside each other we've you as the manager and you could add offering they could've dealt with it slightly better.*

*Chris: A lot of players came out in the aftermath to see “aahh, this is commonplace in football I've done this with another play I've done this”. Give us an inside join you ever been in a are we tussle with a teammate or two?*

*Terry: I've had a few square up on the training pitch. But that’s heat at the moment stuff two minutes late you're in the dressing room and you shake hands is completely forgotten one million percent no carryovers the following day or an hour later completely forgotten he at the moment stuff it happens and if you're involved in football you know it happens.*

*Robbie: You were part of the England so-called “golden generation” when you look back and reflect on your time at England do you have regret about how some of those major tournaments were handled and you know maybe the culture and how it’s so different today?*

*Terry: Yeah, probably a little bit actually and when I become England captain, I tried to change a few things with the FA and a little bit just around the camp. We had some of the best players in the world at that time playing for Man United, Liverpool, Chelsea and all coming together and we kind of didn't do what we should have gone on to achieve though and for me that come down. If I'm a Chelsea and we play on a Saturday in the following Saturday you don't need to tell John Terry or Frank Lampard or Steven Gerrard or Paul Scholes how to prepare in that week and I think when we was a way of England we was pretty much would meet up on a Sunday the game would be the Saturday or the Friday night and you'd spend the whole week locked up in a hotel room and all you're doing is thinking about the game that's not a good place to be and I try to kind of change things make things a little bit more relaxed like if I was it shows like I'm saying on a Tuesday I'd go and have nine dollars or 18 hours of a couple of lads and we're in a hotel on the golf course and we wasn't allowed to play golf on the Tuesday or Wednesday really bizarre small things wasn't allowed in the local towns to have a coffee if I'm at Chelsea I'll go and have a coffee in my local town I'll pick the kids up from school we missed all those little bits I think of just being herself we was how the public wanted us to be we're in the England camp we can't do our normal things.*

*Robbie: When you go back to Chelsea on that then join in and talk to your international teammates and you'd obviously be picking their brains what they do in the weeks leading up to games where the Portuguese, Germany, Italian, whatever… is that the same for them are they locked away or are they given a little bit more freedom?*

*Terry: A Spanish boy is a hundred percent loads more freedom their family can come to the hotel they can go out and have dinner together they can go and play golf they turn up so if the weather's boiling hot which it is 9:00 Sunday at 10:00 in Spain you can go to the gaming shorts and flip-flops and a little bit more relaxed I think we got caught in a process of we have to be this way and we're robots we're not with human beings and we want to pick the kids up from school want to go for a coffee and switch off away from football. Spain was allowed to do that we wasn't not saying that was the be-all and end-all why we didn't win anything I just think those little details can make a big difference.*

*Robbie: Aside from with a club, if you lose a game, you get the chance the next couple of days or the next weekend to put it right with an international tournament that comes around every four years is a long time to wait and was there a sense of pressure on you to perform? I'm thinking 2004-2006 when there was a real expectation that England would win a trophy did you feel that within the camp?*

*Terry: I felt the pressures of course obviously what in a TV you reading the papers on a daily basis as well I think playing that's what you have to learn how to around the repression, I think we did as players because we've done that at club level it just wasn't meant to be I don't know why whether that was formation or we tried to fit players you know in that maybe didn't fit the formation I don't know but certainly underachieve for sure.*

*Chris: now you're a coach John this is the million-dollar question that all England fans want answered how would you have gone about in shooting that Steven Gerrard and Frank Lampard played together?*

*Terry: I’m about to find the way.*

*Chris: Because it’s the one that true now that they are two, arguably the two best midfielders in the Premier League and for the Man United fans get in touch Paul schools Roy Keane I know there's many that have played in the Premier League but those two on paper the very least should have been able to play together and this perpetual canon notion that they didn't I mean you're taking it?*

*Terry: we played pretty much 4-4-2 formation really when I was playing and you kind of look at it now you would have loved the Michael Carrick sitting in front of the back four and them to just in front of him and three boys up top formations kind of move on we did try and kind of fit him in we had Scholes he playing left or Joe Cole playing left wasn't there their natural positions at time Steve he was wide left yeah it was a difficult one because I thought is there.*

*Robbie: Let's talk about Frank because he's doing a great job, I think the fact that he's been shackled somewhat by the transfer ban and a lot of people thought that he might struggle in his first season with Chelsea. What's your perception of how he's doing and is it now conceivable that Chelsea could win the league under Frank?*

*Terry: A hundred percent. Frank's done unbelievable since he's come in and I think the expectation level wasn't there, but I think that's helped him as well. I think we've with the boys had on loan at Derby last year has served him well and they've been excellent, Mason Mount coming back for, CHO (Callum Hudson Odoi) has been excellent, Tammy scoring 26 goals, I think for us last year at Villa coming back full of confidence and actually having the option not to buy players probably helped Lamps as well but because he understands them as well enough it done article before the season started saying what Frank's appointment would do for that Academy because for so many years I mean I was the last one to really come through you get parents I used to have meetings with parents of an under 14 saying “listen, this is the right club for your boy” but he's not going to get a chance in the first thing that the whole Football Club is lifted because they know if they're good enough under Frank they're going to get a chance at the Football Club and we're seeing that and I think it's excellent it's what the fans want to see and actually I think a lot of Chelsea fans would say we don't want our band upheld in this*

*Robbie: It's almost like the perception of Chelsea even from the outside has flipped a bit because at the start of the Roman Abramovich era they were the kind of big spending powerhouse team you know Mourinho coming in now they have this underdog perception because of the transfer ban because Frank is an inexperienced manager there's a whole different vibe around the club would you say?*

*Terry: yeah, I don't think just around the club, I think in the football world, I think I think probably for the first time in… well, since I've known it. Jose loved by a lot of teams.*

*Chris: Yeah, we said this on the show. I hate to say it, John. I mean I am not a Chelsea fans, but all of a sudden now, I want to watch Chelsea because the brand of football they're playing there's a core of homegrown players, they're likeable.*

*Terry: Yeah, they are. It's great to see them getting the opportunity, Billy Gilmour, who's kind of on the fringes as well coming through and trust me Frank will be watching every under-23 game every under-18 game they will have their fingers on the pulse and making sure that after an under-23 game going in that dressing room telling the boys are not good enough or you're with me the next day you're training with the first team the impact that has on the Academy is incredible.*

*Chris: I just want to touch on something that you said a couple of moments ago going to the parents of 14-year-olds as captain of Chelsea Football Club playing massive matches at the weekends, midweek Champions League. The expectation was you would still meet some parents of kids who were maybe looking at Chelsea as a potential employer.*

*Terry: A million percent. You get called into regular meetings throughout the year and actually on a Sunday I'd go down and watch the under twelve, under eights, under tens, watch all ages we can do a lot of the coaches as well but just the inter think it's important to have that presence there as well as caps of the club I just thought is the right thing to do and I had an interesting in the new generation coming through really all ages. My little girl was there for a few years as well, so we pushed the girls’ football on me, Lamps, Didier was a big part as well. I think I think when Chelsea's your life and Chelsea's you it means a little bit more.*

*Robbie: N’golo Kante, I don’t know what you see this, but he said if he could make one signing to the current team, he'd sign you I'm not sure if he'd sign you in the present day or the 2004 John Terry but, is that reflective of the fact that maybe they do miss that strong leadership and someone to bolt the defence together?*

*Terry: I think we've probably missed that for a few years to be honest but now when I look at the defense I mean Cesar there was an unbelievable defender big character as well obviously lost David. But look at, you know, Kurt and Frank Rijkaard that they're young boys learning their trade. I was given time without the spotlight being on me of TV cameras matter today highlighting incidents and stuff like that so it's difficult for the younger light spot give them time they'd be leaders I mean Kurt's is a big character it's been a big leader in that restroom as well so give him time I'm sure we see characters come out this kind of squad*

*Chris: Maybe this is a strange question, but are you kind of glad that your career is over in that regard it the 24/7 news cycle now I mean I listen they are rewarded handsomely I'm not gonna say he didn't say I feel sorry for professional footballers they are rewarded handsomely for their craft but the fact that the spotlight is on them with the advent of social media it does part of you can have no kind of feel sorry for them Percy but are you glad that you weren't in that kind of the top of your career in this current churn of want and desires to have a story on you?*

*Terry: yeah, probably called the back end of it to be honest I was probably a part of that last couple years but yeah I feel from because every mistakes highlighted I mean even that we spoke about it earlier look at the England game last night with the performance and the result last night should be the main headline and it's not it's a negative stuff and you go it's so many positives out there that lads are doing away from football as well you know there's so many good stories there to be had but unfortunately, in our world we look for the negative which is disappointed.*

*Robbie: what was your policy in your playing days? Did you just not read a paper?*

*Terry: I read them. And I hope I see the journalist story.*

*Chris: On that name, would you say, “go up to them” and have an out and say “give me your lane” of kind of thinking behind this article?*

