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6 Ways Professional Traders Prepare for Sudden Market Reversals

Published: 03/02/2026

On the following page you will find an article that is a summary of the Crowd Forecast News Episode #517 panel discussion.
The article is an attempt to distill the most important points from the episode down to a single, brief article.



Recorded: 03/02/2026 at 4PM ET
Duration (video & podcast): 62 minutes

Highlights:
• Expert analysis of geopolitical market movements
• Bulls vs Bears live debate on what's happening technically
• The key technical area of S&P 6800 is explained in detail
• Trade setups for Gold, Silver, Oil evaluated
• Are algorithms or emotions driving the what's moving in markets today?
• An Elliott Wave road map for potential March volatility
• Tech & Retail earnings plays
• Breakout setups from various sectors
• Various strategies to help navigate volatile markets

Lineup for this Episode:
• Harry Boxer of TheTechTrader.com
• Michael Filighera of LogicalSignals.com
• Wally Olopade of RightSideTrading.com
• The Option Professor of OptionProfessor.com

Click here to watch the full episode.

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The article below is a summary of the recent CFN panel discussion. The quotes are statements directly from the panelists on the show; click the link above to watch the full episode!

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[AD] **eBook: NVDA Options (Strategy Guide for Options Traders)**

Title: 6 Ways Professional Traders Prepare for Sudden Market Reversals

Trading never goes in a straight line. Any number of unforeseen events (geopolitical, earnings surprise, etc.) as well as changes in market sentiment can cause a rapidly changing trend to reverse course at any moment. The professional trader knows that there will always be an unknown variable which will impact trading performance. As such, they prepare for the possibility of a rapid reversal of a trend, by developing strategic plans to be able to adjust their trading quickly when needed. There are several ways that professional traders prepare for potential market reversals:

1. Consider Historical and Seasonal Tendencies

Professional traders pay attention to past trends that may indicate when the market is due to be more susceptible to a pullback. Many seasonal trends indicate when pullbacks are likely to occur; thus, professional traders are able to prepare ahead of time to reduce their risk and adjust their position size accordingly.

“Right now this is where the market tends to go down second half of February up until mid March.”

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2. Consider Trend Structure First

Before professional traders react to a headline, they look to see the underlying trend of the security they are trading. They are looking to identify any weakness in the trend structure (such as lower highs, decreased momentum or a failure of a previous level of support) prior to making a decision to trade a pullback, regardless of how optimistic the current news cycle appears.

"From a midterm perspective the expectation is that the market is looking like it's trying to go down."

3. Do Not Fight the Trend

One of the most important aspects of successful trading is being patient. Successful traders choose to wait until they see evidence that the trend has reversed, prior to investing capital into the security.

"I don't buy stocks in down channels."

4. Wait for Breakout Confirmation Rather Than Attempt to Forecast It

Successful traders also know that one of the biggest mistakes they make is attempting to forecast where the stock price will go before it happens. Successful traders wait for confirmation that the breakout occurred, as evidenced by strong volume and upward momentum. This typically indicates that institutional investors are beginning to buy the security.

"I always look for the stocks that are doing nothing suddenly break out with big volume."

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5. Allow Trends to Run Their Course

Successful traders also tend to let a trend run its course once established. The majority of major winning trades result from long-term trends that unfold over many months, not weeks.

"That's the kind of stock that you can make big money on if you just stay in the trend."

6. Identify Potential Winners Using Base Formations

Successful traders also know that prior to a big rally, many stocks spend several months building a base or consolidation structure. Successful traders can establish positions early, before the rest of the market recognizes the opportunities created by this type of pattern.

"The biggest way to make money is to look at a daily chart and look when the stock bases out and breaks out above the moving averages."

While market reversals are inevitable, the damage caused by a reversal does not have to be permanent. By using tools such as seasonal trends, trend structure, and confirmation of breakouts, as well as maintaining discipline and patience, traders can be prepared to respond intelligently when the market reverses. In other words, preparation, and not forecasting, is what sets the professional trader apart from the amateur.

[AD] **eBook: NVDA Options (Strategy Guide for Options Traders)**

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[BONUS] Every week the **Stock Watchlist Weekly algorithm** analyzes thousands of stocks for both technical and fundamental positive indicators for high-probability, index-beating gain potential, for both short term trader and long-term investor watchlists (with a focus on no-dividend or low-dividend growth-focused stocks).

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