ICT Macros: Illustrated Group Lesson

All times are New York time (ET). Educational only, not financial advice. Practice on demo first.

Goals: define a Macro, know the windows, read what price does inside them, combine them with bias + liquidity + entry models, and avoid common mistakes.
Prerequisites: market structure, liquidity, Fair Value Gaps (FVG), Order Blocks, premium/discount.

1. What is a Macro?

A Macro is a short recurring window (about 20 to 30 minutes) where, in ICT teaching, price delivery becomes more purposeful: it runs to liquidity, reprices, or reverses. Most of the day is slow and choppy; Macros are where the bursts are expected.

Key idea: a Macro is a **time filter, not a signal**. It says when to pay attention, not what to do.

Where it sits in Time + Price

- **Session:** London, New York
- **Kill Zone:** e.g. NY AM 07:00 to 10:00
- **Macro:** e.g. 09:50 to 10:10
- **Entry:** FVG or Order Block inside the Macro

ADDED Glossary of terms used in this lesson

Term	Meaning
Liquidity	Resting orders around obvious highs and lows (stops and pending orders). Buy-side sits above highs; sell-side sits below lows.
Sweep	Price briefly trades through a liquidity level, then reverses.
Displacement	A fast, energetic, one-directional move with large-bodied candles.
FVG (Fair Value Gap)	A three-candle gap where candle 1 and candle 3 do not overlap, leaving an imbalance price often revisits.
MSS	Market Structure Shift: price breaks the last relevant swing after a sweep.
Draw on liquidity	The level price is most likely being pulled toward (e.g. previous day high).
R	Your initial risk. A 2R trade earns twice what it risked.

2. The Macro windows

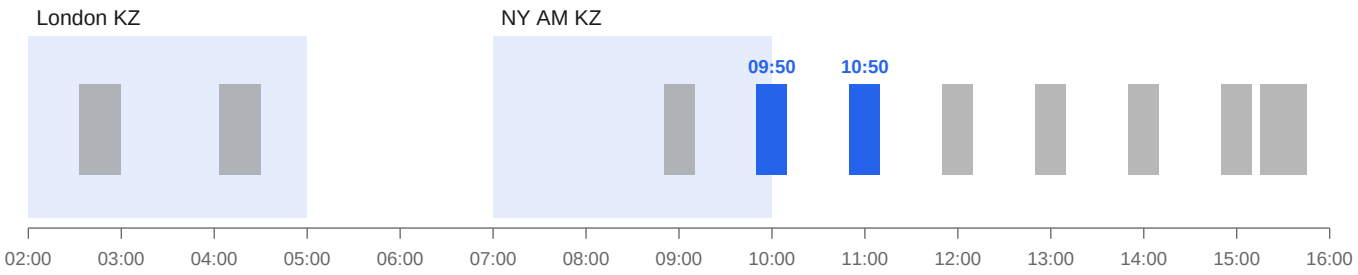


Figure 1. Macro windows across the day (ET). Shaded bands are the London and NY AM Kill Zones. Blue macros are the most-watched.

Session	Windows (ET)
London	02:33 to 03:00, 04:03 to 04:30
NY AM	08:50 to 09:10, **09:50 to 10:10**, **10:50 to 11:10**
NY Lunch	11:50 to 12:10, 12:50 to 13:10
NY PM	13:50 to 14:10, 14:50 to 15:10
Last Hour	15:15 to 15:45

Sources differ slightly on the exact list. Cross-check with the original ICT material and agree on one list as a group. Lunch macros are lower quality (thin liquidity, false moves).

ADDED Timezone quick reference

Time zone	Offset from New York	09:50 ET becomes
New York (winter, EST)	UTC-5	09:50
New York (summer, EDT)	UTC-4	09:50
London (winter, GMT)	+5 hours	14:50
London (summer, BST)	+5 hours	14:50
Dubai / Gulf (UTC+4, no DST)	+8 h in winter, +9 h in summer*	17:50 / 18:50*

*Gulf time does not change, but New York does. The US and Europe switch clocks on different dates (US: second Sunday of March and first Sunday of November; Europe: last Sunday of March and last Sunday of October), so the gap between London and New York briefly changes by an hour in those weeks. Always re-check your conversion around these dates.

