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# The Power of FUTURES TRADING

## Ultimate Guide

Day Trading Futures Indices  
At The New York Trading Session Open



# Introduction

In this book we will try to decipher why Day Trading Futures is a powerful income source for the astute trader.

The Futures Guide To Day Trading the New York Session Open lays out why you would trade Futures, as well as the opportunities Day Trading the Futures Market provides versus Day Trading the Equities Market. This E-Book is an invaluable guide on how an individual can turn a small savings into real wealth by Futures Day Trading.



# About TradeOutLoud

## Learn To Trade And Become Profitable

TradeOutLoud, founded in 2010 is a trading education and service company specialized in training individuals in the art of Day Trading, Swing Trading and Active Investing in the Futures and the Stock Market using a proprietary high accuracy trading system that allows traders to trade any instrument on any time frame and any platform with precision yielding consistency.

With over 20+ years of experience actively trading the Markets, Anka Metcalf has developed a system that can help traders shorten the learning curve and navigate the markets with confidence.



Our comprehensive trading education programs and services are designed to take students from novice traders to experienced professionals. Our rule based approach teaches traders how to identify high velocity trades using low risk and high returns.

Our goal was to create a STRESS FREE trading system where traders feel confident in their trading decisions by knowing how to pre plan and react in advance to all market scenarios in advance.

# Anka Metcalf, The Founder of TradeOutLoud.com

**Anka Metcalf** is a professional trader with 20+ years of trading experience in STOCKS and FUTURES who spent over a decade working in investment banking prior to becoming a full time trader. She is the Founder and CEO of TradeOutLoud.com, an international trading education and advisory company designed to help any level trader fast track their trading and achieve their trading goals. She is an expert day trader, swing trader and active investor with a precise approach to **Daily Income Style** and **Wealth Generation Trading**, delivering results in any market environment.

The strategies she teaches in her courses and her live daily approach to trading provide you with the understanding and the tools to take your trading to the next level. She personally manages her own accounts and shares her market knowledge and trades LIVE everyday with her clients worldwide.

She is a contributor to many financial media outlets and a well respected technical analyst known for her precision in determining market conditions and pinpointing market direction with the highest accuracy.





# Anka Metcalf, The Founder of TradeOutLoud.com

TradeOutLoud has been nominated for

**Outstanding Performance**

**&**

**Best Financial Literacy Tool**

**By BENZINGA GLOBAL FINTECH AWARDS**



**TradeOutLoud LLC** nominated for  
**OUTSTANDING PERFORMANCE**  
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TradeOutLoud LLC

Category

Outstanding Performance > Best Financial Literacy Tool

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# Table of Contents

## → **Why Trade Futures**

Discover the advantages of trading  
Futures vs. Stocks

## → **Trading The New York Session Open**

The step by step thought process

## → **Risk and Reward**

Measuring for success

## → **Executing the trade**

Entry

Stop

Targets

## → **Conclusions**



# Why Trade Futures

## Low Start-Up Cost

One of the reasons why many traders are attracted to Day Trading Futures is the minimal start-up cost.

For example: it usually requires approximately \$30,000 to open a stock day trading account and you must maintain a minimum of a \$25,000 balance in order to keep your day trading status. The Futures market allows you to open an account with a minimum balance of **\$5,000** and you do not have to maintain that amount. As long as you have sufficient cash in your account to cover the margin requirement to trade the Index or Commodity, you can have a balance of \$1,000 and still have the ability to trade Futures.

## Leverage

A significant reason why traders move to trading futures is all about utilizing leverage. Leverage allows a trader to maximize their capital.

For example: An individual trader with a small account is allowed to participate in the Futures market more easily than using a cash account to purchase a stock. A trader will need approximately \$5,000 to manage a Futures position that controls an equivalent of a stock position of \$80,000.

Leverage can have its advantages as well as its disadvantages. The experienced Futures trader understands the discipline required for a stop loss. A trade should result in only four outcomes: large wins, small wins, break even, small loss.

# Why Trade Futures

## Tax Advantages

There are numerous advantages to select futures as a trading venue for active traders. One advantage is the possibility of lower effective income tax rates and simplified reporting on your tax return.

Another advantage is Futures contracts fall under the **60/40 rule**, where 60% of gains are treated as long-term capital gains and 40% are treated as short-term capital gains (ordinary income) - regardless of the actual length of the holding period.