*Terry: Well this is a play, you know, after a game whether you've played well or not you don't need some journalist to tell you and stuff at that but there was there was a couple in my kind of time where things got a bit personal where every week it was an article he's finished he needs to retire Lakers are gone Robbie Savage done one of me and obviously come for him publicly but it probably went on for about a year he had a an article in the mirror every week it was about me so you know I just come become a free man.*

*Robbie: and there are people that are making a living of forget devil's advocate just talking nonsense but for effect just to royal people because it's getting clicks on websites and it's getting callers into radio stations?*

*Terry: Well, look at the guy at sky sports and B/T. Actually, actually, like I say if I've made a mistake I've made it but tell me how it made a mistake or how I couldn't do bad cuz these younger players coming through now if we're gonna criticize him on TV then go into detail so if I'm sitting at home I wanna know why he's made that mistake then why a certain players who's a pundit sees that mistake or what he feels or what he would have done in that situation and she break it down don't just go his robbery she's made a mistake because it now I'm sitting there the other side of it I go well if I'm a supporter I don't really understand football make me understand it make me see in the eyes of the defender what you're seeing I think if they do it constructively I think it's okay.*

*Chris: The accusation of today's youth is that they can't really take criticism and in today's society you're obviously you started out all those years back John you've come through your Nonna caught you're seeing the young players of today coming through is that the case? I mean who has the outlook of youngsters coming through today changed today than it was perhaps 15-20 years ago?*

*Terry: Certainly very different yeah you have to be very careful with what you say in who you say it's whom and why you say I would say sure I think the big turning point was taking away jobs from the younger players we used to clean boots showers toilets all of that have responsibilities with the first team players nowadays in most clubs the first thing players wouldn't know the academy players names that's because they're not built up a relationship with vermin don't kind of understand what they do around the place it's pretty much the younger players now for me come in there way before the first team players which is right you want them spending hours and hours and hours on that training field to try and become a top player. You talk about lamps, lamps is finished training, he'd do some sprints he'd put a wet jacket on do some sprints on them football pitch grab a bag of balls up we've got the other end there for an hour practicing his shooting when he's doing that you look around the academy guys driving out there the facility you'd be like “that's not right that” you've got the guy at the top of his game doing extras and younger players going home at 1:32 o'clock.*

*Robbie: You've spoken a lot about how you idolize Marcel Desailly when you kind of came up through the ranks. Do young players today lack the respect that they had 20 years ago for the senior generation of players?*

*Terry: I'm not sure it's lack of respect as I think they're very confident in themselves and rightly so because the ability of some of the players is phenomenal really impressive but there's still there's still the bases need to be done for me the basics are making sure you work hard every day be the best trainer every day be on time you know we're talking about lunches fine system earlier and stuff like that things like that put in place you want to create a really good culture around the place so in my generation if there was a meeting if Mourinho called me in at 10:30 I'll be there at 10:15 because I've never wanted to be late under Mourinho never but all of a sudden everyone's there at 10:15 you know if you're there at 10:20 you're seem to be late but you're 10 minutes early so you just creating a culture.*

*Chris: well get to Mourinho on a second and I want real insight and the special one in just a moment what you said there is interesting as well you're right about the reporting of the fine system this past week it came hot on the heels of the gareth Southgate episode Frank Lampard the fines that are installed at Chelsea Football Club and it was Robby that said on our show this past week whereby had that been Antonio Conte and that was released it would have been reported very differently it would have been seen as quantities to straight he's too harsh on the players the players are not happy a source at the Football Club has said the difference in how those two have been reported? I find fascinating.*

*Terry: yeah, I mean it's probably been in place with different figures over the last 20 years when I was playing the most.*

*Robbie: So, it’s the salary, right?*

*Terry: Yeah, probably. But it is Lamps who support in place in sign it and right now they take the responsibility to be out there if they train at 10:15. It’s the basics of being a top footballer.*

*Chris: Just very quickly before we talk at Jose. I've been told a little tale about when you're a youngster play and making coffees or tea there was this thing that you don't want to be doing that you don't want to be seen to doing that you had a different kind of thought process on that didn't you?*

*Terry: yeah, I was just telling Jamie actually. my first that Josie is a white yes so went in and the older the players were the older said to me “if you get asked to make a cup of tea make the worst cup of tea, you can make you won't get asked.” obviously in their thinking “that's not rising” so I also make a cup of tea or coffee for another player and stirred it loads put the sugar in put the right milk in. I wanted to make the best cup of tea and if I'm a tea maker then be the best tea maker if I'm a cleaner be the best cleaner and I used to do the kit at Chelsea as well but I used to study on I used to look at Dennis Wise how did he put his kit on a match day it might sound small but to me...*

*Chris: that's a bit weird, John.*

*Terry: Yeah, no, Give me time to finish…it was Dennis Wise who just put the slip on first he's shorts next but if kit was laid out with his t-shirt at first in each and all of a sudden it was is a small detail before a game I just wanted Dennis Wise to make sure that he slipped was on top so when he got undressed the first thing he found on top was a slip next thing was a short next thing was a t-shirt so it was in order other players with different there's kit man I made sure that every player had their individual bits no one really knows that base just a small detail where when I was playing I wanted my boots right what did my kit right because all I wanted to think about was my football.*

*Robbie: Football is a game of transients these days, I mean, players move seemingly every season, every couple of seasons. You're maybe one of the last bastions of real one Club legends when you look at the numbers well actually read them out, John. It’s actually crazy numbers that you've accumulated. 15 trophies, five Premier League's, five FA Cups, three league cups, Champions League, Europa League, and you played under eleven different permanent managers throughout that time. Six of them won trophies at the club. How in your words was the club so successful throughout this kind of perpetual turmoil and rote revolving door of managers?*

*Terry: I think we had a really good core of players actually. The spine at a team was very important. Mourinho was a big part of that when he first survives kind of set standards of how I wanted things and that kind of stayed with the club even when he wasn't there that stay with the club, he's winning mentality on a daily basis was massive.*

*Chris: Vialli gives you your debut, Jose Mourinho came in 2004. Before all of that, Roman Abramovich came in. Do you remember the day that he bought the club that you got the call we've got a new owner and perhaps give us a bit of an insight what was your kind of first interaction like with roman?*

*Terry: It was on a golf course. When I found out, and just like I didn't know too much about him, so you start having it. Just obviously, a few months that was back in pre-season you end up meeting me come down and he just so down to earth really shy really humble honestly but he just wanted to improve things at the Football Club so we come down the training ground and go that's not good enough that and this would be better would go away a week later we'd have like a new kitchen in place you. New chef would arrive and all the improvements he made so on the field we were doing everything, so pitches improved all of that side of it but even in and around the place of the facilities we build with columns unbelievable.*

*Robbie: Knowledgeable as well because I often think chairman if they don't do this and here's a little tidbit for free they should be on championship manager, football manager do a couple of hours on that was he like that that he come to you saying, John. I've watched you this game I enjoyed it was he knowledgeable or was he very standoff?*

*Terry: knowledgeable on the world of football. I mean I'm fortunate I was on I was on one of his yachts one summer and they invited me to his and we're sitting there talking about players all over the world and he mentioned a couple of names and I didn’t have a clue as that was. Even got videos he knew every single player would watch constantly because he's continuously looking to improve the Chelsea team you know it was incredible, but these players went on to become you know big players.*

*Robbie: Did he have a favourite player at the club?*

*Terry: Lamps (Lampard). I think Lamps because he loved the group. but I think the spine of that team was Peter Cech, myself, lamps, and Didier and I think Gascoigne maybe.*

*Chris: Jose came in 2004 and people I think sometimes forget the success he had at porto. He broke Celtics hearts in Seville Martin and you are in charge the 3-2 win with porto he followed that up the next season he wins the Champions League Didier Deschamps with Monaco then he comes in and he tells us the watching world “I am the special one”.Day one he says this is who I am what was he like? give us a bit of insight into the brash arrogant Jose on day one. Was that the same that he was talk us through those kind of first maybe couple of hours when he came into club what was your interaction like with them and how did he can I set the stall out to see we're going to be a successful football club.*

*Terry: yeah well it was fine because obviously all the players are watching that at that press conference were all texting each other all found each other again or we could be in for here that met him the complete opposite and he was like he just wanted to get all the players on side so he he pulled myself and Lamps individually and then together and then he pulled all the group together as well literally like a full detailed slide show of how wanted things how only his place to be around the place what he expected us and why expected from us individually and collectively that season and again I went from going back to preseason or under new managers just kind of going and playing really going to train with him it was like he had a schedule he had the first month's schedule of going this day we're doing that you'll all get that schedule so you know exactly what you're doing tell your wife's tell your kids ever so you can plan your skip a month but then you break it down he knew what we was doing for the next three months you know from a footballing point of view but they want a preseason we're probably a generation where you go in and get your trainers on run around the pitch. Day one he was like “no trainers everyone! put your boots on. No one runs! we won't do any running everyone put your football boots on and these fitness codes had the mindset of he never see a pianist running around the piano he's here pianist practice on the piano and it was day one it just had a big impact on the group where something was different something was was gonna be special.*

*Robbie: How quickly did he convince you that you would win the league that season?*