3. What price does inside a Macro

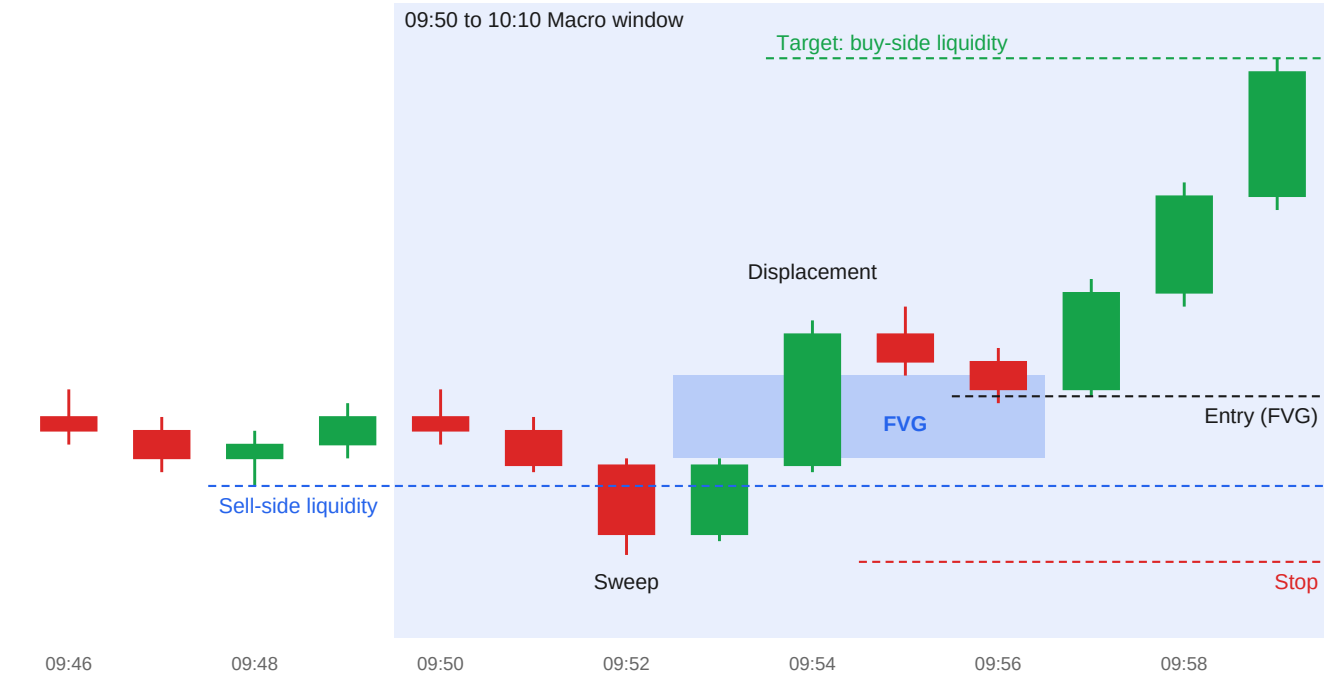
1. **Sweep, then reversal:** price takes a high/low, then reverses hard. The classic setup.
2. **Displacement and continuation:** strong candles leave an FVG and continue with the HTF bias.
3. **Rebalancing:** price returns to fill an earlier inefficiency, then continues.
4. **Nothing:** no sweep, no displacement means no trade.

4. The core Macro model

1. **Bias:** use Daily/4H to find the draw on liquidity. Trade only in that direction.
2. **Mark liquidity** before the window: swing highs/lows, session highs/lows, equal highs/lows, previous hour high/low.