An additional advantage with trading Futures is the ease of year end filing. At the end of each year, futures brokers send a futures client a 1099-B form. This tax form reflects the net result of all trading versus each individual trade. This number is entered on the tax return (compared with stock trades where each individual trade must be entered).

A full time futures trader may have tax benefits with trader tax status from the IRS.

# Why Trade Futures

## Markets open close to 24 hours/day 6 days/week

The Futures market permits its participants to take advantage of price action outside of the New York Session (9:30 AM – 4:00 PM EST).

For example: geo political events do not wait for the market to open – events happen...therefore Futures traders can react as these events occur.

Many markets that affect the US stock indexes trade outside US market hours.

## Fees and Commissions

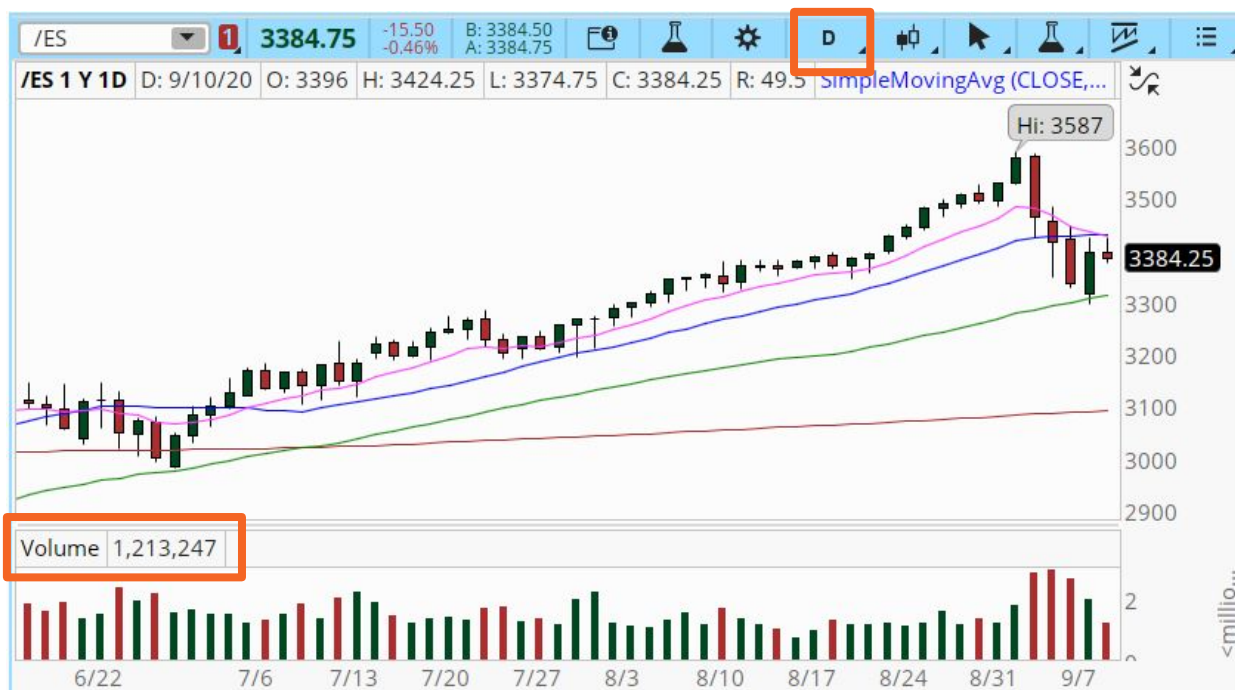
Commissions on future trades are very low and are charged when the position is closed. The total brokerage or commission is usually as low as 0.5% of the contract value. However, it depends on the level of service provided by the broker. An online trading commission may be as low as \$3.00 per side.

