



BETTER ATHLETES  
BETTER PEOPLE

# Discussion Guide: *Friday Night Lights*

*Friday Night Lights*, based on a true story and best-selling book, depicts the trials and tribulations of the Permian Panthers high school football team during their quest to win a Texas state title. The film focuses on the conflict between the overwhelming pressure to win-at-all-costs and the bigger picture lessons presented throughout the athlete's experiences.

**Take advantage of the teachable moments presented in *Friday Night Lights* by using these questions to help guide a discussion with your team or children.**

- 1.) What does *Friday Night Lights* say about the pressure that parents put on their kids? How does this pressure affect Don Billingsley?
  
- 2.) How does the presence of Boobie Miles affect his teammates?
  
- 3.) How does Coach Gaines inspire his players? Do you agree with his methods?
  
- 4.) What does *Friday Night Lights* say about the importance of winning?
  
- 5.) What is important about Coach Gaines' definition of "being perfect"?
  
- 6.) The Permian Panthers have won the state championship many times before. Why do you think they decided to depict this particular season?

For more Resources, visit: [www.PCDevZone.org](http://www.PCDevZone.org)  
For more information on Positive Coaching Alliance, visit: [www.PositiveCoach.org](http://www.PositiveCoach.org)