3. **Wait** for the window to open.
4. **Sweep:** price must take a marked level inside the window.
5. **Displacement:** a fast opposite move that breaks structure (MSS) on the 1m/5m and leaves an FVG.
6. **Entry:** retrace into the FVG, the Order Block, or the 50% of the displacement leg.
7. **Stop:** beyond the swept liquidity.
8. **Target:** next opposing liquidity pool, ideally 2R or more.

Figure 2: Bullish example (09:50 Macro)



1m candles, illustrative. Price sweeps the swing low inside the window, snaps back, displaces upward leaving an FVG, retraces into it (entry), and runs to buy-side liquidity. Stop sits below the sweep wick.

Figure 3: Bearish mirror



The exact mirror: sweep above a high, bearish displacement, sell the FVG, target sell-side liquidity, stop above the sweep.

ADDED Figure 2 walkthrough, minute by minute

Time	What happens	Action
09:48	Swing low forms at 55 (sell-side liquidity marked before the window).	Mark it. Bias is bullish.
09:50	Macro window opens; price drifts lower.	Wait. Do nothing yet.
09:52	Price trades down to 50, below the 55 low, then snaps back.	Sweep confirmed. Not an entry yet.
09:54	Strong bullish candle breaks structure and leaves an FVG between 57 and 63.	Displacement confirmed.
09:56	Price retraces into the FVG.	Enter long at 61.5. Stop at 49.5, below the sweep wick.
09:59	Price reaches 86, buy-side liquidity.	Take profit.

Risk = 61.5 - 49.5 = 12 points. Reward = 86 - 61.5 = 24.5 points. Reward divided by risk is about 2R. Prices are illustrative units, not a real instrument.

5. Confluence checklist

- HTF bias is clear
- Setup is inside a Macro window
- Liquidity was clearly swept
- Displacement with an FVG
- Structure shifted on the entry timeframe
- Entry in discount (longs) or premium (shorts)

- Target at least 2R away
- No high-impact news in the next few minutes

ADDED Pre-session routine (10 minutes before the window)

- Confirm the correct ET time on your chart and clock
- Write down bias and the draw on liquidity
- Mark session highs/lows and recent swing points
- Check the economic calendar for red-folder news
- Decide your maximum risk and daily loss limit

6. Common mistakes

- Trading every Macro (they are opportunities, not obligations)
- Ignoring bias
- Entering before the sweep
- Entering without displacement
- Treating lunch macros like AM macros
- Wrong timezone or daylight-saving conversion (the most common error)
- Oversizing risk: Macros are fast and slippage happens
- Holding after the window with no plan

7. Group risk rules

- Risk 0.5% to 1% per trade while learning
- Stop after 2 losing trades in a day
- Know your stop before you enter; never widen it
- Journal every trade with a screenshot

8. Homework: backtest

Pick one Macro (suggest 09:50 to 10:10) and review 30 past days. For each, record: sweep (Y/N), displacement (Y/N), agreed with bias (Y/N), result in R. Compute how often the model appeared, win rate, and average R. Bring 3 best and 3 worst screenshots.

Date	Macro	Bias	Sweep	Displ.	Entry	Stop	Target	R	Notes

Added tip: average R = total R across all trades divided by number of trades. A positive average R over 30 or more samples is a better sign than a high win rate alone.

9. Quiz

1. What is a Macro and what is it not?
2. Name three NY AM windows.
3. Why is a sweep alone not enough to enter?

4. Where does the stop go on a short after a buy-side sweep?
5. Why are lunch Macros lower probability?
6. What if a Macro shows no sweep and no displacement?

Answers

1. A short window of expected active delivery; a time filter, not a signal.
2. 08:50 to 09:10, 09:50 to 10:10, 10:50 to 11:10.
3. You also need displacement and a structure shift to confirm a real turn.
4. Above the swept high.
5. Thin liquidity and choppy, unreliable moves.
6. Do not trade.

10. Discussion

- Which Macro gave the cleanest setups, and why?
- How did daily bias change your results?
- What was your most common mistake?

Key takeaways

- Macros are time filters, not signals.
- Best setups: bias + sweep + displacement + FVG entry.
- No setup, no trade.
- Backtest and journal before risking real money.