# Why Trade Futures

## Liquidity

Not all Futures markets are created equal. When it comes to day trading the trader should focus on a market that is liquid. A good example of a liquid market is trading the:

- E-mini Dow 100,000-300,000 contracts per day
- E-mini S&P 1-3 million contracts per day
- E-Mini Nasdaq: 200,000 - 600,000 contracts per day
- Commodities (Crude Oil approx 800,000 contracts/day)
- Gold approx 300 contracts/day
- Bonds (30 Year Treasury Bond) 300,000-600,000 contracts per day





# Why Trade Futures

## The advantage of the Buying Power

For example:

If a trader wants to day trade the QQQ priced at \$280.00 the trader needs over **\$14,000** to buy 100 shares

If the price goes up \$0.50 you profit **\$50.00**

**Each \$0.01 = \$1.00**

If a trader wants to day trade the E-Mini Nasdaq (/NQ) priced at \$11,400 the trader needs **\$17,000** to buy 1 Contract (BECAUSE OF THE 2020 PANDEMIC VOLATILITY)

If the price goes up 50 points you profit **\$1,000**

**Each point = \$20.00**

We did an experiment to show you the difference between trading stocks and futures is from the buying power and results standpoint.

We took 2 trades at the same time based on the same technical pattern and set-ups.

For this example we used the QQQ (ETF) and /NQ (Emini Futures)

# Why Trade Futures

## Trade Number 1:

QQQ long based on a technical 15 min buy set-up with confirmation.

The trade triggered at 10 AM EST (Exact timing for reversal)

Buying power used \$14,000

We exited the trade into target with profit

With the \$14,000 buying power we enter the trade with 100 shares

Realized profit \$73,00

Trade duration: 20 minutes

## TIME VS. MONEY VS. BUYING POWER



# Why Trade Futures

## Trade Number 2:

/NQ long based on a technical 15 min buy set-up with confirmation.

The trade triggered at 10 AM EST (Exact timing for reversal)

Buying power used \$17,000

We exited the trade into target with profit

With the \$14,000 buying power we enter the trade with 1 contract

Realized profit \$600.00

Trade duration: 20 minutes



## The choice is clear

If you had a \$20,000 account would you rather trade the QQQ and make \$73,00 in 20 min or trade /NQ and make \$600.00 in the same amount of time...

# Why Trade Futures

## Ease of opportunity to short

A Futures day trader does not have to be concerned about shorting any E-mini or commodity. Unlike an equity trader the futures trader can take on a long or short position easily. An equity trader has to ensure the stock is available to be borrowed. In Futures trading there is no uptick rule for shorting a position.

## Minimal Charts

A futures trader can decide to trade as little as one E-mini index or specialize in one commodity versus an equity trader that actively scans throughout the day. A futures trader does not have to incur additional cost for scanning software.

My personal preference is to focus on the main US indexes: YM, ES, NQ, RTY, as well as specific commodities such as: CL and GC and the 30 Year Treasury Bond, ZB.





# Trading the New York Session Open

Trading the NY Session Open is the sweet spot in that it overlaps with the European Session from 9:30 – 11:30 AM EST. These times offer increased volatility and liquidity which give the trader better opportunities for follow through to target areas.

