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There are many ways to trade and invest in the stock market. In my experience, buying and holding can take advantage of a big move, but it has a number of disadvantages over a nimble approach. To compound and avoid large drawdowns, big consistent returns require turnover.

Top reasons why even the very best investors that hold for huge stock moves can't consistently make much more than 20-30% per year:

1. There are very few huge movers.
2. It takes a long time to make a huge move.
3. You have to go through large drawdowns.
4. You only know a pullback isn't a normal pullback after you've given back most of your gains.