



Tony Rago's Pre-Market Playbook

★ Overnight Range

- ES 65.50
- NQ 287.25
- VIX 26.76

- ★ **Bulls** need to hold above yest closes **6664 and 24606-- long above these**
- ★ Breakouts are above yesterday's highs **6814 and 25210- aggressive longs** (await for confirmation with a new high and a retest of the highs from above that holds)
- ★ **Bears** need under overnight lows **short under 6645.50 and 24500**
- ★ Breakdown is below yest lows **6654 and 24565 -- aggressive shorts** (wait for confirmation with a new low and a retest of the lows from below that hold)
- ★ **RANGEBOUND: 2 Way trade long and shorts will work** to get the day done
- ★ Keep it simple and be patient for confirmation on either side or establish the range if we are going to be rangebound
- ★ Confirm rally continuation with sustained trade over the 30min IB High and likewise
- ★ bearish under the IB Low

ECON:

- 8:30 am Initial jobless claims
- 8:30 am Philadelphia Fed manufacturing survey
- 10:00 am Wholesale inventories
- 10:00 am New home sales

Pre-Market Trading Levels for today

GLOBEX

NQ

★ **HIGH:** 24725.25

★ **LOW:** 24438.00

★ **Bull Case** defend the 24500 to seek the 24612, 24633, 24750, 24812, 24833, 24912, 25000, 25106, 25250, 25312, 25333, 25412, 25500

★ **Bear Case** seal the 24812 to seek the 24750, 24633, 24612, 24500, 24412, 24333, 24312, 24250, 24106, 24000, 23912

★ **Overnight Range - 287.25**

NQ (Prev. Day)

★ High 25210.50

★ Low 24565.50

★ Close 24606.25

NQ (Week Open) 24500.00

S&P 500

★ **HIGH** - 6695.00

★ **LOW** - 6629.50

★ **Bull Case:** defend the 6633 to seek the 6650, 6662, 6677, 6688, 6700, 6712, 6717, 6726, 6733, 6750, 6762, 6777, 6788, 6800, 6812, 6817, 6826, 6833, 6850, 6862, 6877

★ **Bear Case:** seal the 6833 to seek the 6826, 6817, 6812, 6800, 6788, 6777, 6762, 6750, 6742, 6733, 6726, 6717, 6712, 6700, 6688, 6677, 6662

★ **Overnight Range** - 65.50

ES (Prev Day)

