



BETTER ATHLETES  
BETTER PEOPLE

## Discussion Guide: *Miracle*

*Miracle* follows the story of Herb Brooks as he leads the 1980 U.S. Olympic Men's Hockey Team against the powerhouse Soviet team of the time. As underdogs with various past rivalries and backgrounds, the team comes together against all odds for their country and for each other.

"Great moments are born from great opportunity. And that's what you have here tonight, boys. That's what you've earned here tonight. One game. If we played 'em ten times, they might win nine. But not this game. Not tonight."

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

- 1.) After the exhibition game near the beginning of the movie ends in a tie game, Herb Brooks has his team skate conditioning drills late into the night, ending them only after he is satisfied they realize who it is they are playing for. Why does this work with this level of athlete? Could it have backfired?
- 2.) When Herb Brooks flips over the table in the locker room and accuses his team of quitting on each other, the players respond with renewed fire in the latter portion of the game. Could he have achieved this same effect with a different method?
- 3.) The players on the U.S. team all come together against a common enemy (the Soviets) in the movie. What are the positive and negative effects of doing this?
- 4.) What traits of a positive coach does Herb Brooks display? Does he display any traits you wouldn't expect to see from a positive coach?
- 5.) The amount of physical and mental extremes the players in *Miracle* go to are incredible. Why are athletes willing to push themselves like this?

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)