



GORILA CAPITAL

Free trading-education guide · toolkit

FREE TRADER TOOLKIT · NEWS DAYS

NFP & News-Day Playbook

How to plan around high-impact releases such as NFP, CPI and central-bank decisions: when to step aside, what changes in the market, and three ways to approach the day.

Inside

- Which releases move gold and the majors
- What happens to spreads and wicks around the release
- Three approaches: stand aside, wait for structure, trade the reaction
- A pre-release checklist
- A post-release review

A free lesson taken from **Price Action Pro**, the course we are preparing for Skool. Free to read and share. Education only, not investment advice. Trading is high risk.

PART 1

Why news days are different

High-impact releases compress hours of normal movement into minutes. In the seconds around the release, liquidity thins, spreads widen and price can jump past stop orders. Strategies that work on normal days often fail here, not because the idea is wrong but because the market's mechanics change.

Release	Usual time (New York)	Most affected
US Non-Farm Payrolls (NFP)	08:30, first Friday of the month (usually)	USD pairs, XAUUSD, US indices
US CPI	08:30, mid-month	USD pairs, XAUUSD, indices
FOMC rate decision + press conference	14:00 + 14:30, eight times a year	Everything USD, gold, indices
ECB / BoE / BoJ decisions	Local morning or midday	EUR, GBP, JPY pairs
US retail sales, GDP, PCE	08:30	USD, indices

Note

Times shift with daylight saving and occasionally with the calendar. Always check the economic calendar for the week, in your own time zone.

PART 2

What changes around the release

- **Spreads widen** several times over in the minute before and after. A stop that is 10 pips away on a quiet day may be hit by the spread alone.
- **Slippage:** stops and pending orders can fill at a worse price than set, because there is no price in between.
- **Two-way spikes:** the first move is often reversed within minutes as the market reads the details (revisions, wages, the unemployment rate).
- **Levels get swept:** obvious highs and lows from the session are common targets of the first spike.

Common mistake

Placing a tight stop just before the release and assuming it limits your loss to the planned amount. In a fast market, the fill can be worse than the stop price.

PART 3

Three ways to approach the day

1. Stand aside (default for most traders)

No open positions from 15 minutes before to 15-30 minutes after the release. Close or reduce what you hold. This is not a lack of courage; it is a decision not to trade conditions your plan was not built for.

2. Wait for structure

Let the first 15-30 minutes print. Mark the release-candle high and low. Trade only if price then forms a normal setup from your plan (for example, a sweep of the release high followed by a break of structure), with normal size and a stop beyond the release extreme.

3. Trade the reaction at reduced size

For experienced traders only, with a written plan. Use a fraction of normal risk (for example, half), expect slippage, and never enter in the first minute. Accept that the result distribution is wider than usual.

Approach	Who it suits	Main risk
Stand aside	Anyone, especially newer traders	Missing a move (which is fine)
Wait for structure	Traders with a tested setup	Late entry, wide stop
Reduced-size reaction	Experienced, with records	Slippage, whipsaw

PART 4

Pre-release checklist

- ☐ I know the exact release time in my time zone
- ☐ I know the consensus figure and the previous figure (so I can read the surprise)
- ☐ Open positions: closed, reduced, or stop placed with slippage in mind
- ☐ No pending orders sitting near the current price
- ☐ I have marked the session high/low and the previous-day high/low
- ☐ My approach today is written: stand aside / wait for structure / reduced size
- ☐ Max loss for the day is written and I will stop when it is reached

PART 5

A worked example (illustrative)

Gold is ranging between two levels during the London session ahead of NFP. At 08:30 New York the figure prints well above consensus. Price drops sharply through the London low, then within 20 minutes climbs back above it as traders read a weak wage number.

- **Stand-aside trader:** flat before the release, no trade, no damage. Reviews the move afterwards.
- **Structure trader:** marks the release low. Waits for price to reclaim the London low and break the last minor high on the 5-minute chart. Enters on the pullback with the stop below the release low, normal size.
- **Reaction trader without a plan:** sells the first drop, gets filled late, and is stopped out by the reversal. This is the most common news-day loss.

Note

This is a teaching sketch, not a record of a real trade, and not a signal.

PART 6

Post-release review

Question	Your note
Release, figure vs consensus	
First spike direction and size	
Was the first move reversed? When?	
Which levels were swept?	
Did I follow my written approach?	
What would I do the same / differently?	

Practice tip

Collect ten post-release reviews for the same release (for example, ten NFPs). Patterns in how your market reacts become much clearer than from any article.

- []** Post your journal week or your news-day plan in the free Telegram or Discord community and ask for a review.

KEEP LEARNING

Where to go next

This guide is one free lesson. If it helped, these are the next steps, all optional.

Next step	What it is
Free community	Daily market notes, session plans and chart reviews. No signals for sale, no account managers.
Telegram	t.me/gorilacapital99
Discord	discord.gg/aHRUT6DhT
WhatsApp channel	whatsapp.com/channel/0029Vb8jer11nozBPjBeAM06
Gorila Zones (\$49, one-time)	Our TradingView education tool that marks supply and demand zones, structure breaks and a historical stats table. Details: finance-gorila.pages.dev/indicator
Price Action Pro (coming soon on Skool)	The full course this guide comes from: structure, liquidity, zones, sessions and risk, with drills and chart reviews. Join the community above to hear when it opens.
More free guides	finance-gorila.pages.dev/free

Risk warning

Education only, not investment advice. Trading is high risk. Leveraged products such as CFDs and forex can lose money fast, and most retail accounts lose money. Past examples do not predict future results. Only trade money you can afford to lose, and check that any provider you use is authorised in your country.

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