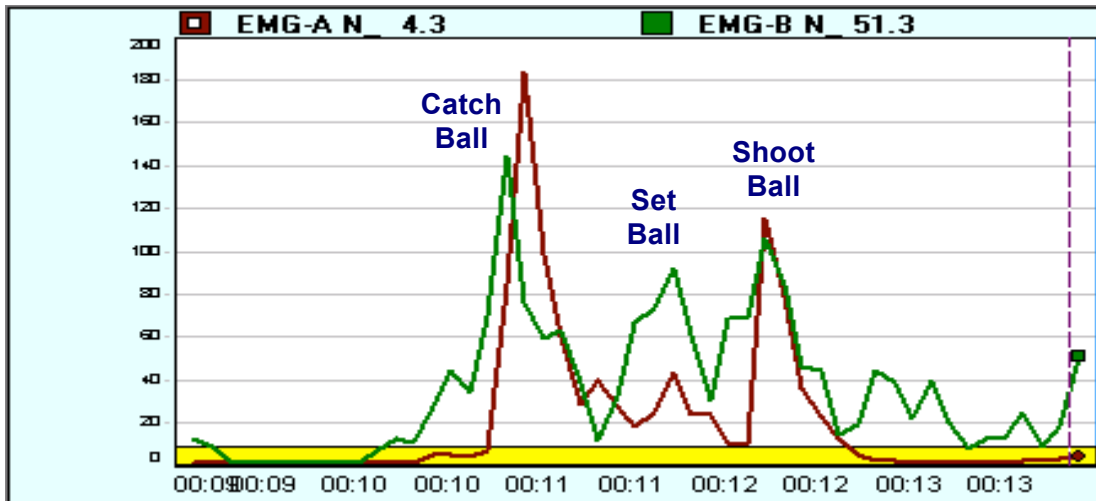


## Catch & Shoot Basketball



Green signal represents finger extensor muscles

Red signal represents finger flexor signal

Notice that both **finger flexor** AND **finger extensor** muscles are active in the basketball catch and shoot.

**Why do we not classically strengthen finger extensor muscles in basketball training?**

Note also that shortened finger flexor muscles will work against the basketball athlete in developing maximum wrist extension for the set phase of the basketball shot.

