

## I never trade between 11 am- 2 pm.

### Here's why.

Intraday trading is all about precision and timing. To make money in trading, you need to understand "when to trade."

For me, the time to avoid intraday is between 11 a.m. and 2 p.m. Therefore you can trade between 9:30 to 11 as the odds of your trade succeeding are higher.

You can enter into a position by 9:30 a.m. as the market's early volatility has usually settled which will provide clearer insights into the day's direction.

Jumping into the market too early often exposes traders to wild price swings, leading to premature decisions.

The price swings are the highest in the first and last half hours of the market as the operator tends to build or sell his position. This is why we need to avoid trading in those hours. Try to:

1. Identity the stock which you want to trade.
2. Make sure that your trade aligns with the direction of the overall market.
3. Then open trading view and tap into the 2-hour market frame on one tab and the 1-minute chart on the other.
4. Mark the first 15-minute candle's high and low of the day in the stock's chart.
5. If the one-minute candle tends to break the lines you draw on the high of the 15-minute candle, you can enter a bullish trade or vice versa. (The market and sector should support your trade).

**Pro tip:** Never be bullish on a trade when the market is bearish. Never short the shares if the market is in a bull run.

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