



BETTER ATHLETES  
BETTER PEOPLE

## *Discussion Guide: King Richard*

King Richard, the movie, tells the story of Venus and Serena Williams' father, Richard Williams, as he grooms and develops his daughters into tennis icons. Based on the true story of Serena and Venus Williams' childhood, this impactful movie explores Richard's experience with fatherhood and his unconventional efforts to secure his daughters' futures as champions against the odds.

**Take advantage of the teachable moments presented in *King Richard* by using these questions to help guide a discussion with your team.**

1. What are some specific examples and tools that King Richard used to help build up Venus and Serena's champion mindset?
2. The power of self-talk was apparent throughout the movie as players would often talk to themselves after mistakes during the tennis matches. What are some examples of positive self-talk that you can use to help move past mistakes and build yourself up?
3. What were some of the apparent challenges that King Richard and his daughters faced during their journey to reach the vision of becoming tennis champions? Do you feel these same challenges are apparent today?
4. Why was it significant for Venus and Serena, two young Black girls from Compton, CA, to never give up their pursuit of becoming tennis champions?
5. Why do you think Venus and Serena did not burn out while other athletes their age did?
6. What are some appropriate reasons for King Richard to overprotect his daughters? Why was King Richard so driven for them to succeed?
7. How did race and gender play a role in what many called an impractical dream for Venus and Serena to become tennis champions?

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8. How do you think it would feel to be one of the only people with your identity in your sport?
  
9. Whether it's family, friends or community, a support system is important to help anyone reach their goals. Who are some of the people in your life that support you and how do they show their support?
  
10. Why do you think Venus, Serena, and the entire family bought into the plan that King Richard set for them?
  
11. What are some things that King Richard emphasized outside of the game skills to help his children's overall development? What other characteristics, qualities, and life lessons did they learn along the way which helped them be successful in other areas as well?
  
12. What are the pros and cons of having a parent as a coach?
  
13. It's important to understand your goals and how they compare to your parents' and/or coach's goals. Take this 100 point exercise to determine where you stand. What can you do if your goals are different from your parents and/or coach?
  
14. What are some ways to help keep a healthy balance between having fun and pushing yourself to achieve? How did King Richard keep things fun for his girls?
  
15. Venus continues to compete at age 40+, even though she is no longer ranked as highly as she was earlier in her career. Why do you think an athlete would continue to compete even when they are "past their prime?"
  
16. What are the biggest life lessons that you learned from watching King Richard?