



DISCUSSION GUIDE: *Rudy*

Rudy is the true-life story of Daniel “Rudy” Ruettiger. Rudy displays an unparalleled focus on a dream that by all accounts is unattainable. Despite his working class background, low academic achievement, and average athletic ability, Rudy sets his sights on playing football for Notre Dame University. His single-minded focus is a case study in strong self-determination and self-belief.

“My whole life, people have been telling me what I could do and couldn’t do. I’ve always listened to ‘em, believed in what they said. I don’t want to do that anymore.” – Rudy

Rudy has high levels of internal motivation that build his self-regulation and ability to achieve high goals. Look for this theme in the movie.

1. What are the obstacles that Rudy faces throughout the movie?
2. How do the people around Rudy respond to his dreams?
3. What is Rudy’s WHY??? If you had to guess, what is his guiding reason to go after his dream for so many years. What makes him work so hard when others just give up?
4. Why did his teammates want to give up their roster spots for Rudy on the last game?
5. What lesson did Rudy teach the players at Notre Dame?
6. What inspired you most about the movie?
7. Is there anything you want to do in your life as much as Rudy wanted to play for Notre Dame
8. How have you or people in your life overcome obstacles to achieve a big goal/dream
9. What is your WHY for playing soccer??? If you have a few reasons, what is the biggest reason you play?