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Trading The E-minis - After Hours

E-mini traders can enjoy the flexibility of trading outside of standard US market hours. Traders can benefit by entering or exiting positions during the "After Hours" session if there is breaking news or a new economic development announced. Traders can also take advantage of other markets opening around the world. The most consistent time to trade the After Hours session is during the European market opening.

After Hours trading is dangerous for the inexperienced. Low volume, slow markets, and boredom can lull a trader into making costly mistakes. The European open is the first opportunity for traders to follow up on the previous days movement. The European open is a trading session unto itself on the e-minis and one that should be traded often if a trader is looking for price action consistency.

So what makes the European session open such a trader's paradise?

Good Participation

Never underestimate the value that big institutions bring to the markets. Big money = intelligent trading. They trade off of important technical levels and they have the ability, with their trading capital, to move markets. Retail traders who can recognize institutional participation have their first chance at capitalizing on their movement during the European open as they tend to not participate in the slower after hours sessions.

Low Market Orders

Unlike the US session opening, the European open is much less violent in terms of price action swings. Market orders are the minority and that means limit orders control price movement. Any time there is a limit order there is a pre-determined intelligent (at least in theory) trade being placed. Solid technical traders in the markets mean more predictable price action.

Overnight Moves

The overnight session is slow but good moves can develop. The market seems to wait until the European open before making any real headway and the move often initiates from early European action. Some of these moves can even carry over into the US session leading to very profitable situations if you can get in early enough. Overnight moves are best spotted during the first hour of European trading.

E-mini trading during the after hours session can be a test of an individual's patience. Avoid over trading and taking boredom trades by staying out of the markets after the closing bell of the US session and the opening bell of the European session. The European session can be a profitable place to get in on large overnight moves while the rest of the competition is asleep.

Learn the secrets of trading today. [E-mini](#) Take your first step to financial freedom by getting started in the financial markets today. Trading can be profitable if you have the right strategies.

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