★ High 6814.00

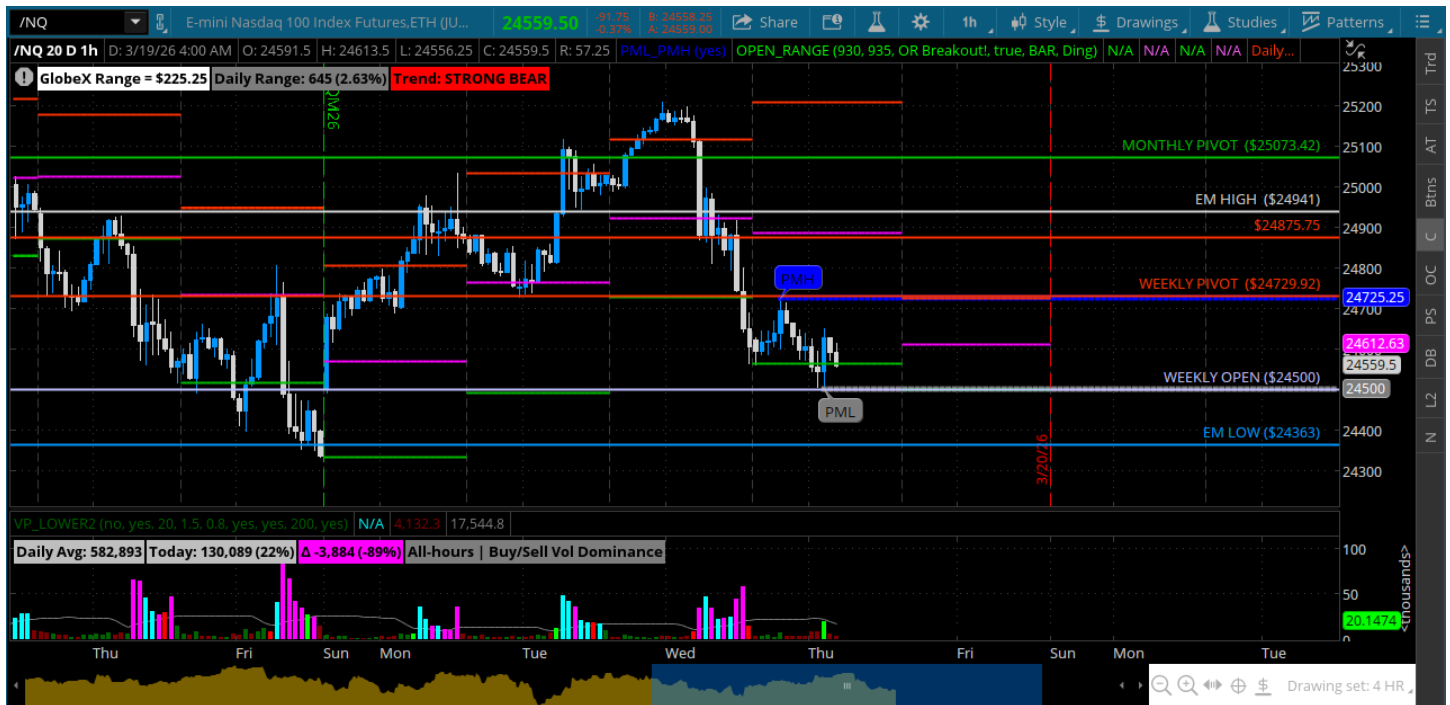
★ Low 6654.50

★ Close 6664.00

ES (Week Open) 6659.75

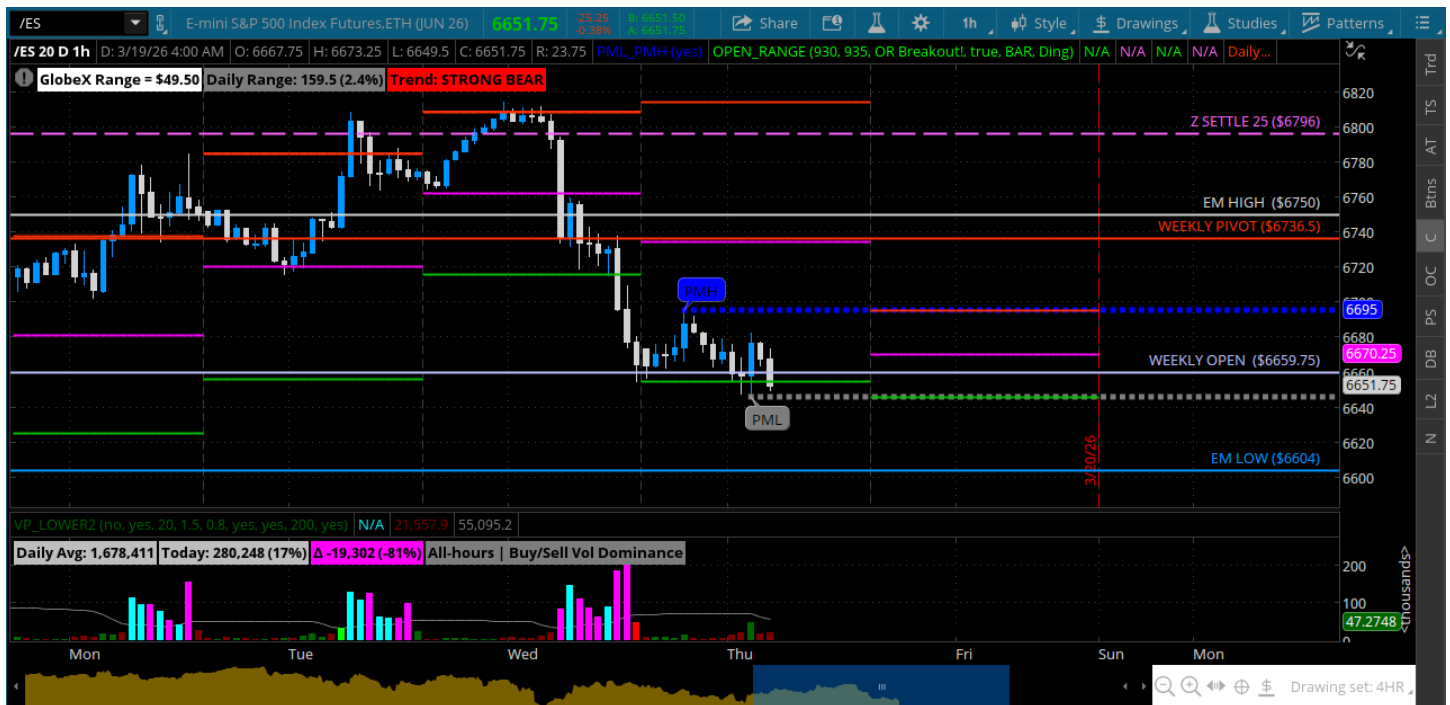
Pre-Market Charts to Watch

Thursday, March 19, 2026 Pre-Market /NQ 1 Hour Chart



- Crude rallies and FOMC set us into a big trend down
- All the way back to the weekly open -- 700 off yesterdays high
- Rallies will fall apart until crude can chill out
- Lets see how we deal with the 24500 today -- bulls have to defend something down here
- Under weekly open gets slippery and sets up filling the roll gap

Thursday, March 19, 2026 Pre-Market /ES 1 Hour Chart



- Post FOMC we came in hard from the 6800
- All the way back to weekly open and the 6650
- Bulls need to hold the line here and try to muster a rally -- will be hard with crude still bid
- Also need a reason to actually rally -- geopolitical news flow is not good at all

Disclaimer:

Disclaimer: Neither TheoTrade or any of its officers, directors, employees, other personnel, representatives, agents or independent contractors is, in such capacities, a licensed financial adviser, registered investment adviser, registered broker-dealer or FINRA|SIPC|NFA-member firm. TheoTrade does not provide investment or financial advice or make investment recommendations. TheoTrade is not in the business of transacting trades, nor does TheoTrade agree to direct your brokerage accounts or give trading advice tailored to your particular situation. Nothing contained in our content constitutes a solicitation, recommendation, promotion, or endorsement of any particular security, other investment product, transaction or investment. Trading Futures, Options on Futures, and retail off-exchange foreign currency transactions involves substantial risk of loss and is not suitable for all investors. You should carefully consider whether trading is suitable for you in light of your circumstances, knowledge, and financial resources. You may lose all or more of your initial investment. Opinions, market data, and recommendations are subject to change at any time. Past Performance is not necessarily indicative of future results.