*Terry: Day one. I promise you day one.*

*Robbie: You were in still with the belief that you would be title winners that day first day that he was?*

*Terry: The first slide show was the trophy. And you're not going anywhere further than that it's that image stays with me. The whole season that's what we were gonna do this year and it was like again no manager you had ever done that before and then you break it down this is what we need to do to so they're gonna achieve that he was doing what managers doing today 20 years ago. Honestly, incredible.*

*Chris: Give us some insight into those training sessions, John, what was it about Jose because I think it was Michael Silvestre joined us on the show and he was travelling with Manchester this is a couple of seasons ago and he said and I'm not saying anything he hasn't said that day one defensive shape that was the thing over an LA it was defensive it was defensive it was defensive was that the case back in 2004 of those kind a sessions what was the emphasis on?*

*Terry: Pretty much I wouldn't just say defensively we was very well organized defensively and we worked on that but it also the attack inside of its we have people like Didier, Robben, Duff but we also done a lot of attacking drills as well so we had a good but the one thing he demanded from those two wide players from whether that be Joe Cole, Darfur, Robin that they tracked back and work hard for the team so he used to have murders with the players on a daily basis on training after games half-time for them to track back and help the team because they can do that going forward but you don't see many play in that going backwards.*

*Robbie: That 04-05 sides, we talk about great Premier League sides from different eras recently on a man city, couple of Manchester United's incarnations as well, you've got Arsenal's invincibles, did that Chelsea side does it get enough credit for you was it as good was it the equal of those teams?*

*Terry: A hundred percent for me. I think we had a bit of everything we had a bit of presence we had some flair in the side very solid some big personalities and big characters and the best manager for me in world football so, yeah.*

*Chris: give us some insight in Jose, John, was that a match is that a week or a moment where it's stuck with you where you just look back and don't think that is utter genius and Roy Keane has been courted in the last week or so he says that Fergie but he also said Brian Clough as well what's he gonna say here and then he said they got absolutely spot-on all the time is that a match, any moment, that you can maybe share with us where you think yes that stands out to me Jose there it was like standing applaud that man.*

*Terry: pretty imagine now we have a lot pretty much every game honestly. we was losing 1-0 Stamford Bridge which was under we had that record at Stamford Bridge for so many years and we were walking down a tunnel going “oh, it's gonna go off here he's gonna go berserk come in the tunnel” and he's the calmest he's ever been was woeful at the first half honestly was terrible come in he just knelt down started like talking about formation “Listen, don't panic we've not been great this is what we do we're gonna win the game 3-1 if you do this so go and pressurize him let the other send them off and have the ball he's not good on the ball what's on it yes you've not done it” and it was so calm and it was like we went out there we battered and we won the game 3-1 and there was just moments like that in Footwear you go he could have easily gone the other way but didn't and just knew when to go which way in the other way and he had it to the team.*

*Chris: Overall, John, what was he more likely to go the hairdryer teacup route or was it that calm exterior well if you had taken…*

*Terry: Yeah, he would go more hair dryer stuff*

*Chris: Is it?*

*Terry: Yeah, for sure. but he also had the other bit because I think if you like that all the time you then you can't then go to the other place if you fluctuate between the two I think it's a good place to be and he had it.*

*Robbie: Was it like when he returned to the club, I think six years after he left his first spell, he came back in 2013, as a shot in the arm for the Chelsea team what kind of effect did he have?*

*Terry: Well for me in particular was a rough road just been in charge. I was out the team he'd come out publicly reference and kind of legs are not finished and told the club pretty much that as well that my times up at the club I was in Portugal but I mean when I’m having dinner with my wife and my kids and I get a phone call from Mourinho I'm taking over I'm back in charge it's going to be announced you're my captain I love you I need you to be on it and I was like I didn't I was having a glass of wine just the bats all do deserve was like that no wine no these are water was up the following morning doing two free sessions a day making sure that when I went back but he made me feel I went from probably being lost in that year under Rafa said I'm knowing that I had the trust of the manager.*

*Robbie: Is that makes you extend your career by four years?*

*Terry: A million percent. He was my career I owe him so much on it so what he done for me personally give me the kind of authorization to kind of lead the way I wanted to lead on the pitch and replicate the way he was in the dressing room and around the place. It was excellent.*

*Chris: and he would be texting you random times should be open with a message sat on the bath or whatever else you were doing and you get a text from?*

*Terry: you'd be sitting there watching TV “are you watching this?” it's brilliant it might be a comedy sketch on TV or something you'd be like “yeah brilliant but you have any kind of a two-way conversation you go back and then he just stops that's it and you go he's not what have I done going the following morning he don't speak to you like “did I upset him” or he check the messages again and then you come in the next day put his arm around you how was last night how's Tony and the kids all good has their football come and sit with you at breakfast two days later he won't acknowledge her honestly incredible but again what he done as an individual going I need to go and impress him every single day and he just knew how to press my buttons lamps his buttons and I think what he had was that is knowing that if he done that with me lamps Didier Petr Cech ash Michael Ballack Michael Essien the big guy ID if he done that with us and we was I every single day the other players he wasn't playing every week they had one place to go and that was to match our standards on a daily basis and they had to do that which then you then drive you drive and push people on so you could sign any defender but if he comes in he don't work as hard as me in Cavalli oh you're not playing.*

*Chris: but just on that little jaunt because accusation that has been leveled against Josie is that because you don't know quite everywhere you stand and your right to see your message you house the kids next year he's blanking on with that they're mentally off you're not robust I would imagine that could be a bloody nightmare to deal with that and you know the accusation has said that he's he's 3-year cycles the seizure mentality what he demands of you mentally will ensure that the cycle comes taking a more natural end is that fair.*

*Terry: and now I don't think it's fair that's just the way he is he's a winner and pretty much if that's a small side he Gammage he wants the players to be a frying their self in front of balls getting injured injured in training if you have to and and kind that winning mentality is a must wherever it's a small sided game or possession he wants players out every single day and in my generation there I see people like Sela Kevin de Bruyne kind of come through and not being our to match his standards at a time now they was very talented at very young individuals as well and but Marino didn't have time to put them in the team or take our Darfur Robin because we was winning every single week and his jobs on the line so like I said before if you come in and you're ten twenty percent below the standard of Duff and Robin you're scoring 20 goals of season age you're not going to make that team no chance so fair play to them they've gone away elsewhere and proved they're good enough but at that present time at that Football Club they wasn't good enough for Chelsea.*

*Robbie: Probably only a matter of time before he returns to management, you're obviously embarking on your managerial career are you still in touch with Jose?*

*Terry: Still in touch of him, often get a message or a phone call kind of out of the blue but like I say just very thankful really that still can kind of lean on him for certain things as well so he's like that with a lot of the players and keeps in touch with everyone.*

*Robbie: of all the Chelsea managers again this is our perspective looking in from the outside and everyone was fascinated with the kind of Turing's and throwings in the club it was probably Carlo Ancelotti who we felt as observers was the hardest done by in terms of the way he left the club is that a view you sure?*

*Terry: Yeah probably all the players and the support was probably feel that way as well after win double I think it in fact the way he did as well was probably unfair and as players we felt responsible for that actually because we loved Carlo and loved the way he adapted to English football and again you talk about top managers he was up there with Mourinho.*

*Robbie: And he had that aura?*

*Terry: Yeah he had, really good way about him as well the off and on the field, he had Ray Wilkins around him as well nicest fellows ever and just tactically it was excellent but the way it coached before in Italy he kind of come to England and we do 40 50 minutes of tactical work every day and it was we don't really do that and he adapted did he you know he didn't say no this is my way and this is how we're doing it listen to me Frank and video and we adapted slightly in our routine and he was he was very good at that you could go to him with absolutely anything and that's an art in itself I think as well.*

*Chris: you mentioned that he adapted again an observer looking in I always fell under vs Boris an Luiz Felipe Scolari it was again forgive me if I'm wrong it seemed it was more revolution than evolution with the both of those I remember you think his first game on 3 vs boss you're defending your halfway like I was watching that's not playing – John strains at all when they both you know prepaid with - their chances of being there a long time was that the case did they maybe feel to adapt and try to push things maybe they'd agenda too quickly the football club*

*Terry: well I think something people forget as well that a lot of players in that time when Andre was in charge he was the analysis he was yeah the kind of video analysis he'd do scouting for the opposition and you'd kind of see him kind of two three days a week around the place all of a sudden he then becomes manager it's very difficult for the players were there if it was probably a different group of players he he might have said a little bit quicker but like all players you judge people of how you see things and some of the players kind of didn't enjoy that that's fair but yeah probably because that's certainly didn't play to my strengths playing the High Line I'd address that to him one goes over that's you know that's the way he wanted to play and we went with it and it goes back to greenie I was a certain way in he will push and push that's the way he's and that's the way he plays that's a way that's made him successful*

*Robbie: In the Premier League, Chelsea, under your time at Chelsea probably had a group of probably the strongest personalities of any side and a lot was written about player power a lot was written about this idea that a manager would quote unquote lose the dressing room were these were these realities for you or is it simply a media kind of you know narrative that didn't really tally with what you were experiencing?*

*Terry: Certainly, didn't tally. We've had was perceived for sure we had big characters undoubtedly but I think within that group as well we was fair and honest with each other so before you kind of went complaining into it we would be very harsh on each other as well so before you start pointing the finger at managers it was pretty much look at yourself and have a look at you teammates and how can we get better to improve things and like I say on the collar we felt responsible as players that we didn't probably achieve what we should have had done after that after that very good season so as plays you take responsibility we never kind of shied away from that as a group but you had to play a power stuff about being in direct contact with owners in making decision.*

*Chris: Josie came back of course Robbie's rightly pointed out six years later had he changed they often say Fergie may allude as he got older had Jewett was there anyone discernible change where you thought this is different.*

*Terry: no not really still I might say even after the conversation be in Portugal so day one of pre-season we were starting a session and Mia go okay you on the ball we kept giving the ball away in midfield he stopped the session going you two have been rubbish basically with a few other words you two been rubbish if I think unspent fifty million each onto Center after Waldo if you two don't like this she's day one of pre-season I mean guys look to each other like wow give it away again like five minutes later stop the session he's looking at gamma we just time fàbregas Diego Acosta but just what that done for me and guys was like we didn't need liven it up but all of a sudden we set the tone of that session so now we're going around me and Kazakhs smashing everyone flying into tackles he's all become a little bit aggressive and maybe yo they've been being the way was probably come back going he's a lot of fing there they've made it they're there to come to boy in their role and it just the level of training went from there ups are there again and that's just by pushing buttons but again at the end of that session he can put his arm around me and went that's why you're my captain you know and that just lifted me and still gives me goosebumps now seeing it*

*Robbie: How did the two sides that won the title under Joe say you spoke about Diego Costa Eden Hazard coming in as well, Cesc, there was an unbelievable side as well. How did it compare to the first Chelsea side 04-05 that did the double?*

*Terry: Yeah, probably slightly more technical come in was excellent Diego was a was a complete halful and he was nightmare to play against. But a really good like we had a really good group. But I think that's 04-05 is the best for me. But we still I look at that team that was some of the football played I don't know if you remember the goal Burnley. It’s unbelievable football and some of the passes that he see had a relationship with Diego that every time you got it Diego just be on his bike and when you're in training you pretty much know what's coming so the ball from Cesc is coming with outlook man a corner you still can't stop it.*

*Robbie: Of all the trophies you won, 15 of them in total, which one stands out above all the others?*

*Terry: Champions League, for sure. I mean people a so it was the best game I've been involved in involved whatever. For me, that still the best night ever.*

*Robbie: Is that semi against Barca at the Nou Camp the craziest 90 minutes of football you've ever had?*

*Terry: yeah, incredible, isn’t it?*

*Robbie: That game, you could watch that 100 times and wonder how Chelsea go through.*

*Terry: Yeah, it’s uncomfortable 45 minutes.*

*Robbie: Was the sending off fair in your opinion?*

*Terry: yeah, looking back, yeah*

*Robbie: it was just it's so caught up in the moment of pressure that they were imposing?*

*Terry: I don't know if people will remember that the home game he actually coming into the game he had a dead leg off Inc on on the game before that coming into and he was doubtful for that game so he actually he went to go past me in the home leg and I'd done him on on the top of his leg just to let him know that kind of thing yeah and ref didn't see it wave play on and I thought I'd get away of it again in in that early on in the game didn't stupid really*

*Robbie: The 2009 game. Was that among the most heart-breaking?*

*Terry: Oh, honestly if it comes on TV, I still can't watch it. I've not watched the game back at all have you ever seen the penalty incidents and stuff but yeah, heart-breaking.*

*Robbie: VAR would have a field day with that game?*

*Terry: probably yeah or maybe not. But I look at that and go Barcelona was the best team in the world for me in my generation of playing some of the football and the individuals they had we outplayed Barcelona over them two legs and that just goes to show how hard is to win the Champions League we had their Moscow obviously yeah where we lost I look at that and go actually come away from that game thinking that could be it that could be my last chance there and then you got him when it in*

*Robbie: Where Chelsea, I mean they were not favourited?*

*Terry: It wasn't great. We look at Napoli game was favorites to get knocked out of that and then me, Ivanovic, Didier, Franco scored in the home leg on one for one after extra time just it was meant to be, so you need an awful lot of luck along the way.*

*Chris: Chris: How did you reconcile with it, I mean do you still play it back I mean this will chime in a lot of people you know whenever we've made a mistake on here or anything that I've done and replay it back, do you do that? or do you compare mentalize it in a different way?*

*Terry: Now, I'll completely think about it also still wakes me up overnight I say cut randomly weekly I'd say kind of bang it's there 3 in the morning 4 in the morning yeah it's a hard one it's something I'll never forget but like I'm saying even though I wasn't playing in Munich that's kind of outweighs yeah the disappointment of that so for any kind of young kids or anyone playing there will be disappointments along the way that's my biggest by far but then there's a lot of upside.*

*Chris: this will be a bit of a weird question I put this to Robbie a little earlier whenever we make mistakes and every walk of life you'll try and correct them if you're on the golf course and you try and hit a fade and you Duff it your hair fade the next day for a stay back at pre-season did you put that ball on the penalty spot and stick it in the corner where you were planning to go*

*Terry: No, I didn’t. It’s the bizarre one because people will forget three days later we played at Wembley against America we won the game one Neil I'll scald from a header from the edge of the boss and after the game on such as burst into tears going I would have swapped that goal for that for that how can I score from there and not there with my head and brother so it goes through still honestly still makes me emotional today but it was I'd taken a penalty in the euros for England and scored I was I should have taken one in 2006 didn't but I was always very confident after that I was shot to bits confident wise for taking penalties so you talk about lamps and then for players having that responsibility in as a big pressure.*

Chris: *Did you insist on being number five?*

Terry: *No, Kalou was supposed to be number five. So, I was always number six and they were number seven so Kalou was there and for some reason or not, he, you know I still don't know why I was we all kind of look along in each side if no one else is going and I'll go.*

Chris: *So Kalou didn't step forward?*

Terry: *No, but he was he was probably one the best penalty takers. He didn’t apparently want to step forward because I was there and so it was. Listen like I said before it wasn't meant to be it's part of my journey it's the biggest disappointment honestly, I can't even go into these how bad and how much it affected me and still does but that unique surpasses that by far.*

*Robbie: And in terms of the best player from your first Premier League title in 2005 to your last one in 2007 who was the best player? present company excluded, whoever put on a Chelsea shirt?*

*Terry: Lamps, yeah really without a doubt. Honestly there's been some accept of it and if you look technically and in everything probably that one who's above everyone else the ability he had was phenomenal but when I look at I look at Franco on a yearly basis on a daily basis he was he was the best trainer I tried to be the best trainer and I gave my everything lamps would always run further than you would work harder than you but he was always my go-to as a player so if ever there was a moment in a game or training I'd look at him and everybody flying about and I'd be like yeah I'm with you your mom a I'm with you. You know and he would have that effect and that that would be infectious him players and again kind of what that done to the group as well was amazing so I look at that I'm not just saying it he was the most determinant hard-working player I've come across we Weaver Billy is well it's not forget the ability add.*

*Chris: yeah we've had Hardy Redknapp so I'm not very cheer of course the uncle of Frank and he talks about Frank's father being exactly the same that he was always accused of being slow and he said he'd have the corn so and he Bo Rena shine working on getting his speed up and yeah and he did tell us a story when he was at West Ham where front was at the far end and yet he phoned security someone's jumped over the fence and he saw these two security guards running out and it was Frank sleet was coming down and there was Frank just working on his game I mean that appetite to be the very best I mean that is an absolute credit to himself and I guess that's for any youngster to be the best you could've put in the yards*

*Terry: a great credit an example to every young player is you're saying as well and we had it so after training he would do his shoo-in but take a bag of balls and he was like it wasn't gonna shoot and try and put on in the top corner lamps was like game mode game mentality game speed and if you're not gonna come and do that with him and you're gonna try and put on in the top corner then go away go down the other end do shooting same with his weave except the acceleration drills where we do it and players will come there go what you're doing if there was not to standard he'd send them away this is a standard but even after games limejuice their conversation he's dad on the phone he'd just got two goals or a year his dad can't usually scored free and then then to have an argument yeah but I tried and but they must have just pushed each other constantly you know this is incredible and our worries today*

Robbie: *The hardest player to defend against in your entire career or that the opponent you found the hardest?*

Terry: *In the Premier League, Henry for me. Over off a little bit Ronaldinho and Messi being the true that really stand out for me but on a weekly basis it’s Henry for me.*

*Robbie: Why Henry?*

*Terry: His pace was frightening. But also on the back of that he had everything could score of his right foot left foot header he's movement you know you couldn't give him an ounce you know you try and be physical against him he'd be physical back he'd knock it past you try running outside if he could do absolutely everything and he was probably the most fearful that I and I was never really worried going he's always got nervous but never worried he was one player that worried me.*

