

Quote

Strength does not come from physical capacity. It comes from an indomitable will.

Mahatma Gandhi

Plot of the Movie

Rudy grew up in a steel mill town where most people ended up working, but wanted to play football (Rugby) at the University of Notre Dame instead. There were only a couple of problems. His grades were a little low, and he was only half the size of the other players. But he had the drive and the spirit of 5 people and set his sights upon joining the team. This movie is about his determination to overcome the odds and fulfilling his dream of playing for Notre Dame.

Please tick/ fill-up as appropriate

1. The odds were stacked overwhelmingly against Rudy whenever he talked to his friends and family about playing football. Why did they consider him as unfit to play football?

- a. Rudy did not have enough knowledge about the game
- b. Rudy did not have the willingness to put in the efforts needed
- c. Rudy had limited athletic ability and was not very well-built

2. To achieve a bigger goal, it is important to stay constantly motivated and connected with the goal. How did Rudy stay connected with his goal of playing for the team?

- a. By following every match closely and knowing every piece of information about the team and its players
- b. Attending the team's matches at the stadium
- c. Training with their youth team right from a young age

3. A journey of a million miles starts with a single step. Please tick the most important step Rudy takes towards achieving his goal of playing for Notre Dame.

- a. Rudy takes up admission at the Holy Cross College, close to the University of Notre Dame
- b. Rudy explains his credentials to the football coach and insists he takes him into the team directly
- c. Rudy looks for somebody who is well connected to the management at the University of Notre Dame and tries to push his case with them

4. Quite often, it is important to realise that some of the goals cannot be achieved overnight. Rudy understood this really well. What episodes in the movie showcase this ability of his?

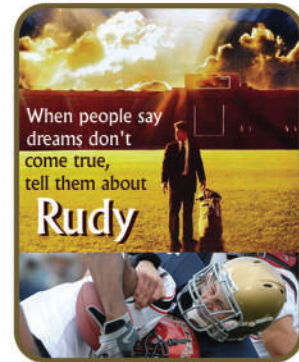
- a. Rudy insists on getting into the University of Notre Dame, the moment he lands up there
- b. Rudy explains his credentials to the football coach very confidently and clearly tells him that he will work hard to ensure he is ready to play in the future and not that particular year

5. Notre Dame and its football team meant everything for Rudy. Given the impossible task of making it to the team, it was important for Rudy to stay motivated. How does Rudy ensure he gets a feeling of being a part of the team?

- a. Meeting the players regularly
- b. Attending the matches of the team
- c. Working for the ground staff of the team and committing to do anything he could to help the team



6. What key lesson did you learn by seeing Rudy apply unsuccessfully to the University year after year?



7. List down the 2 most important people who you think played a very important role in ensuring Rudy achieved his goal. Discuss their roles in Rudy's success.

- a.
- b.

8. Which of the following behaviors of Rudy show that preparation is the best way to ensure success?

- a. Developing a good relationship with the coach/principal
- b. Working hard on the grades and fitness levels during his time at the Holy Cross college
- c. Befriending other players in the team to push his inclusion into the team

9. When Rudy is about to give up on playing football when he is not included in the final list of 30 players, what is the advice the grounds-man gives Rudy?

- a. There is nothing left for Rudy to prove. He has already proven everybody wrong to get to this level and he should just enjoy the game
- b. Life is unfair. Not everybody gets a fair chance at achieving all their goals and it is right to give up

10. List down 2 key lessons you have picked up from the movie:

