1. 
2. Out of thousands of stocks, only a few stocks need to be traded.

Being best trader in the world still you can not make money, if stocks are not moving.  
Direction also matters not only movement.

1. Here is the list of requirements for what makes a stock the right stock to trade.
   1. We need to know how much volume is enough for a stock as we need our liquidity in a stock to be able easily get in and out without any difficulty.  
      If average volume is low, difficult to get out at our price.  
      So, always trade a stock with average volume more than 10,000shares.  
      Use Stock Screener and look for high relative volumes.