*Chris: A couple of strikers who failed to really can I say stand for bridge like Andriy Shevchenko. What kind of fanfare, I mean, for what he did at AC Milan when he arrived. Fernando Torres, perhaps a little harsh, he did go on and win the Champions League of course but those two why didn't they just quite click at Chelsea, John?*

*Terry: I'm not so sure I didn't really hit the ground when they arrived and again big pressure big money signings come from big football clubs just didn't happen like it hasn't for many strikers at the club there's been a lot of kind of come in and it's difficult when you following people like Did’s (Didier Drogba) and you got shifted out the team. How do you get a run in the team when you know you might get one game if you don't score, you're out for four or five it's difficult to then get that rhythm as well which people tend to forget as well.*

Robbie: *For club and country, who is the centre-back partner that you had the best understanding with. Who was your favourite partner to play with?*

Terry: *I love Carvalho. Ricky just what we just as characters as players I spend the whole game tell him to come back because he got on these bursty runs and leave me stranded at the back I'm thinking I need your pace back you need to come back but just a brilliant hope we had a really good really good relate even guys kayo later on when we played together because we got on so well off the field I knew exactly what he was doing and vice versa but me and Ricky and them for us first for years.*

*Chris: One thing I've deduced from you John over the course of last 55 minutes or so is that you stand up, you take responsibility, you are the very definition of a leader. The accusations is that you look across not just the big clubs, a lot of the kind of smaller clubs trying to make their way in the game. Not enough leaders… do you see that? is that lazy from us to throw that accusation out there?*

Terry: *I think is a dying breed. But again, I think that comes with being like that on a daily basis. I just don't think on a daily basis players care enough and like I said before whether it's a small sided game or head tennis tournament or a game of two touch, I want to win it all cost. If I'm playing my kids on table, I want to win. My wife goes mad at me, you've got a win I got no. But when they beat me, they know that they're beating me and you know they've got to work hard to come beat me if they want to beat me up on table tennis he's gonna be tough guy.*

Robbie: *Are you doing the Earl Woods effect to you are you grooming them to become sports stars?*

Terry: *My little boy is it a decent golfer my little girl she's very keen on football and spent four years at Chelsea she's pulled away from football a little bit she's maturing a little bit their 13 now so she's pulled away but you're going back to the tee reasonably oh I just don't think they're a every single day and I was probably the least talented within that group of players but I was the best training at all up there with the best trainers or a hundred percent every single day and I think if you've got that it's a good foundation.*

*Chris: how do you and Dean and I'm talking Villa now you see that and you can understand that with not quite as a key soft drilling it into them how do you make it so that is cognitive for them that they are getting that can you do that*

*Terry: I mean you try to but again you look at individuals and being a being a good cat see and I think you need to know individuals the one use can scream and shout out the ones you need to put an arm around pretty much like Mourinho did with me he knew that he could scream and shout at me and in front of everyone or individually he'd get the best at me there was others that he probably couldn't and didn't you know but I think when we look I mean Eden Hazard a prime example of that he was the worst trainer was he really would have his laces undone really relaxed didn't want to get injured during the way he didn't want to push too far give him the ball and he'll come alive so if he's on your team you know you have to sacrifice you probably have to work a little bit harder but you know going forward he's gonna produce you 20-25 goals of season and in the games as well as plays we accept that because he was so good you know with him a Mourinho would have discussions on a daily basis need to work hard only go boss give me the boss idea that's for free gold no that's his answer but you can back it up the weekend as well so if you're a manager you've got someone like him that doesn't need to be every single day and you need to find that balance don't you?*

*Chris: well into the final five minutes in conversation with John Terry questions still pulling in before you join and I'm conscious we'll probably try and rattle through as many as we possibly can I've got to do this I'm a proud Scott Jordan McGann he's the future of Scottish football is he not*

*Terry: unbelievable, John again. honestly he's been incredible it's been that he's one of them that you kind of you love to coach and work with because he's brilliant in team meetings he's pretty much old school where you know if he's made a mistake in it in a team meeting before the meeting starts you'd be like sorry lads ask me you know put his hand up and it he's just got a really good way about him but unbelievable player I mean people talk about his physical status and the way he gets about the part but technically yeah superb great strike both feet can score with both feet headers he's been he's been viable for us.*

*Robbie: James, one of our listeners is asking, what's the most intimidating away ground in European and international football?*

*Terry: Probably Anfield. I think few big occasions there and a Champions League nights.*

*Chris: Did it cross the line, John?*

*Terry: Can’t believe you can ask that. Definitely not.*

Chris: *Anfield, I mean I've had the pleasure of Anfield. Is it goose*?

Terry: *Yeah, it’s goose right. You have to respect I mean their fans are incredible aren't they you know I took a lot of stick there personally over the years well but you kind of yeah you do respect what the hours of football club and and the way they get behind their team.*

*Robbie: Is this their year?*

*Terry: I think it has to be. I think the result of weekend pretty much cemented up.*

*Chris: are they are the initials I appreciate. we compare and contrast eaters and teams but Liverpool and City what was it City one in their last 14 last season but oh cool 13 lot of people carried that on to this company and 11 wins and a draw from their 12. Have they reached the bar now to levels that we haven't seen in English football?*

*Terry: yeah, I think they've both done that and I think when you've got two teams doing that we add that with man united constantly when Mourinho first arrived you know knowing that he had to win you couldn't drop points if you're that one team you can maybe afford to slip up you're a little bit relaxed where the both of them are pushing each other I think it's great for English football but two great managers to really good teams with superb individuals.*

*Chris: and I want to ask about Brendan Rodgers I'm his biggest fan I'm sorting out a fan club because I had the Mount of arguments I've had with Liverpool fans who it was Suarez it was nonsense it was he that gave Raheem Sterling at 17 the chance I'd always remember the performance the first half performance against Liverpool around field the steamer autumn saw they did how good's Brendan and as he is he Leicester not being disrespectful to West are a big club and they're going places but is he destined for another big job.*

*Terry: Yeah, hundred percent you know he's doing great a lesson I'm sure he's got targets the gun to gun achiever Leicester but a little insight when Moreno was in charge Brendan would be youth team manager at the time he so constantly come across would speak Spanish and Portuguese very fluent would come in and have a really good rapport with the players but Mourinho I would lay mean and kinda let him observe and getting really involved but even a spell I wasn't scoring I felt being a defender it was a big part as well thing hadn't scored in 99 games which seems bizarre but Brendan pulled me and the probably also have my best games ever pulled me he had a video for me a free minute video that was a first team player he was used to managing pulled me you wouldn't come into the office he was out I've seen you around the place and you know he said who motivates the motivator he said this is what I'm here for have a look at this all my goals I had scored for out my Chelsea career tackles blocks he's going don't you ever forget how good you are and you know what he just was like wow that's powerful that and I cut us funny enough I scored the next game and kind of dedicated it to him but little details like that you go back in 2000 2004 five or 20 20 20 that's impressive for him from him he was excellent*

*Robbie: you spoke about kind of a lot of this conversation is centered on man management and how you deal with players and how you lead players how important is philosophy overarching football philosophy have you got one of your own and you look at Guardiola you look at Jurgen Klopp and the kind of high press and the high energy that Liverpool play with it seems like in the modern day a manager has to come with a kind of brand of playing football*

*Terry: yeah I think as well if you're if you're a young man is you're going to go in to speak to an owner as well I think there'd be one in that presentation it's kind of one moved on so you have to be really prepared as well which I am I've got my own style of how I wanna play but as well individually as well you look at Liverpool so we play liver for a couple of weeks ago and there from freer pressing we clip it into power fall back over Sonny's head I think it was in about the eighth minute if you get a chance have a look at the way he turns and Springs and gets on the toes of our fullback and you're going you're talking that aliens the same as white Man City it talking about it players at the top of their game working their socks off for their team knowing what role they play defensively and offensively and I think they're they're clearly setup of how they want to play they know exactly what they're doing and I think that's vital as well I think everyone gets obsessed with want to play out from the back it's still nothing wrong with over 50 our boys at a striker and bypassing seven players and then playing from there.*

*Chris: this is added on time John and I promise we're gonna wrap this up in the next minute or two, the phone does it ring from chairman that say John you fancier a gig here?*

*Terry: not yeah I'm happy I've just signed a new contract at Villa so I'm happy I'm really glad what I've done actually I've come in learning under someone like Dean and he's such a big club in Aston Villa and we're back in the Premier League so for me when the time's right clearly I want to be a manager really villa know that and and Dean knows that as well but honestly I'm thoroughly enjoying and learning and watching and seeing how he works on a daily basis but at the same time having conversations with Brendon I'm planning to go to the training ground to watch them.*

*Chris: Oh, he lets you?*

*Terry: Yeah*

*Chris: also you're assistant manager of Aston Villa but Brendan would open up the door and say “come on, John”*

*Terry: obviously not a day before you play them but yes you go back to other managers I mean I spoke to Antonio and Carlo you know they're very open for me to go over and kind of watch them for a couple of days when I get a chance as well and I think as a coach you always want to adapt and try and do training sessions and see what the next thing is so how can you kind of implement now*

