







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 PSYCH
					
<ul style="list-style-type: none"> Counter (12) Dynamic Punch (90) 	<ul style="list-style-type: none"> Counter (12) Dynamic Punch (90) 	<ul style="list-style-type: none"> Thunder Shock (5) Wild Charge (90) 	<ul style="list-style-type: none"> Mamoswine (6) Avalanche (90) 	<ul style="list-style-type: none"> Shadow Claw (9) Shadow Ball (100) 	<ul style="list-style-type: none"> Bullet Punch (9) Meteor Mash (90)
Usefull versus		Usefull versus		Usefull versus	
NORMAL ROCK ICE STEEL DARK		WATER FLYING		GROUND FLYING GRASS DRAGON	
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 PSYCH	Roserade GRASS POISON	Weavile DARK ICE
			
<ul style="list-style-type: none"> Dragon Tail (15) Outrage (110) Aerial Ace (55) 	<ul style="list-style-type: none"> Psycho Cut (5) Shadow Ball (100) Focus Blast (150) 	<ul style="list-style-type: none"> Razor Leaf (13) Grass Knot (90) Sludge Bomb (80) 	<ul style="list-style-type: none"> 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 NORMAL	Chansey NORMAL	Snorlax NORMAL	Muk POISON	Hippowdon GROUND
					
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 WATER	Vaporeon WATER	Togekiss Fairy FLYING	Melmetal STEEL	Lapras WATER ICE
					
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	   	  	   	  	  
Remarks	High DPS, Metagross realises lot of damage	Gardevoir is resistant to  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	 