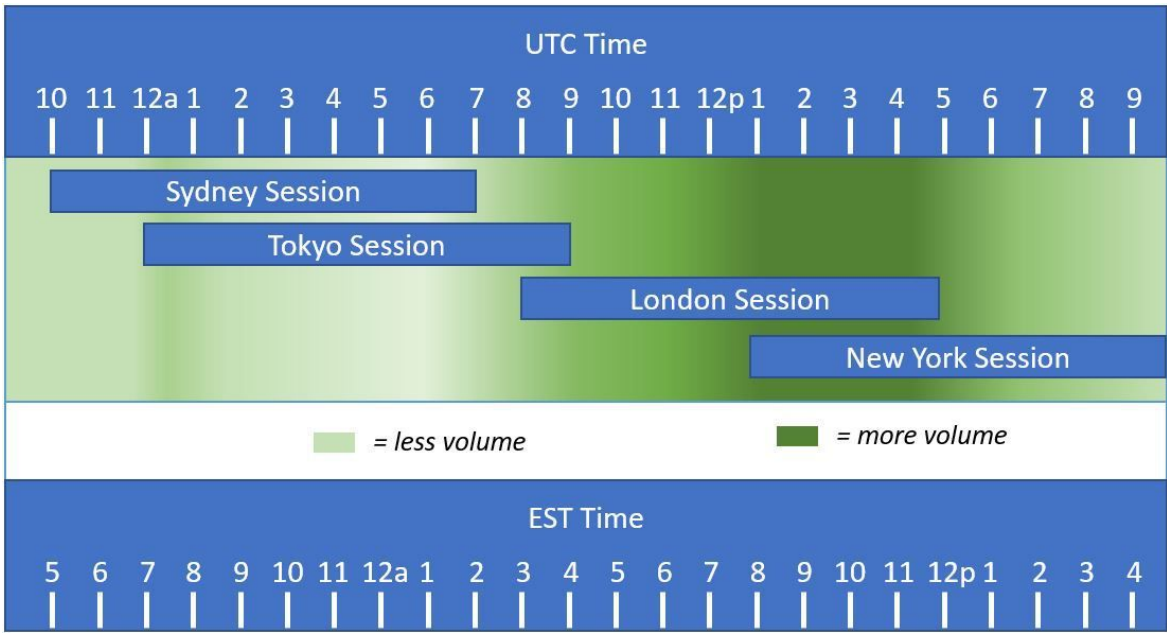









Image courtesy of Investopedia

# Trading the New York Session Open

One of the first things that the day trader needs to evaluate is to analyze the market conditions by:

1. Reviewing the **Economic Calendar** for news events. News events affect the market conditions – they can be the driving force behind the market moves. Having an open position during these news events is not recommended. These news events can increase volatility, thus having an open position can increase the likelihood of being stopped out. During these events the Bid and Ask may increase resulting in a bad fill for entry or exit.

| Thursday, September 10, 2020 |   |       |                                   |         |         |  |
|------------------------------|---|-------|-----------------------------------|---------|---------|--|
| 08:30                        |  USD | ★ ☆ ☆ | Continuing Jobless Claims         | 12,925K | 13,254K |  |
| 08:30                        |  USD | ★ ★ ☆ | Core PPI (MoM) (Aug)              | 0.2%    | 0.5%    |  |
| 08:30                        |  USD | ★ ☆ ☆ | Core PPI (YoY) (Aug)              | 0.3%    | 0.3%    |  |
| 08:30                        |  USD | ★ ★ ★ | Initial Jobless Claims            | 846K    | 881K    |  |
| 08:30                        |  USD | ★ ☆ ☆ | Jobless Claims 4-Week Avg.        |         | 991.75K |  |
| 08:30                        |  USD | ★ ☆ ☆ | PPI (YoY) (Aug)                   | -0.3%   | -0.4%   |  |
| 08:30                        |  USD | ★ ★ ★ | PPI (MoM) (Aug)                   | 0.2%    | 0.6%    |  |
| 10:00                        |  USD | ★ ☆ ☆ | Wholesale Inventories (MoM)       | -0.1%   | -1.4%   |  |
| 10:00                        |  USD | ★ ☆ ☆ | Wholesale Trade Sales (MoM) (Jul) | 2.8%    | 8.8%    |  |
| 10:30                        |  USD | ★ ☆ ☆ | Natural Gas Storage               | 68B     | 35B     |  |
| 11:00                        |  USD | ★ ★ ★ | Crude Oil Inventories             | -1.335M | -9.362M |  |
| 11:00                        |  USD | ★ ☆ ☆ | EIA Refinery Crude Runs (WoW)     |         | -0.844M |  |
| 11:00                        |  USD | ★ ☆ ☆ | Crude Oil Imports                 |         | -0.655M |  |

*Courtesy of Earnings Investing.com*

# Trading the New York Session Open

## 2. Check your Earning Calendar

Check the impact of **Earnings Releases**. Stocks like Google, Amazon, Apple or Microsoft which are big Nasdaq components will have a big impact on the price of Nasdaq e-mini Futures and will determine a temporary direction. I personally, love to take advantage of these releases for quick day trades or even swing trades. Even if you do not have an account big enough to play these powerhouse stocks you can trade these earnings via Futures.