*Chris: and what is your style one and again coming back to Brendan he was here quite recently and he said that he talked eloquently about Jose he said the best piece of advice he was ever given was from Fergie who said Brandon as soon as you can get your coaching staff to think and see the game as you do and take a step back yeah I promise you you'll learn things in a week that you never didn't dream of and he said it's the best it's the best thing he's done he did it in this final season at Celtic I would imagine he's now doing it at Leicester is that the case with Dean is he quite standoffish in and you didn't with the players?*

*Terry: I think a real good balance actually and Dean's got a really good relationship with Sir Alex Ferguson as well so I'm sure is that the same conversation but I think as well I think when when you get given the manager's job it's like I need to control everything and that's the really good ones actually I think the older generations the managers actually take a back seat and kind of watch from a distance and and sometimes you can get a better perspective can't you of what's going on because sometimes I think when you're involved in that if you trust and employ your coaches in the right way and trust what they're doing you can afford to do that and step back.*

*Chris: John is a very busy boy today the Dubai fitness challenge and we'll just maybe take it full circle and finish there Dubai fitness challenge is now into its third year the initiative as Robbie said at the start 13 it's for 30 days gets the message and you're the embodiment of it as a professional athlete do that every day try and build that in to your kind of daily life and and live an active and healthy lifestyle.*

*Terry: what that's the important thing isn't it I think I think you small details well where you can have an impact you know if there's a lift can you go down the stairs can you come up the stairs small details so I'm sure throughout the day there's 30 minutes of exercise that everyone can gain but not just the parents as well in the kids well get the kids actively involved get them off their computers and working for 30 minutes I think you know certain generations and it's not only our generation we wanna you know insert a mindset into the next.*

*Chris: and I'vegot two Oscars well John how is the golf game?*

*Terry: okay I'm not playing as much though now got enough time on my hands now but yeah*

*Chris: you're gonna get around in here*

*Terry: I'm not unfortunately I'm gonna do enjoy the Sun I think*

*Chris: oh listen John it's been an absolute pleasure for us to have you in thank you so much I mean you've spared an hour in five minutes I know an awful lot of love that's coming through on her Facebook page bless you good luck for the rest of the season good luck to Aston Villa and tell John I'm asking for*

*Terry: Thank you.*

*Chris: John Terry True legend, former Chelsea former England captain no assistant boss and asked envelop we thank John and this interview you've been watching I hope you've enjoyed it it will be coming to you again on radio off script from 7:00 p.m. on Sunday from all of us here have yourselves a wonderful Friday afternoon. Goodbye.*

**ASHLEY COLE PODCAST SCRIPT**

*Chris: we're joined by an arsenal a Chelsea and England legend not often you get the trifecta it is Ashley call Ashley first and foremost welcome to Dubai welcome to Jumeirah Beach Hotel not about sport for this time yeah?*

*Cole: not about sport for this time - what not that's what you know you leave London and get away from the cold weather and the wind and then you come here*

*Robbie: In terms of football escapes and what brought you out here. How much have you enjoyed working with the kids this week and getting involved and are you're working with Chelsea Under 15's but has this been a great opportunity for you?*

*Cole: yeah I love it you know working with the 15s and here that the kids are a little bit younger some my son's age so you know I've had to learn with patience and I'm having my little boy and their understanding of listening but it's been brilliant it's for me these kind of things is about kids you know coming at a great destination and beautiful people very polite and the kids come to enjoy I think that's the main thing yes I can give some knowledge but don't think they'll remember that when I'm in.*

*Robbie: Is there a bit starstruck?*

*Cole: Hmm… no I don't think so you know I think the new generation are very confident but now he's you know it's brilliant to see them you know have fun and ask me questions and want to learn but again it's hopefully the impact are given me will stick in their in.*

*Chris: And it might have been missed by one or two, Ashley. Under-15s coach at Chelsea, are you enjoying now? obviously you're over here you enjoying the Sun you're enjoying the wee ones but in terms of the professional game in the under-15s are you getting a lot of that?*

*Cole: yes, ummm… you know, they say there's a play I never thought I was going to go into coaching and understand how in depth you have to go to be a coach and the hard work the preparation to be a coaches or even a top manager so you know you tip your health to people that Guardiola and Mourinho because it's not easy and I found that you know going from a player into a coach where I'll say to my teammate left shoulder he understands now explain that to a young kid who left shoulder you'd be looking over there and so he's going into more detail and different finding different ways of them to understand kids understand the different ways when I show them we have to literally put them in a position show them on a tactics board so at times it's hard you know a frustrating birth no I love this it's good to see you know a few tips you give the kids and you see them improve or do it and match days so now I'm loving him enjoying it.*

*Robbie: And looking at what your old Chelsea teammates have gone on to do Frank at Chelsea. John with Aston Villa, you look at Steven Gerrard, a former England colleague of yours up at Rangers does that change your attitude to coaching at all or is it very much they're doing their thing I'm gonna do mine?*

*Cole: no, again, I think is it showed me there is a pathway and again you know I've been around him of course Frank at Derby and see how intense you know he's he works you know ,the understanding of the game going from a player and then after six months you know he's got a big job at Derby County so you must understand the game you know and I've seen that in terms of his tactics the way he does you know team means is very important so he transitioned very quick and he transitioned very well and the same with Stevie I was with him in LA and never thought we'd be a manager to be honest you know and then remembered the PFA guy being out there was going for his badges were you doing he's going for my badges I'm like you're gonna be a coach didn't see that in him you know he's kind of reserved guy and then when you see him you know at work is like wow it's people that love the game and you can you can just tell the difference and of course j-tier Villa were the same he's not a manager but we speak on the phone a lot and I'm so on what defensive you know session is you doing today you know I can use in my 15 at times and you know we talked about so the passion is there you know I think that generation we had passion we loved the game you started to see that now in terms of how passionate they are for their clubs are working for*

*Chris: I want to take you back our chef Ricardo much from the coaching theme arsene wenger the magic of that man we were just* talking Robbie and I or fear before thisinterview about perhaps it's only nowthat is he truly being reckoningrecognized he's always been a top coach but getting the love universally fromone or two Arsenal fans he let's be frank hounded him out of that footballclub *what was so special about arsene?*

Cole: *yeah, I get asked this question you know who is the best manager or coach and you know being an aspiring coach, how I deal with kids I try to get the best out of them on day to day basis. I think that's what Wenger was. He wasn't putting me in body positions like I said I do he was just right "I trust you, you know" you've got big leaders and players around you and he kind of let you play so people say he's not a good coach, he is that was his way of getting the best out of you letting you go and play you making young mistakes and learning from that mistake so it's a different way of coaching where Jose might have been a little bit more hands-on this is how we're going to stop a player put you in a body shape so you know you understand it more and if you don't do it "bye bye" you on the bench you know. It is one of them where fans go you let you learn let them let the game be the player that's what they say, so you play you make a mistake he won't tell you that you just won't do it again because you've learned from that mistake so there's different ways and techniques of coaching so man managing it was great so yeah I think our fans are seeing how he kept a lot of the young players going because he wasn't a manager who slated the young players and now their head is down and you know lose their confidence he was more of a confidence manager so there's a big difference and that's what I think they missed when wenger left*

Robbie: *yeah I think some of the Arsenal fans towards the end of his reign were kind of getting frustrated with his refusal to change his principles that he was so wedded to and Mikkel Celeste told us that often Arsen would focus so much on Arsenal that he wouldn't really pay too much attention to setting up the team to deal with the opposition at hand josée was all about that you never knew tactics*

*Cole: Never, not not really might throw the you know you're 11 down as cones and I'd say well like this guy might like come into this pocket of space or something like that and we're okay and then we do eleven just to get a normal game and then we're doing five O's and that but it was again he was he he trusted the people he had around him you know so tactically and he's like hey listen when you got V air on reso Campbell's Perez's you don't really need to concentrate on you don't need a plan B because that's your plan a and plan a most of the time works so I understood why I asked the fans got frustrated at the time because if plan a didn't work they didn't really have that touch can Plan B where maybe I said to was structurally made them bear now made them a little bit more defensive*

*Chris: did you ever get frustrated with that as players because you guys you're seeing that arsenal allowed you to meet your own mistakes or learn from them but also as players you see things was that every time when you say “Arsene, gotta work on a bit of sheet here” because we keep coming up against United Fergie you would play 4-5-1 I need look to hit you on the counter-attack and there one or two times it making the same mistakes that were made game after game?*

*Cole: yeah, no no, I totally understand and no way you're coming from but again it was I think the transition from, you know, when I was playing at Arsenal and then you look at them now or even maybe two three years ago we had you know leaders men that could sort stuff out you know we figured it out on a pitch but as a group where I think the Arsenal teams of you know now probably couldn't figure it out you know as a group so it was maybe a little bit more tension in the dress and I don't know you know but we had you know if we didn't feel self was gamrat we would organize ourselves and Wenger was probably happy with that you know it's not a kind of confrontation or manager you know we didn't really like the arguing but we as players to come upon ourselves at times to sort out so for me that's the difference*

