Al Pacino's Motivational speech from Any Given Sunday

I don't know what to say really.

3 minutes to the biggest battle of our professional lives all comes down to today. We either heal as a team or we're gonna crumble inch by inch, play by play, till we are finished.

We are in hell right now gentlemen, believe me, and we can stay here and get the shit kicked outa us or we can fight our way back into the light.

We can climb outa hell, one inch at a time.

Now I can't do it for you.

I'm too old, but I look around and I see these young faces, and I think. I mean, I made every wrong choice a middle aged man can make. I pissed away all my money believe it or not. I chased off anyone who loved me, and lately, I can't even stand the face I see in the mirror.

You know when you get old in life, things get taken from you that's ….. that's part of life. But you only learn that when you start loosing stuff.

You find out life's a game of inches, so's football.

Because in either game, life or football, the margin for error is so small. I mean, one half a step too late or too early and you don't quite make it. One half second too slow, too fast, you don't quite catch it.

The inches we need are everywhere around us.

They are in every break of the game. Every minute, every second. In this team, we fight for that inch.

In this team, we tear ourselves and every one else around us to pieces, for that inch.
We claw with our finger nails for that inch because we know when we add up all those inches that's gonna make the difference between winning and loosing. Between living and dying. I'll tell you this, that in any fight, it's the guy who's willing to die who's gonna win that inch. And I know that if I'm gonna have any life anymore, it's because I'm still willing to fight and die for that inch. Because that's what living is, the six inches in front of your face. Now I can't make you do it. You gotta look at the guy next to you, look into his eyes now.

I think you gonna see a guy who will go that inch with you, you gonna see a guy who will sacrifice himself for this team, because he knows when it comes down to it your gonna do the same for him.

That's a team gentleman.

Now either we heal now as a team or we will die as individuals. That's football guys, that's all it is.

Now what you gonna do?