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## Friday Seek and Destroy Strategy in ICT: Accumulation and Distribution Explained

Categories: Forex Education ICT (Inner Circle Trader) Education Technical analysis Education Financial Glossary

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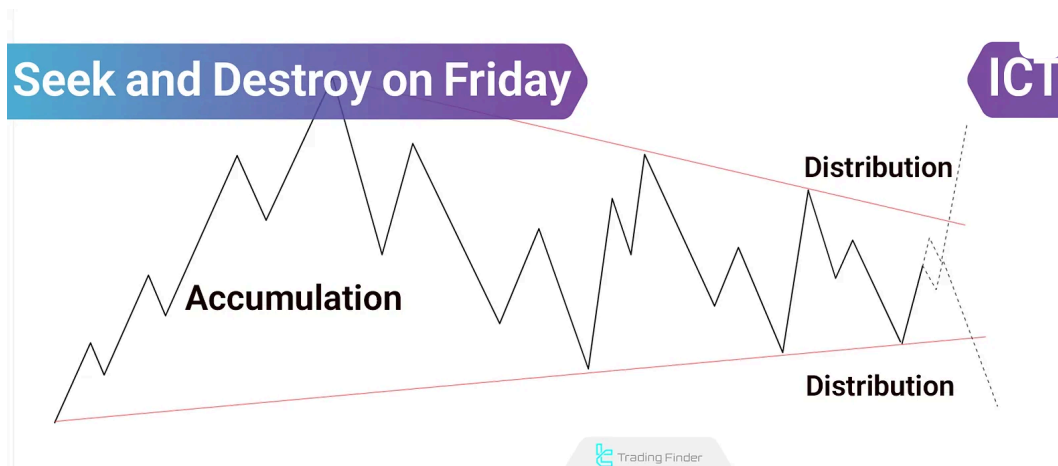
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In the **Friday Seek and Destroy** strategy within the **ICT methodology**, the market typically enters an **accumulation** or **distribution phase** from Monday until the release of major economic news. During this phase, **smart money** aims to identify and hunt the liquidity clustered around swing **high**s and **low**s.

Before the news, the price structure remains in a **range-bound, deceptive formation**, luring retail traders into premature or false positions. Once the news is released, the market first performs a **quick liquidity sweep** against the main trend direction to trigger stop-losses, followed by a sharp **displacement move** in alignment with the weekly **order flow**.





## What Is the Friday Seek and Destroy Strategy?

From Monday until just before high-impact events like **NFP** or **FOMC**, markets often consolidate with **no clear direction**. This results in liquidity building up around swing highs and lows.

Retail traders, misled by false signals or overtrading during this phase, are often stopped just before the market's real move.

NAVY SEALS CHALLENGE		ACCORDING TO YOUR AGE	
<b>DAY 1</b>		<b>DAY 4</b>	
Push ups	45 reps	Front Squat	55 reps
Diamond Pushup	30 reps	Squat	40 reps
Close Grip Pushups	20 reps	Reverse Table-Up	25 reps
Star Plank	1 min	Leg Raise	40 reps
<b>DAY 8</b>		<b>DAY 12</b>	
Bicycle Crunches	45 reps	Dumbbell Stepup	40 reps
Dumbbell Stepup	40 reps	Deadlift	40 reps
Deadlift	25 reps	Leg Press	
Leg Press	40 reps	Plank	

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On Friday, after the economic release, the market **sweeps liquidity** on one side and then **displaces** in the direction of the **weekly order flow**. The move typically aims for **higher time liquidity levels (Draw on Liquidity)**.

In such weeks, entering trades **before the news** is rarely a good idea. A better strategy is to **liquidity collection** and only enter **after confirmation** from lower timeframes.



Chart example of liquidity sweep in Friday Seek and Destroy strategy (ICT style)

## Market Structure Analysis in Friday Seek and Destroy Setup

This concept emphasizes recognizing **market behavior** and **structure** during weeks when a **Seek and Destroy profile** is forming.

### Bullish Seek and Destroy Market Behavior

When the main trend is **bullish**, the seek-and-destroy structure causes erratic, directionless price action from Monday to Thursday—forming **higher highs and lower lows** but without clear momentum.

This is designed to accumulate **sell-side liquidity** under support zones. On Friday, with the news release, the market first **sweeps sell-side liquidity**, triggering stops below support.

### NAVY SEALS CHALLENGE 📄

#### ACCORDING TO YOUR AGE

DAY 1		DAY 4	
Push ups	45 reps	Front Squat	55 reps
Diamond Pushup	30 reps	Squat	40 reps
Close Grip Pushups	20 reps	Reverse Table-Up	25 reps
Star Plank	1 min	Leg Raise	40 reps
DAY 8		DAY 12	
Bicycle Crunches	45 reps	Dumbbell Stepup	40 reps
Dumbbell Stepup	40 reps	Deadliffy	40 reps
Deadliffy	25 reps	Leg Press	
Leg Press	40 reps	Plank	

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A **bullish displacement** follows, pushing price along with the weekly order flow—often toward **timeframe liquidity levels**.



Bullish trend in Friday Seek and Destroy structure (ICT)

### Bearish Seek and Destroy Market Behavior

In **bearish markets**, the structure aims to absorb **buy-side liquidity** above resistance. From Monday to Thursday, prices might form **lower lows and higher highs**, appearing erratic.

This manipulates retail buyers into entering longs above swing highs.