*Robbie: there's been a lot of legendary teams in the Premier League era but the two that seem to get referenced the most I was just talking about this with Chris yesterday were the treble winners have United and Arsenal's Invincibles during that season was there a point where it became more important to go unbeaten then actually to win the league itself because that has been immortalized to the point now where we're all looking at Liverpool wondering if they're going to do it or not it's become one of those mythical things in premier league football were you aware of how significant that was at that time?*

*Cole: not really you know we want to win the league, if we lose it's not gonna happen but a few things 30 games and you win the league it's fine you know it's about winning but yeah we was doing it in style at times you know game by game when we're getting around probably fairy mark we like you talk about it. It would be nice but our main aim and focus is to win the league you know and if he kills is a bonus. But I remember like, there's a few games we like one down and it does come in the back of your mind so yeah*

*Chris: when you said to the player would you communicate?*

*Cole: No, just meet me personally like I would say boy I want to go invincible no no it was more in my head like just don't lose the game you know we can keep that one I'm just don't lose the game and we'll Nikki and we did celebrate like his win so maybe in the back of people's minds it was there.*

*Chris: what sort of game ash was that a game where you came off and in that dress room you thought we're gonna do this now I remember speaking to Dwight Yorke about the treble and he said funnily enough it was defeat was actually the defeat shake for Wednesday I think it was unity that season win that was wrong yeah you didn't have a defeat you was that a draw was there was there a late goal was that a wing where you ain't we're gonna do this boys*

*Cole: I think again I don't know how far I've seen it was but maybe Liverpool way think we might have won two-nil award to one and it was a massive game you know we they was fighting for the championship as well you know for the league I think we beat him to nil maybe or to one and after the game we like and we played so well we know their chances at times but we felt that buzz and we felt this was our time we we are going to win the league was it was a big game and it was a tough team at an theater this is a way as well so it was a great result for us i men were coming off thinking yeah we're gonna win the league now*

*Robbie: Speaking of Liverpool I mean I know you've probably habitually root against them and that's not a question but are you rooting against them even more now?*

*Cole: no, no, no. Listen, I really don’t care you know. I really don't care. But now is you know they've done it with again style that what I try to teach these kids is you know together us willingness because they all of them were willing to run for a teammate you know don't matter who loses the ball you know I'll get after it because you're my teammate they've got that togetherness and that understanding what the managers come in and put his philosophy down that we're going to be the team that our work effort is number one and they show that we can we can't you know probably games where they should win but they don't stop they don't have that mentally we're not going to stop and they have that little bit of arrogance about them as well and he's needed and not they've done fantastic I would like him to do it to burn it's because it just show it's very very tough to do that and I think I would assume they've had more wins.*

Chris: *Yeah, and the 25 in one draw I mean you were 26 and 12.*

Cole: *Yeah so now they've been unbelievable and to watch them again for our Under 15's and let them watch let's see what it takes to be a professional footballer that is it*

*Chris: you look at the culture that Jurgen Klopp the philosophy the methodology call it what you will these implemented at Anfield we were talking about this you had many respects our show you plead for Arsenal aesthetically pleasing all about the style and of course you back it up with substance you then move to a dressing room at Chelsea that from the outside it's polar opposites a club that seemed to thrive always when they were in a state of flux yeah give us should a pretty in fact William Gallas is probably only one I can think of that could give us an answer on this the difference in cultures that first Dean you walked in at Cobham what made you go wow this is different?*

*Cole: yeah we are you know we talk about you know the mental Ian and winning mentality but I had that Arsenal is you know when the kind of leaders left the bigger guys left and it was left as I mentioned before when kind of left it to us and now that new generation is coming through it was for me was a problem that's why I left it was my problem I didn't agree with it so and then I went to Chelsea and saw that mentality that willingness to put their head through walls people for teammates and it was like I went back to Arsenal with the souls with the Vieira's you know with Yan's laymen's who gets email applicants you know up against the whole.*

Chris: *Really? That’s intense.*

Cole: *yeah but it was that willingness to win and you know that demand of each other was was there and then it kind of went you know and Wenger wasn't the one again as I mentioned to pull p-pop on it and then I went back to Chelsea I felt that mentally in that togetherness again so that was you know a big reason why I left*

Robbie: *and looking at the personalities in that Chelsea team John Terry of course yourself Didier Drogba Michael Ballack massive personalities was that the reason they were able to just adapt to all these changes in management because I think it was almost every season or give or take it was something like twelve different managers in 13 seasons without the strength of personality I'm sure that wouldn't they wouldn't of been able to have that kind of success?*

Cole: *No, you know for me I've difference is when you have top players they have that top mentality you know they always want to stay at the top and again we had so many managers as you mentioned but the drive to be top again but was always there were the players so and we drove each other you know someone went training well because I don't know they were good friends with a manager no you know they they got kicked in their backside and said now come on that's gone now you know we have to be together to win and that was a mentality you know to go through 12 managers and win as much as we did it was again great managers that periods but it was again down to a lot of players management skill*

Chris: *I said it at the start a hundred and seven cups I think is just sick than the old time was for England and I said it you are a national agent you're a Chelsea no I think well what maybe put up to the fans here watching this but you are you've won trophies for both clubs when you look back where felt home for you out of the the Kenna to the ones that you spent the majority of time when you look back on it now we're is the one that you went yeah for the entirety of my time there I felt at home*

Cole: *uh I have to say Chelsea but you know I'm not taking away from us also was you know my family you know supported him my whole life lived the dream there but it all goes back down to you know I felt like my family was starting to leave and that was that's how I felt it was simple so then when I went to Chelsea you know I had a lot of players who I played with England we've players I played against but I knew them straight away I bonded with all of them and just felt like a family and you know that's why I always talk about Chelsea because we're we star for people around the cafeteria you know they made me feel welcome and that's never change River um yeah I'm a player and then I leave and go to two other teams and I go back to chose as a coach I still feel like part um ya know I'm still that family*

Robbie: *we spoke with John about how he dwelt on the 2008 Champions League final the penalty miss and he said that he still thinks about it to this day what was the hardest game for you actually to get over to kind of go that one really stung? that took me a while.*

Cole: *I think that one as well.*

Robbie: *was it?*

Chris: *more than more than Arsenal-barca?*

Cole: *yeah, reason why it's family closer. More recent…*

Robbie: *And it was against United, I guess?*

Cole: *it's just the way it was you know again for me you planned Barcelona against one of them you know the best teams in the world at the time and I just felt you know you're one pin it your way whereas you know we we lost an extra time not in extra time but in injury time but you know bars bars are you know we should have won that game so it did hurt me and I was you know deflated because I thought that could have been my first Champions League but knowing you're I'm understanding right behind jteem taking a penny one penny to win it*

Chris: *Did you think he was going to score?*

Cole: *yeah when I see Van De Sar going the other way I'm like ah and then I've seen him slip hit the post and what feel so for him as well you know.*

Chris: *honestly, at that point, when he missed it is that a feeling of because you're still in it let's not forget you'll another name but instead of feeling that's “our chance gone”?*

Cole: *yeah there is because you know like I said them if you don't slip is going bottom corner or he's going siding it in so that just little slip that extra bit just put it wide and you see the goal of going the other ways like don't mind if the gold he saves it is a good save but he's going the wrong way you know so now he's got half on half a net open so it was hard to take you know because he slipped and gets menu we used to hate night I think that again it was to English Cubs so that's why it hurt a little bit more as well but ya know it's difficult now I still think of it think of it*

Robbie: *one of your opponents in that match Cristiano Ronaldo often cites you as the hardest opponent he's ever faced he said that numerous times think as recently as 2017 he said that what was your secret against him and have you ever sold those secrets to anyone*

Cole: *no you know it is again I've been lucky to have probably teammates around me that I communicate well because it's not it's not as if we're just in you know one zone out wide and we're having a battle 1v1 it's not that easy because if if it was it would rip me to be honest you know I've been lucky to have players around me that helped me at times but now it's just I think I had a different mentality switch and a lot of ribbon after he made me do the splits he doesn't step over maybe do the splits on that you know messages and the phone call that said to myself this is not gonna happen again.*

Chris: *You messaged them?*

Cole: *No no no from other other people here you know our teammates are men United and then when I seen him when England squad they're like yeah but done nothing in the game he just give me a step over and you know and come back to all me for four years but yeah after that my mentality was just like whenever I played in that's not gonna happen again.*

Robbie: *he says he doesn't let you breathe he said too about you Ashley doesn't let me breathe it was that the way you approached defending attackers?*

Cole: *yeah you don't want him you know reach strength is going at you one-on-one he can go inside you can go outside you do step over so there's a lot of factors to it but yeah I just felt speed-wise is he faster than me mate he probably is but if I'll get tight and you know give him a little kick then I turn I think my first five five yards I was quick enough to keep up with him so yeah you know get tight to him make his first touch made me go back and be aggressive with him and that's why I just you know every game I mentally you know before I had him in that kind of in that area you know so I collared psychology baby I think I was mentally stronger than him but no he's a fantastic player and not saying I've done him every game you know he's gonna have moments but he's a world-class player so you're trying to just basically limit them*

