The following softball pitching video link (about 7 minutes) is one of the best I have seen for young pitchers (the drills are similar to what we do, with minor variations):

https://www.youtube.com/watch?v=krWu2uRAJaU

Some other good videos (except the sound quality in these is not great):

Full-pitch with a VT Hokies pitcher:
https://www.google.com/search?q=how+to+pitch+softball+fast+pitch&rlz=1C1UEAD_enUS1014US1014&oq=how+to+pitch+softball&aqs=chrome.4.69i57j0i512l4j0i22i30l5.13895j0j7&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:0e33861d,vid:m4CV9vAs4xg

Warm up stretches and drills:
https://www.youtube.com/watch?v=CRretfF-GTA

Pitching basics:

The fastball grip should be 4-seam (or 3-seam is fine). The ball should be more in their fingers and not all the way in the palm of their hand. Their knuckles should face the catcher at the start of their delivery and then palm facing the catcher as they release the ball.

The "power line" is the imaginary line going from the pitching rubber to the catcher's glove. The pitcher should be pitching down that line.

Their arm circle should be going across their chest almost, staying on the power line. The arm circle needs to be fast enough to keep up with their legs as they drive out toward the catcher. The arm circle should be long and loose (arm long but not locked) and shoulders level – "long, loose and level." The arm circle should be very close to the body.

The ideal release point is usually as the ball/hand starts to clear their back leg as they are getting ready to release the ball. As they release, they can do a little wrist flick and let the ball roll off their fingers.

There's a lot of videos out there on pitching mechanics and different variations.

There are two main pitching techniques I know of:

- Tincher method; what is in the video and what I have been teaching: The pitcher stays at 45-55 degree angle during the drive/release and after the release also. I think this is easier to teach to beginning pitchers.
- Traditional / K method: Similar to Tincher with the following differences:
    - Just after release, the pitcher closes their hips so that they are now facing square up with home plate. Still important to release the ball before closing hips.
    - They finish with their arm in the middle of their chest, more emphasis on the follow-through.
    - This method can encourage glove slapping—trying to help with the timing of the release of the pitch with the glove hand starting high and coming down to graze the hip as the ball is released. I wouldn't recommend heavy glove slapping or at all.

  I think the K method can add some speed but that is just my opinion. My daughter has done both methods, started with Tincher, now doing K.

Good pitching warm up Tincher drills (see the video also):

- Wrist flicks / grip and release of the ball—the very end of the pitch. Very close to the catcher.
    - Feet/body at about 55 degrees.

    - Front foot; toes on the power line (straight line going to the catcher's glove). Foot at 55 degree angle (this will be the landing position for full pitch).
    - Back foot; heal on the power line, foot at 55 degree angle.
    - Feet about shoulder-width apart. Shoulders also about 55 degrees and not pointing straight on to the catcher.
    - Good seem grip, wrist should be straight or bent back before release, then subtle flick of wrist on release, ball before release should be on fingers and not in the palm of the hand.
    - Wrist, palm, forearm pointing at the catcher.
    - Not moving legs, barely moving arm; just practice releasing the ball in a straight line to the catcher. Follow-through is straight up the power line, not to the side (or that's where the ball will go).

- "55s": Body is 55 degree angle, draw the power line to catcher, working on arm circle only, kind of close in—maybe 15 feet away from the catcher. This gets the pitcher used to the arm circle motion and timing of release. Arm circle needs to be about as fast as how they will really be pitching, once they have warmed up.
    - About 15 feet away, can vary depending on skill level of pitcher.
    - Otherwise, same exact feet and shoulder positioning as last drill.
    - Arm is long and loose (not locked). Shoulders level, no dipping or leaning.
    - "Long, loose, level"; stand tall throughout pitch, don't lean forward.
    - Arm circle should be going across their chest almost, staying on the power line. Idea is to pitch "across their body" to get more power (legs and core) vs. pitching "straight on" and only using their arm. Similar to throwing overhand, throwing across the body instead of straight on.
    - Start with knuckles facing the catcher, do full arm circle, end with palm facing catcher. While at the height of the arm circle, the hand should be above head level but along the power line and not actually over the pitcher's head.
    - Head up, eyes locked on target (not staring at feet) throughout pitch.
    - Glove hand / arm loose, elbow bent, going toward the target, not off to the side. Can imagine flicking a light switch with the glove, in rhythm with the other arm. The idea is that the glove hand/arm is not throwing off the pitcher's balance.

