🥇 XAUUSD COMPLETE TRADING PLAN

Master the NY Session - 9:00-11:30 PM & 12:30-1:00 AM Setups

🕘 9:00-11:30 PM SESSION

NY Prime Time + London Close Overlap - Highest Liquidity & Volatility

Session Timeline:

- **9:00-9:30 PM**: Setup Identification
- **9:30-10:30 PM**: Prime Entry Window
- **10:30-11:30 PM**: Management & Exit

SETUP 1: 🎯 Liquidity Sweep Reversal

Entry Criteria:

- ✅ Price sweeps above previous day high OR below previous day low
- ✅ Immediate rejection (within 2-3 candles)
- ✅ Strong momentum candle in opposite direction
- ✅ Volume spike during sweep (if available)
- ✅ Time window: 9:15-10:45 PM

Execution Steps:

1. **STEP 1:** Identify High/Low from Asian/London session
2. **STEP 2:** Wait for sweep + rejection
3. **STEP 3:** Enter on momentum candle close
4. **STEP 4:** SL 10 pips beyond sweep point

🎯 Profit Targets:

- **TP1:** 15-20 pips (50% position)
- **TP2:** 30-40 pips (30% position)
- **TP3:** Trail remaining 20% to NY session end

SETUP 2: 🚀 NY Continuation Breakout

Entry Criteria:

- ✅ Clear trend from London session

- ✅ Consolidation during 8-9 PM
- ✅ Break of consolidation with momentum
- ✅ Retest of breakout level (optional)
- ✅ Time window: 9:00-10:00 PM

Execution Steps:

1. **STEP 1:** Identify London trend direction
2. **STEP 2:** Wait for NY consolidation break
3. **STEP 3:** Enter on breakout candle OR retest
4. **STEP 4:** SL below/above consolidation range

🎯 **Profit Targets:**

- **TP1:** 20-25 pips (40% position)
- **TP2:** 40-50 pips (40% position)
- **TP3:** Trail remaining 20% with 15-pip trail

SETUP 3: 📦 False Breakout Trap

Entry Criteria:

- ✅ Break of significant level (daily/4H)
- ✅ Weak follow-through (small candles)
- ✅ Quick reversal back through level
- ✅ Strong momentum in opposite direction
- ✅ Time window: 9:30-11:00 PM

Execution Steps:

1. **STEP 1:** Identify key S/R level break
2. **STEP 2:** Observe weak follow-through
3. **STEP 3:** Enter on strong reversal candle
4. **STEP 4:** SL 5 pips beyond false break high/low

🎯 **Profit Targets:**

- **TP1:** Back to broken level (50% position)
- **TP2:** 25-35 pips beyond level (30% position)
- **TP3:** Trail remaining 20%

SETUP 4: 🔄 Range Reversal Setup

Entry Criteria:

- ✅ Clear range established (min 20 pips)
- ✅ Touch of range high/low
- ✅ Rejection candle formation
- ✅ RSI/Stochastic showing overbought/oversold
- ✅ Time window: 9:00-11:00 PM

Execution Steps:

1. **STEP 1:** Identify established range
2. **STEP 2:** Wait for range boundary test
3. **STEP 3:** Enter on rejection confirmation
4. **STEP 4:** SL 8 pips beyond range boundary

🎯 Profit Targets:

- **TP1:** Middle of range (50% position)
- **TP2:** Opposite range boundary (40% position)
- **TP3:** Hold 10% for potential breakout

⚠️ CRITICAL NOTES for 9-11:30 PM Session:

- Highest volatility period - use smaller position sizes
- News releases can cause major spikes - check economic calendar
- London traders closing positions creates unique opportunities
- Stop hunting is common - use proper SL placement

🌙 12:30-1:00 AM SESSION

Post-NY Transition - Lower Liquidity, Continuation Patterns

Session Timeline:

- **12:30-12:45 AM**: Setup Scan
- **12:45-1:15 AM**: Entry Window
- **1:15-2:00 AM**: Asian Transition

SETUP 5: 📈 NY Session Continuation

Entry Criteria:

- ✅ Strong directional move during NY session
- ✅ Pullback to 50% or 61.8% Fib level
- ✅ Bounce confirmation from Fib level
- ✅ Time window: 12:30-1:15 AM
- ✅ No major news events pending

🎯 **Profit Targets:**

- **TP1:** Previous NY session high/low (60% position)
- **TP2:** Extension beyond NY range (40% position)

SETUP 6: 🎣 Late Night Liquidity Grab

Entry Criteria:

- ✅ Spike to take out stops from NY session
- ✅ Quick reversal within 1-2 candles
- ✅ Lower volume during spike
- ✅ Return to pre-spike level
- ✅ Time window: 12:45-1:30 AM

🎯 **Profit Targets:**

- **TP1:** 15-20 pips (70% position)
- **TP2:** 25-30 pips (30% position)

SETUP 7: 🌏 Asian Session Positioning

Entry Criteria:

- ✅ Counter-trend move to NY direction
- ✅ Break of minor support/resistance
- ✅ Weak momentum (small candles)
- ✅ Asian session characteristics
- ✅ Time window: 1:00-2:00 AM

🎯 **Profit Targets:**

- **TP1:** 10-15 pips (quick scalp)
- **TP2:** 20-25 pips if strong follow-through

SETUP 8: 💥 Post-NY Consolidation Break

Entry Criteria:

- ✅ Tight consolidation after NY close
- ✅ 3+ touches of consolidation boundaries
- ✅ Break with momentum candle
- ✅ Volume expansion (if available)
- ✅ Time window: 12:30-1:30 AM

🎯 **Profit Targets:**

- **TP1:** Consolidation height projected
- **TP2:** Next major S/R level

⚠️ **CRITICAL NOTES for 12:30-1:00 AM Session:**

- Lower liquidity - moves can be deceptive
- Asian traders start positioning - watch for reversals
- Smaller pip targets due to reduced volatility
- Perfect for quick scalping strategies

⚡ RISK MANAGEMENT SYSTEM

🛡️ Position Sizing Rules

- **9-11:30 PM:** Max 2% risk per trade (high volatility)
- **12:30-1 AM:** Max 3% risk per trade (lower volatility)
- **Multiple setups:** Max 5% total risk across all positions
- **Win streak:** Reduce size after 3 consecutive wins
- **Loss streak:** Reduce size by 50% after 2 consecutive losses

🎯 Stop Loss Placement

- **Liquidity Sweeps:** 8-12 pips beyond sweep point
- **Breakouts:** Below/above broken structure
- **Reversals:** Beyond significant swing high/low
- **Range trades:** 5-8 pips beyond range boundary
- **Emergency:** Never risk more than 15 pips

💰 Profit Management

- **Scaling out:** Always take partial profits
- **Risk-free:** Move SL to breakeven at 1:1 R:R
- **Trailing:** Use 10-15 pip trailing stop
- **Session end:** Close all positions at NY session end
- **Max hold:** Never hold overnight positions

📊 Daily Limits

- **Max trades:** 4 trades per session
- **Daily loss:** Stop trading after -3% account loss
- **Daily profit:** Reduce size after +5% account gain
- **Streak breaker:** Take break after 3 consecutive losses
- **Weekend rule:** No trading on Friday after 10 PM

✅ Pre-Trade Checklist

☐ Economic calendar checked for high-impact news
☐ Daily/4H trend direction identified
☐ Key support/resistance levels marked
☐ Risk amount calculated (2-3% max)
☐ Entry, SL, and TP levels defined
☐ Setup matches one of the 8 defined strategies

🎯 EXECUTION WORKFLOW

⏰ 8:45 PM - Pre-Session Setup

Market Analysis:

- Review London session range and key levels
- Identify previous day high/low
- Check 4H and Daily trend direction
- Mark significant support/resistance zones

Technical Setup:

- Set up 5M chart with key levels marked
- Prepare order entry templates
- Calculate position sizes for different risk levels

- Set alerts for key level breaks

🚀 9:00-11:30 PM - Active Trading

9:00-9:30 PM - Setup Identification:

- Watch for initial NY direction
- Identify which of the 4 setups is forming
- Wait for clear confirmation
- Do NOT force trades

9:30-10:30 PM - Prime Entry Window:

- Execute trades with full confirmation
- Set SL and TP levels immediately
- Begin partial profit taking at TP1
- Monitor for additional setups

10:30-11:30 PM - Management Phase:

- Trail stops on profitable positions
- Take final profits before session end
- Prepare for session close
- Document trade results

🌙 12:30-1:00 AM - Late Session

12:30-12:45 AM - Opportunity Scan:

- Look for NY session continuation setups
- Watch for liquidity grab opportunities
- Check for tight consolidation patterns
- Reduce position sizes due to lower liquidity

12:45-1:30 AM - Execution:

- Take quick scalp trades
- Use tighter stop losses
- Target smaller pip movements
- Be ready for Asian session changes

📝 Post-Session Review

Trade Documentation:

- Record all trades with screenshots

- Note which setup type was used

- Document what worked and what didn't

- Calculate P&L and risk metrics

Performance Analysis:

- Track success rate by setup type

- Identify time periods with best performance

- Note market conditions that affected trades

- Plan adjustments for next session

🚨 EXECUTION DISCIPLINE RULES

- **Never trade without setup confirmation**

- **Always set SL and TP before entry**

- **Stick to predetermined position sizes**

- **Close all positions before session end**

- **Take breaks after 2 consecutive losses**

- **Document every trade for analysis**

📊 KEY STATISTICS

- **8** Core Setups

- **2.5** Hours Trading Time

- **4** Max Trades per Session

- **70%** Target Win Rate

This trading plan is designed for disciplined execution during specific NY session timeframes. Always follow risk management rules and never deviate from the established setups.