Chris: *yes and over the piece and I'm not just saying this because you're sat in front of me probably did over the piece get the better of wrong any more than he got the better of you you'll always be intrinsically linked with him as well 2006 and I hate to go back there because I'm sure painful memories the winking gate call it what you will with Wayne Rooney were you're we're shooting the game what had happened and give us the kind of aftermath in that dressing room at full time because I'm sure why as I said hey this is what happened?*

Cole: *yeah, I don't I don't know if rule II said it I mean see it sorry maybe did because hurling maybe go to running so why are you doing that but no I didn't see a wink…*

Robbie: *would be a meme if that happened this year*

Cole: *No it wasn't my teammate but I did feel a little bit our board if there's a game plan you know it's football everyone thinks he's you know friendly game he's not players want to win whoever no it's not as if he he faked the injury yeah but winking to a team yeah is you know it was a little bit wrong but I something for them to to saw and I think they did you know Ronnie admitted probably is wrong was a game plan to take out for me our best play around the game and it worked it worked we lose the game probably because of it*

Robbie: *when you look at this current England team ash and there's a lot of optimism about it for the first time in a long time a rounding than what Gareth Southgate been doing you guys of course where it was such an incredible group of players you went so close 2004 2006 and of course 2002 with chances against Brazil in that in that quarterfinal do you do you analyze or do you think back as to why England didn't win a trophy during your time playing 107 caps for England?*

Cole: *no I think listen move playing against Ronaldinho for me you don't ever run eldini Oh playing in this era for me you don't have a Ronaldo you know that Brazil team it was stacked of CAF OU's without OHS the Dutch team against that with world-class players and I just think football is not is not the same so people if we're honest yeah we are charged against Brazil but was we better than them I don't think so and I think that's where we fell short a bit I think where maybe we didn't have the cutting edge like the Brazil the Argentina's at the time yeah we beat them but you look at their their players that were unbelievable and did we work as a group No I finished both sides we could have worked a little bit more as a group and kept the ball morphing is is important in tournaments you know to slow the game down at times but I think just the opposition with and against I think it was just more superior than what it is now*

Chris: *let me get your thoughts actually we should have ain't and I'm thinking of it celebrity world public figures come in for so much scrutiny now Robbie and I on our show we talked about social media and awful law and the the beauty of it in some ways and also the pitfalls of it in other ways being a public figure clean professional football for Arsenal for Chelsea for England did it take it to all the times*

Cole: *nothing I was different I think I'm lucky I didn't have that kind of probably Facebook I didn't have that either and then I went on Twitter but late and then Instagram late and people build different you know I can sit here and say I ignore it I have thick skin I do but some people don't you know someone taunts me on Twitter but now I'm back sometimes and I'm not I can't be asked you know and I've sat in stadiums and had a full crowd shouting no nasty things but it's just people deal with a bit different you know*

Robbie: *did you have to work on that facing out or did you was that just something you were always that was part of your personality*

Cole: *yeah I feel just part of my personality I just had a way of showing it right I'll shut people up I plan football that was how I was but you know again people build different now the world is different people maybe might be a little bit more sensitive to stuff so yeah there's a lot of factors going into it but I just say if people getting trolled then get off the social media sites you know I would get held speed to something because that that's the thing it's all good coming off it but maybe people one there for a reason they they don't engage with people outside of social media and that's their way of yo know talking to people*

Chris: *remember speaking to austin-healey the England rugby player and he was very candid with us he said that he had two personalities there was the austin-healey that you saw on a rugby field and there was the austin-healey you saw off of the pinch and they're always stuck with me because and we asked him didn't we what we said that seems awfully taxing mentally to have these two Austin Healey's that you're putting out there when I think of you ash on the football field I think of young compromising never shark a challenge they are appropriate can a footballer you'd stand up and became to twin was required what's that you did you have kind of two Ashley's they actually off the field and actually on the field?*

Cole: *yeah I was quite you know I always see is when I'm playing you know with someone on the bench front take might take my spot or someone around the world who's playing they want my spot so I have to you know do the best I can week in week out with his training day in day out basically I'm fighting for a living you know this is my job yeah I love it but I always want to be the best and someone else once always be the best so I was aggressive fellas you know I hated to lose but off the field no I was quiet calm you know warm wanna start a fight on the pitcher just how I it's just how I was and I think you need that different personalities I think you can't have you can't be the pest on the pitch and then no pest off it I don't think you come across as a nice person where I've you know often feel people fear I'm a bad person I'm quiet I keep myself to myself*

Robbie: *when the media's gone ashen and I guess the need for clicks and to sensationalize everything and you know there's so much competition now that it's 24/7 its Twitter at social media players are attacked on a daily basis by the media do you feel like you were ever misrepresented by the media did you just ignore them what was your kind of policy towards them?*

Cole: *No for sure I was attacked but you know I spoke about it before I said*

Chris: *Did you see that journal? did you say hey out somewhere*

Cole: *No, again I didn't like confrontation off the field like probably took it as why me at times but I just got on with it you know trying to just get on with it and do my job on them on the field*

Chris: *last few for most because I know we're taking up far too much of your time already but I get your thoughts on a-f-t-v continuing this kind of discussion into modern world and social media etcetera that there's some that say that that is a kind of platform that really is fueled by negativity they get clicks when did I say arsenal are not playing well there's others that say hold on a second what gives you guys the right just because you're sitting on a couch to pass judgment on a club that we spend our living wage traveling a length and breadth only over the country across unit but as a player I mean we're we're dude you cannot sit on it always it is it something that you just have to embrace?*

Cole: *ah no I forgot to start without no see I'm almost like laugh about with DNA because they just they were funny but is that real fans and people say yeah spend money to come out and say what I want maybe you don't need to for me is my opinion don't need to go on you to TV or YouTube and abused players that's how I feel don't think players go on a pitch and don't want to do a hundred percent it's stupid but you had people on there saying hey he's right be she's dear sees that everyone's got a right but it doesn't mean you need to go on TV and have your right we've got a right but we're not allowed to say nothing you know a time week on Thomas own aspects or or people back because we're in a spotlight and we're famous and all this where you know because you pay we're allowed to say what you want I don't agree with it*

Chris: *did that Runkle because I see on my show all the time and I've been in stadiums the victory all that is given to you guys in and Robbie can attest to this you go out to take a corner some of this stuff that you hear some of the stuff that you see there's no other word for it it's deplorable that people can sit and watch this and say give it a break it's our right to go to a football stadium more power to you the control that footballers have and I mean this sincerely it staggers me at times because the things that we were you ever were there any times where you know you're a grown man every game*

Cole: *Yeah, basically every game*

Robbie: *Do you feel like you're wearing a mask in that scenario like I am so in the zone now that nothing’s gonna bother me nothing's gonna penetrate this little shield?*

Cole: *Yeah, got around me wrong some you hear you know I was on the left back position so I'm always on the wing and close to the action and the fans sometimes at last something bad but I'm just like you a grown man and the hang that I have in their faces sometimes but is what it isn't it I can't you know I can't stop that I'm here too you know you want to be there to entertain and play football and yes the aggression you see people who have none of my business is it you know it's not*

Robbie: *Last one for me ash seven FA Cup three Premier League titles you're openly Champions League, League Cup you've won it all basically give us a moment that you look back on now that it's all said and done and think to yourself that was that was the happiest that was the most euphoric I've ever been on a football pitch after a victory*

Cole: *Yeah obviously winning my first Premier League and whilst no I was fine and dreamed of you know winning the league and then getting a chance to do it on my boil Club and then winning the Champions League with so many iconic players that's one it and you know with the music doing it a Chelsea you know after people saying I wasn't going there for four trophies now I won that so I'll say the Premier League and the Chum is legal Joseph*

Chris: *last one for me what's taking all the way back coaching for Chelsea Under 15's over here doing wonderful work for football escapes our Jumeirah Beach hotel terms of your future ash you're enjoying it I can see you're enjoying it can we expect to see you and a dugout for a senior team in the not-too-distant future*

Cole: *yeah, I hope so I hope so a lot of work to do*

Robbie: *had any approaches thus far?*

Cole: *No*

Chris: *is that and robbief over again name-dropping another one he's been in and he's been candid with us to see perhaps what he did in his career some of the things he regrets I can think of a certain celebration against Everton says that he's beaten over the head with that time and time again is that something where you've thought about that you've maybe had to say oh I may be gonna have to sell my sell a little bit more here because maybe I have been misunderstood*

Cole: *no I don't think so you know I've I'll be the same obviously I would be different in terms of I've got coaches head on now but not I think if clubs have that view then they couldn't lose out on a lot of players because again a lot of things was made bigger than what they were not just for me I just mean if you just talking about foul line there's one incident in one crazy moment and now we can't get a job because of office silly you know a lot of players probably won't get jobs through that then but no I'm you know I'm happy learning my trade understanding football more but for sure I want to know progressing and one day being on the phone for sure yeah*

Robbie: *oh actually listen, thank you so much in the time we really appreciate it and absolute pointed I look forward to seeing you back in Dubai that was great thank you so much*