### NAVY SEALS CHALLENGE 📄

#### ACCORDING TO YOUR AGE

DAY 1		DAY 4	
Push ups	45 reps	Front Squat	55 reps
Diamond Pushup	30 reps	Squat	40 reps
Close Grip Pushups	20 reps	Reverse Table-Up	25 reps
Star Plank	1 min	Leg Raise	40 reps
DAY 8		DAY 12	
Bicycle Crunches	45 reps	Dumbbell Stepup	40 reps
Dumbbell Stepup	40 reps	Deadliffy	40 reps
Deadliffy	25 reps	Leg Press	
Leg Press	40 reps	Plank	

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On Friday, following the economic event, the market performs a **buy-side liquidity sweep** and a **bearish displacement** in line with the weekly flow—again targeting **higher timeframe liquidity**.

Entering trades prematurely can lead to stop-outs, whereas **patient entries post-sweep** of ... risk setups.



Bearish structure in Friday Seek and Destroy strategy

## Common Mistakes in Friday Seek and Destroy (ICT Style)

A major reason why traders fail during Seek and Destroy weeks is **misreading the pre-news price action**. Between **Monday** and **Thursday**, prices are mostly range-bound, but many take these ranges as **entry signals**.

### Entering During Consolidation Phase

While smart money is accumulating liquidity, retail traders **enter** trades based on **classic technical patterns** or **support/resistance zones**—only to get stopped before the real move.

### Entering Without Market Structure Confirmation

The Seek and Destroy profile requires **waiting until after the news** for full liquidity sweep confirmation. Entering without signals like **Market Structure Shift (MSS)** or **Change in State of Delivery (CISD)** exposes traders to high risk.

### Failing to Identify Draw on Liquidity Zones

Without knowing which **higher-timeframe liquidity level** smart money is targeting, traders can misread **trend direction** after the **sweep**. This leads to **counter-trend entries** and losses.

## Conclusion

The **Seek and Destroy setup on Fridays** is a structured play designed to trap liquidity and then launch a move in the direction of **dominant market flow**.

Entering during **consolidation** without understanding liquidity mechanics often results in repetitive losses.

Without **Market Structure Shift (MSS)**, **Change in State of Delivery (CISD)** and **Draw on Liquidity identification**, market structure analysis remains incomplete, and trades are made on guesswork rather than **liquidity logic**.

### FAQs

- When does the Seek and Destroy structure form?** ∨

During weeks with major news releases (e.g., **NFP**, **FOMC**). From Monday to Thursday, the price consolidates. The main move is expected to come on Friday following the news. ∨

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**Why avoid trades before the news release?**

Smart money manipulates prices to collect liquidity. Early trades often get stopped out due to intentional stop hunts. ∨

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**What are the valid entry signals in this setup?**

Post-news confirmations, such as **MSS** and **CISD**, on **lower timeframes** signal smart money's true direction. ∨

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**Why does the price first move against the trend?**

This is part of the **liquidity sweep** process. Smart money activates stop-losses before guiding the price in its **intended direction**. ∨

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**What role do higher timeframes play here?**

They define **Draw on Liquidity** targets. Analyzing these frames helps identify final destination levels. ∨

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**What's the difference between bullish and bearish versions?**

  - In bullish setups, sell stops are swept first before an uptrend resumes;
  - In bearish setups, buy stops are taken before the downtrend resumes.∨


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**Are indicators recommended in this strategy?**

ICT focuses on price and liquidity. Indicators can be used only as **secondary tools** in lower timeframes. ∨

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**Can this setup be applied to all markets?**

Yes, especially in **high-volume/liquidity markets** like Forex, indices (NASDAQ, DAX), and major cryptocurrencies, where liquidity behavior is visible.



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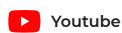
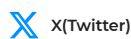


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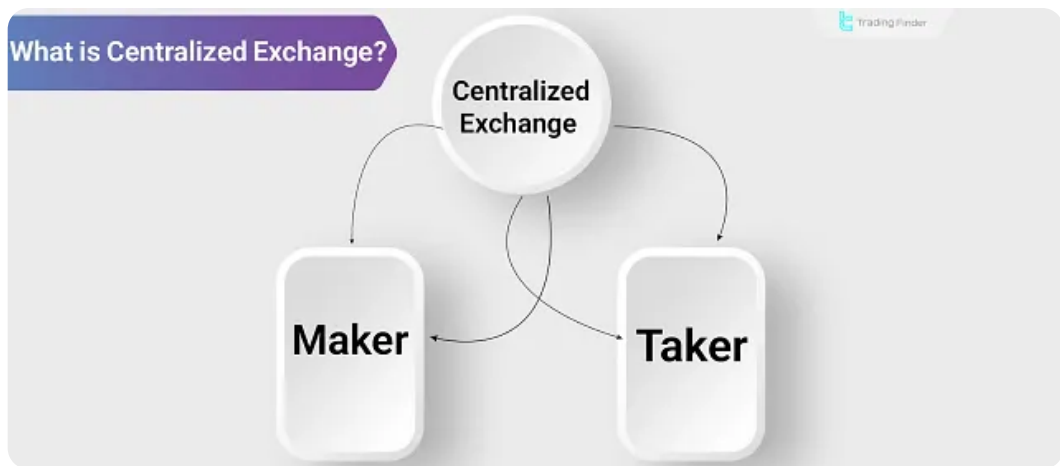
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