| EARNINGS WHISPERS                        |             |                   |                        |                                   |                               |                            |                                |             |  |
|--|-------------|-------------------|------------------------|-----------------------------------|-------------------------------|----------------------------|--------------------------------|-------------|--|
| Most Anticipated Earnings Releases       |             |                   |                        |                                   |                               |                            |                                |             |  |
| for the week beginning September 7, 2020 |             |                   |                        |                                   |                               |                            |                                |             |  |
| Monday                                   |             | Tuesday           |                        | Wednesday                         |                               | Thursday                   |                                | Friday      |  |
| Before Open                              | After Close | Before Open       | After Close            | Before Open                       | After Close                   | Before Open                | After Close                    | Before Open |  |
| 趣店<br>Qudian.com                         |             | General Finance   | slack                  | LOVESAC                           | zscaler                       | FuelCell Energy            | PELOTON                        | Kroger      |  |
|  |             | 优信<br>UNION GROUP | lululemon athletica    | AMERICAN EAGLE<br>OUTFITTERS      | GameStop                      | BIOCERES<br>CROP SOLUTIONS | chewy                          |             |  |
|  |             | NAPCO             | coupa                  | HO SUPPLY                         | RH<br>RESTORATION HARDWARE    |                            | ORACLE                         |             |  |
|  |             |                   | HealthEquity           | MASTERCRAFT<br>BOAT HOLDINGS INC. | MEI                           |                            | ORACLE                         |             |  |
|  |             |                   | CASEY'S<br>RESTAURANTS | REV<br>Vehicles for life          | DESCARTES                     |                            | zumiez                         |             |  |
|  |             |                   | ABM<br>Building Value  | NAVISTAR                          | ALV                           |                            | LANTRONIX                      |             |  |
|  |             |                   | Pivotal                | SecureWorks                       | ALCOMMERCE                    |                            | Former Bankers                 |             |  |
|  |             |                   | Calavo                 | AstroNova                         | Lakeland<br>INDUSTRIES, INC.  |                            | LightPath                      |             |  |
|  |             |                   | SeaChange              | G-III Apparel Group               | CONCRETE<br>PUMPING SOLUTIONS |                            | NET1                           |             |  |
|  |             |                   |                        | agtc                              | VERINT                        |                            | A-MARK<br>PRECIOUS METALS INC. |             |  |

Courtesy of Earnings Whisperer

# Trading the New York Session Open

3. Next, the trader should perform a through **Technical Analysis** of the markets that they are trading.

For example: If the main instrument for the day trader is the US Index Futures (YM, ES, NQ RTY) they need to look at the key technical levels:

Technical checklist:

- Determine the directional Bias , the trend (uptrend, downtrend, sideways)
- Perform a top down analysis of each index and evaluate relative, strength and weakness
- Select the strongest group of indices that have the higher % gain before the open as well as the strongest chart structure for the highest velocity of the move
- Determine key parameters (prior day support and resistance, overnight support and resistance, retracements, projections, confluence levels, etc)

The analysis should be done by 9:00 AM EST. From that point the trader should just wait patiently for a pattern to form to take the trade.

NO PATTERN NO TRADE

NO PATIENCE = NO MONEY

Pattern formation is very important - it is the most essential part of the trading plan.



# Trading the New York Session Open



**Simple indicators that make a big impact on reading price action:**

1. Moving averages (20, 50, 200 SMA and 10 EMA)
2. Volume: shows market participation
3. I use the William %R for swing trading, it is a simple indicator that provides an edge on oversold or overbought conditions
4. PURE PRICE ACTION - the only non lagging indicator that

All of the indicators above form levels or support or resistance that helps us decide directional bias and the next trading decision.

# Trading the New York Session Open

## The secret to sizing and trading pressure

In trading respecting rules is very important.

Sizing for your trade is very important!

There is this misconception in the Futures world that if you have a certain account size that gives you the right to trade a standard number of contracts. **WRONG!**

1. The **SIZE** of the trade is dictated by the difference between the **ENTRY** and the **STOP**
2. The **ENTRY** is 100 % technical and so is the **STOP**. There is not such thing as a standard stop in trading, stop will be decided based on the set-up parameters

## The Risk

A diagram illustrating the calculation of risk. It consists of three colored rectangular boxes arranged horizontally. The first box is green and contains the word 'Entry'. To its right is a black minus sign. The second box is red and contains the word 'Stop'. To its right is a black equals sign. The third box is purple and contains the word 'Risk'.

$$\text{Entry} - \text{Stop} = \text{Risk}$$

These parameters should be represented on the technical chart!

So once we have the RISK all sorted out we can talk about **POSITION SIZING**

# Trading the New York Session Open

**Position sizing** is the most important aspect of system development, other than trading psychology. It is the topic of HOW MUCH to RISK in any trade.

