

Gym Attackers

- When you attack a gym, you need to use Pokémon with high DPS, so that your opponent will die fast. Here is an example of team:

Machamp

FIGHT

Machamp

FIGHT

Raikou

ELECTR

Mamoswine

ICE

GROUND

Giratina (0)

GHOST

DRAGON

Metagross

STEEL

PSYCHIC



• Counter (12)

• Counter (12)

• Thunder Shock (5)

• Mamoswine (6)

• Shadow Claw (9)

• Bullet Punch (9)

• Dynamic Punch (90)

• Dynamic Punch (90)

• Wild Charge (90)

• Avalanche (90)

• Shadow Ball (100)

• Meteor Mash (90)

Usefull versus

NORMAL ROCK ICE STEEL DARK

Usefull versus

WATER FLYING

Usefull versus

GROUND FLYING GRASS DRAGON

Usefull versus

GHOST PSYCHIC

Usefull versus

ICE ROCK FAIRY

Blissey, Chansey, Snorlax, Rhyperior, Melmetal

Vaporeon, Gyarados

Dragonite, Salamence

Gardevoir, Espeon

Gardevoir, Togekiss

- Some types are not covered: BUG ELECTR POISON FIRE FIGHT. Note that BUG ELECTR POISON FIRE Pokémon do not have high Effective Health.

- Metagross can be replaced by a third Machamp.

- Raikou can be replaced by Electivire or Deoxys (Normal).

- There are other good counters that could have been mentioned:

Rayquaza

DRAGON

FLYING

Mewtwo

PSYCHIC

Roserade

GRASS

POISON

Weavile

DARK

ICE



• Dragon Tail (15)

• Outrage (110)

• Aerial Ace (55)

• Psycho Cut (5)

• Shadow Ball (100)

• Focus Blast (150)

• Razor Leaf (13)

• Grass Knot (90)

• Sludge Bomb (80)





• Feint Attack




• Foul Play

• Avalanche

Gym Defenders




- Take 4 Bulk Pokémon (and avoid taking Pokémon with the same weakness) and 2 High DPS Pokémon.
- Bulk Pokémon:** it takes time to kill them.

	Blissey 	Chansey 	Snorlax 	Muk 	Hippowdon 
Ideal moveset	⚡ Zen Headbutt (12) ✨ Dazzling Gleam (100)	⚡ Zen Headbutt (12) ✨ Dazzling Gleam (100)	⚡ Zen Headbutt (12) ⚙ Heavy Slam (70)	🌱 Infestation (10) ⚡ Thunder Punch (45)	🔥 Fire Fang (11) ⚙ Body Slam (50)
Weaknesses	FIGHT	FIGHT	FIGHT	GROUND PSYCH	ICE WATER GRASS
Remarks	Blissey is the Pokémon that takes the most time to kill	Chansey makes few damages.	Snorlax realises more damage than Chansey, but it takes less time to kill it.	Few counters against Muk. Muk is resistant to FIGHT moves.	Solide bulk.

	Milotic 	Vaporeon 	Togekiss 	Melmetal 	Lapras 
Ideal moveset	💧 Waterfall (16) ⚡ Surf (65)	💧 Water Gun (5) ⚡ Aqua Tail (50)	⚡ Air Slash (14) ✨ Dazzling Gleam (100)	⚡ Thunder Shock (5) ⚡ Thunderbolt (80)	❄ Ice Shard (12) ❄ Ice Beam (90)
Weaknesses	ELECTR GRASS	ELECTR GRASS	ELECTR ICE ROCK POISON STEEL	FIGHT GROUND FIRE	FIGHT ROCK ELECTR GRASS
Remarks	Good water type defender	Similar to Milotic	Togekiss is resistant to FIGHT moves.	Similar to Snorlax.	Similar to Snorlax.

Gym Defenders

- **High DPS and good Effective Health Pokémon:** they realise high damages if the opponent is not optimised.

	Metagross	Gardevoir	Dragonite	Espeon	Hariyama
					
Ideal moveset	<ul style="list-style-type: none"> • Zen Headbutt (12) • Meteor Mash (100) 	<ul style="list-style-type: none"> • Confusion (20) • Dazzling Gleam (100) 	<ul style="list-style-type: none"> • Dragon Tail (15) • Outrage (110) 	<ul style="list-style-type: none"> • Confusion (20) • Psybeam (70) 	<ul style="list-style-type: none"> • Bullet Punch (9) • Heavy Slam (70)
Weaknesses	<div> <div>PSYCHIC</div> <div>STEEL</div> <div>GHOST</div> <div>DARK</div> <div>GROUND</div> <div>FIRE</div> </div>	<div> <div>PSYCHIC</div> <div>FAIRY</div> <div>GHOST</div> <div>DARK</div> <div>STEEL</div> </div>	<div> <div>ICE</div> <div>DRAGON</div> <div>ROCK</div> <div>FAIRY</div> </div>	<div> <div>PSYCHIC</div> <div>DARK</div> <div>BUG</div> </div>	<div> <div>PSYCHIC</div> <div>FLYING</div> <div>FAIRY</div> </div>
Remarks	High DPS, Metagross realises lot of damage	Gardevoir is resistant to FIGHT moves.	High DPS	Inferior to Gardevoir	A neutral counter

- **Low Cost Pokemon:** they realise low damages, but take time to kill them.

	Wobbuffet	Azumarill	Drapion	Crobat	Clefable
					
Ideal moveset	<ul style="list-style-type: none"> • Counter (12) • Mirror Coat (60) 	<ul style="list-style-type: none"> • Bubble (12) • Play Rough (90) 	<ul style="list-style-type: none"> • Infestation (10) • Aqua Tail (50) 	<ul style="list-style-type: none"> • Air Slash (14) • Sludge Bomb (80) 	<ul style="list-style-type: none"> • Zen Headbutt (12) • Dazzling Gleam (100)
Weaknesses	<div> <div>PSYCHIC</div> <div>GHOST</div> <div>DARK</div> <div>BUG</div> </div>	<div> <div>WATER</div> <div>FAIRY</div> <div>ELECTRIC</div> <div>GRASS</div> <div>POISON</div> </div>	<div> <div>ICE</div> <div>GROUND</div> </div>	<div> <div>ICE</div> <div>ELECTRIC</div> <div>ROCK</div> <div>PSYCHIC</div> </div>	<div> <div>STEEL</div> <div>POISON</div> </div>