- "55s – 3 arm circles in a row and then release"
    - Once the pitcher is warmed up with the 55s, do 3 arm circles in a row, then release. The idea is to get the arm circle up to game speed.
    - The arm circle needs to get up to around 90% full speed; fast but still in control / not wild. Much slower and it will be hard to throw strikes during full pitch.
    - Natural release, get the ball out of the hand with wrist and palm facing catcher, then the hand / arm can naturally turn over with the follow-through, straight up the power line.
    - The center of gravity should be in the center of the body; stand tall, don't lean in any direction on delivery of the fastball.
    - Be consistent with arm circle speed, once desired speed is determined. Otherwise, it will be hard to get into a rhythm and throw strikes consistently. Some newer pitchers will start slowing down the arm speed to try to aim the ball and this can make it harder to throw strikes; it will encourage a bigger arc to make it to home plate.
    - The pitcher needs to feel comfortable doing the arm circle before moving on to the next drill.
    - This is something that could be practiced in the house with a ball of socks, just to get the timing of release and muscle memory.

- "55 snaps": Same body angle and foot position, except now the back foot toes are pointing at the catcher. The 55 snap drill is almost full pitch. Do this from 20-40 feet away.
    - Front foot takes a step first. The front foot should land right in front of the power line or just on the power line, at the 55 degree angle.

- The front foot should step out at least 3 feet to get proper momentum and power with the lower body. If the step is too short, there will be minimal leg power. If it is too long, then that could throw off timing with the arm circle and back leg.
- As the pitcher begins that step with the front foot, they start their game-speed arm circle.
- The back foot then moves toward the front foot. The back toe lightly drags on the dirt and aim for the back toes to hit the front foot heal (but the feet don't have to hit). The back toe does need to drag lightly; going completely airborne with both feet is an illegal pitch.
- Pitcher should release the ball close to "6 o'clock position", just as the ball clears her back leg.
- Try to keep legs under hips at release—don't have the back leg hanging back at release of the pitch.
- Keep standing tall, long, loose (arm) and level (shoulders).
- Same as the earlier drills, everything is pointing to the catcher throughout the pitch and the follow-through. Head up, eyes on the catcher's glove throughout pitch.
- Don't rush between pitches; wait a "3 – Mississippi" count until mentally ready to pitch.
- Find the proper distance for the front foot to step out, roughly 3-4 feet, where the arm circle and back leg feels like it's all synchronized. Once the pitcher finds that distance, keep that consistent, along with arm speed.
- Same positioning with glove hand/arm as last drill.
- If a new pitcher is struggling with simultaneous arm and leg motion, have them practice this without a ball until they get the basic motion. As the front foot starts to step, the arm circle should be also starting. The back leg should be coming under the hips as the ball is being released.

- Full pitch: Starting position is different from the last drill, but otherwise very similar.
  - Start on pitching rubber; front foot will be the right foot for right-handers and the left foot for lefties.
  - Front foot heal is on the rubber, toes in the dirt. Front foot is on the power line.
  - Back foot toes are on the rubber or behind the rubber.
  - Legs can be very close together or further apart, depending on the pitcher's preference.
  - Hands together; ball / glove. Shoulders are facing / square to the catcher.
  - Can bend waist and lean forward to get started but have chest and head up, facing the catcher.
  - Do backswing with both arms / elbows; doesn't need to be much backswing and too much can make it harder.
  - Push off with the front foot to get started and can do some backswing. Note that the pitcher needs to push off with the front foot and not take a step with the front foot (that would be an illegal pitch).
  - The back foot steps out, going toward the catcher and lands with foot at 55 degrees, toes just in front of or on the power line. It should be a good size step, 3-4 feet (approx.), same as the last drill. Advanced pitchers may have a longer step than 4 feet. At this point, the pitcher is launching into the 55 snap drill they were just practicing. The back foot for full pitch turns into the front foot from the 55 snap drill.
  - The other foot now does the light toe-drag in the dirt to go toward the back heal of the front foot. It doesn't have to touch the other foot but it shouldn't end up way behind the other foot, as that can throw off the pitcher's momentum going down the power line to the catcher.
  - As with the last drill, keep desired speed and stepping-distance, and landing consistent.
  - Same positioning with glove hand/arm as last drill.
  - Long, loose and level. Keep standing tall—don't bend or lean.
  - Once the pitcher has consistent speed, stepping, and everything is pointing and going down the power line, the main issue will then be the proper release point. If the ball is too low, they are releasing too soon. Too high means they are releasing too late.
  - 10U = 35 feet for full pitch; 12U = 40 feet; 18U = 43 feet.

Pitching 3 times a week (practicing + games) will lead to rapid improvement, even if they can only practice for 15-20 minutes.

For the 55-snap drill and full pitch; practicing in the dirt is ideal to practicing in the grass.

Don't pitch with a wet ball or a ball with bad seems. When it's cold, don't wear restrictive clothing that will make pitching harder, like a winter coat. Wear layers / sweatshirt that won't restrict body movement. If there is a giant divot in the dirt (left from another pitcher) that is going to cause problems, fill it in or have the coach fill it in.

With every pitch that misses, think "why was that not a strike?" Release point, not pointing to the plate, issue with arm speed? Think about how to fix the next pitch.