Determining the size of your positions is one of the most important decisions you make.

Your futures position size is part of your risk management strategy, **which helps keep your losses on each trade the same**, to assure your losing days are kept to a reasonable amount within your budget.

Position Sizing will determine how many contracts you are going to take the trade with, according to your account size and daily loss limit.

Position sizing should be determined by:

- Account size
- Risk Tolerance - personal risk tolerance

# Trading the New York Session Open

## Knowing the TICK VALUE is a MUST

The tick size is the smallest possible price change, and the tick value is the dollar value of the smallest possible price change. The tick size and the tick value are provided by the contract specifications for each futures contract.

For example:

- S&P 500 E-mini futures contracts (ES) have a tick value of \$12.50 for each 0.25 of movement (one tick).
- Gold futures (GC) have a tick value of \$10 for each 0.10 movement (tick), and
- Crude oil (CL) futures have a tick value of \$10 for each 0.01 movement (tick).

These are popular trading futures contracts



# Trading the New York Session Open

## Calculating your Risk / Trade

The next step is focusing on the **trade**, and how many contracts will you take the trade with depending on the allocated **RISK per Trade**. The Risk per Trade is determined by the difference between your entry point and your stop loss level. Your stop loss location should give enough room for the market to move in your favor but should get you out of the trade if the price moves against you (doesn't do what you expected).

**Risk per Trade** may vary by trade. The only constant will remain the allocated amount per trade.

Traders must know the size of your stop-loss (distance from the entry point, in ticks/points). This is the final piece of information you need before you can calculate your ideal futures trade size.

# Trading the New York Session Open

## Example of Position sizing and Risk To Reward

### Position Sizing

#### Example:

\$10,000 account 2% risk (\$200 risk per trade)

Entry: 2910

Stop: 2903

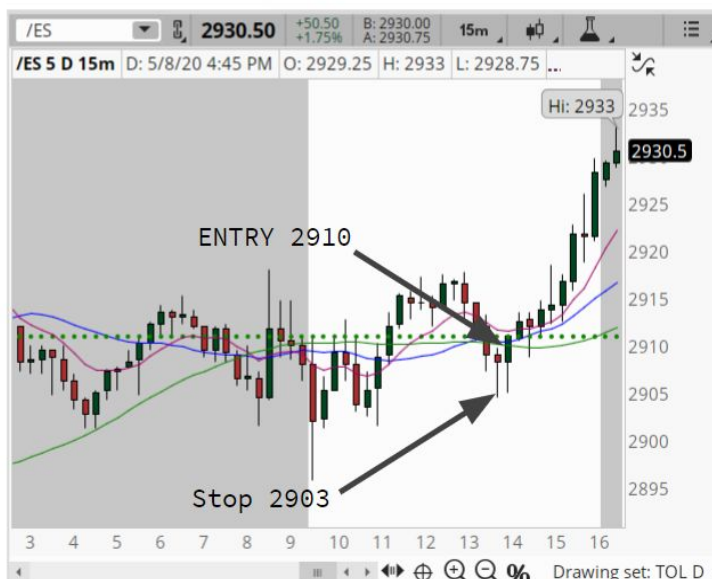
Risk: 7 points

Option 1: Risk Full Size Contract: \$350 ❌

Option 2: Risk Micro Size Contract: \$35 ✅

Position size using Micos:  $200 \div 35 = 5.71$

Your size is: 5 MICRO CONTRACTS



### Risk to Reward (The R to R)

Entry: 2910

Stop: 2903

Risk: 7 points

Targets: 2919, 2929

Reward: 9, 19 points

Risking 7 points to make 9, 19 or more points

The outcome is 2.7 R's on this trade.



# Trading the New York Session Open

## Example of Full Size Risk

| Symbols             | YM                  | NQ                  | ES                  | RTY               |
|---------------------|---------------------|---------------------|---------------------|-------------------|
| E-Mini / Commodity  | DJI                 | Nasdaq              | S&P                 | Russell 2000      |
| Increments          | 1 Tick = \$5.00     | 0.25 Tick = \$5.00  | 0.25 Tick = \$12.50 | .1 Tick = \$5.00  |
| Margin requirements | \$13,200 / contract | \$16,500 / contract | \$13,200 / contract | \$7,800 /contract |
| 1 Point             | 1 Point = \$5.00    | 1 Point = \$20      | 1 Point = \$50      | 1 Point = \$50.00 |
| Price Example       | 26500-26501         | 7200-7201           | 2800-2801           | 1600-1601         |
| \$100.00            | 20 ticks            | 5 points            | 2 Points            | 2 Points          |
| \$150.00            | 30 ticks            | 7.5 points          | 3 points            | 3 Points          |
| \$200.00            | 40 ticks            | 10 points           | 4 points            | 4 Points          |
| \$250.00            | 50 ticks            | 12.5 points         | 5 points            | 5 Points          |
| \$300.00            | 60 ticks            | 15 points           | 6 points            | 6 Points          |
| \$350.00            | 70 ticks            | 17.5 points         | 7 points            | 7 Points          |
| \$400.00            | 80 ticks            | 20 points           | 8 points            | 8 Points          |
| \$450.00            | 90 ticks            | 22.5 points         | 9 points            | 9 Points          |
| \$500.00            | 100 ticks           | 25 points           | 10 points           | 10 Points         |
| \$1,000.00          | 200 ticks           | 50 points           | 20 points           | 20 Points         |

# Trading the New York Session Open

Example of position sizing for \$200 with micros

|                  |             |             |             |
|------------------|-------------|-------------|-------------|
| \$200 RISK/Trade |             |             |             |
| Risk             | 5 points    | 10 points   | 15 points   |
| MES              | 8 Contracts | 4 Contracts | 3 Contracts |
|                  |             |             |             |
| \$200 RISK/Trade |             |             |             |
| Risk             | 50 points   | 100 points  | 200 points  |
| MYM              | 8 Contracts | 4 Contracts | 2 Contracts |
|                  |             |             |             |
| \$200 RISK/Trade |             |             |             |
| Risk             | 20 points   | 40 points   | 50 points   |
| MNQ              | 5 Contracts | 2 Contracts | 2 Contracts |
|                  |             |             |             |
| \$200 RISK/Trade |             |             |             |
| Risk             | 5 points    | 10 points   | 15 points   |
| M2K              | 8 Contracts | 4 Contracts | 3 Contracts |
|                  |             |             |             |

# Trading the New York Session Open

## Executing the trade

Once you have all all your analysis done TIME TO .... WAIT

Remember PATIENCE IS MONEY

Traders need to wait for the trade to set-up and wait for the parameters of the trade to be evident.

### 1. ENTRY

**The Entry** is the most important part of the trade. This is the one time when your trading capital is at risk. Once the trade triggers and it goes in your direction you can relax, manage your stop, and wait an exit.

The Entry is based on chart patterns that you have identified and match your trading criteria.





# Trading the New York Session Open

## 2. STOP

The Stop is a pre planned exit.

The stop strategy is the second most important part of the trade. This element defines your risk and determines your position size.

The stop should always be placed below pivots for long positions and above pivots for short positions.

Once the stop triggers you are “stopped out” and you have lost your Risk amount allocated for that trade

When the trade moves in the desired direction the stop can be raised based on the trailing strategy we will discuss in the upcoming chapters.

When you exit the trade with profit based on a raised stop it is called “trailed out”.



# Trading the New York Session Open

## 3. Targets

**The Target(s)** are a price that, if achieved, would result in a trader recognizing the best possible outcome for his trade. This is the price at which the trader would like to exit his existing position so that he can realize the most reward.

Price Targets will be into support areas for short positions or and resistance areas for long positions or other other key technical areas on charts.



# Conclusions

## **Never chase an entry**

You probably have heard this over and over again. Here is the simple explanation. If you chase a trade there:

No 1. You do not know if you are buying at the very high

No 2. You are stretching your risk - meaning your risk level will be very wide and your reward small = asymmetric trade

## **Never oversize**

If you load of on any given trade your risk will go through the roof and you will find yourself trading the P&L vs the chart.

## **Always check higher time frame alignment**

Always perform top down analysis and make sure all charts are in sync with all the momentum. If there is a discrepancy for example - lower time frames pointing lower and higher time frames pointing higher the price will be hawkish before it chooses the next intraday directional bias

## **Pick wisely**

Always pick the index that has the path of least resistance

# Conclusions

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# Thank you for reading

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