

Contrunion
Type: Ice / Fire
Ability: Slush Rush, Solar Power, Magic Bounce
Base stats: 62 / 112 / 42 / 112 / 42 / 132

Burning Ice: Ice type, Special, 110 BP, 8PP, 85% accuracy. 10% chance to Burn. Z Power: 185
Freezing Fire: Fire type, Physical, 110 BP, 8PP, 85% accuracy. 10% chance to Freeze. Z power:
185

Ice

Contrunion is the fastest Ice type available, outrunning dangerous threats like Greninja and Tapu Koko. Its secondary Fire typing lets it put in a lot of work against Steel teams, which can normally be very difficult for Ice teams to deal with. Magic Bounce also lets Contrunion act as hazard control, easing the pressure on Pokemon like Avalugg and Rotom-F. A great movepool combined with high attack stats on both sides make Contrunion a powerful and unpredictable threat, able to sweep from either side. However, it is incredibly frail and has a 4X weakness to Stealth Rock, making it near impossible to safely switch in and easy to revenge kill.

Fire

Contrunion's very high Speed, solid attacking stats on both sides and great movepool make it an extremely deadly Pokemon. Its Ice typing lets it pose a threat to Ground and Dragon teams, which are normally tough matchups for Fire. It can run physical and special sets equally well, and access to Magic Bounce gives Fire teams another form of hazard control, lessening the pressure on Pokemon like Vivifire and Pumpkindle. However, Contrunion is extremely frail and 4X weak to Stealth Rock, making it very difficult to get in safely. Priority moves and Choice Scarf users are also common.

Nasty Plot (Ice)

Contrunion @ Fightinium Z / Life Orb

Timid Nature

EVs: 252 SpA / 4 SpD / 252 Spe

Ability: Magic Bounce

- Nasty Plot
- Fire Blast
- Burning Ice
- Focus Blast / Thunderbolt

Nasty Plot boosts Contrunion's Special Attack by 2 stages, giving it the power to either wallbreak or sweep late game. Fire Blast is a strong STAB with no drawback other than imperfect accuracy. Burning Ice is essentially a better Blizzard. Focus Blast in tandem with Fightinium Z lets Contrunion OHKO Heatran and Tyranitar, and 2HKO Chansey at +2, which

could otherwise wall it. Thunderbolt can be used instead to Water types hard, OHKOing Mantine and Toxapex at +2. If you opt for Thunderbolt, use Life Orb instead of Fightinium Z. Magic Bounce is used to give Contrunium a pseudo Taunt immunity and let it ignore Klefki's priority Thunder Wave.

Swords Dance (Ice)

Contrunium @ Icium Z

Jolly Nature

EVs: 252 Atk / 4 SpD / 252 Spe

Ability: Magic Bounce

- Swords Dance
- Freezing Fire
- Icicle Crash
- Earthquake

Swords Dance boosts Contrunium's attack stat by 2 stages, letting it sweep or wallbreak. Freezing Fire is basically a physical Fire Blast with a 10% Freeze chance instead of a burn chance. Icicle Crash is a secondary STAB that hits Dragon types hard. Earthquake OHKOes Tyranitar at +2, and 2HKOs Toxapex at +2. Thunder Punch is an option to OHKO Mantine and Pelipper while maintaining coverage on Toxapex. Icium Z lets Contrunium OHKO Gastrodon and Swampert after Spikes with a +2 Subzero Slammer. Magic Bounce is used to give Contrunium a psuedo Taunt immunity and let it ignore Klefki's priority Thunder Wave.

Choice Specs (Fire)

Contrunium @ Choice Specs

Timid Nature

EVs: 252 SpA / 4 SpD / 252 Spe

Ability: Solar Power

- Fire Blast
- Burning Ice
- Thunderbolt
- Focus Blast

Choice Specs and Solar Power give Contrunium incredible firepower (pun intended). In the sun, Fire Blast is almost guaranteed to 2HKO Chansey, even without Stealth Rock. Burning Ice is a nice backup STAB, which hits Dragon types like Garchomp and Mega Altaria super effectively. Thunderbolt hits the Water types that resist Contrunium's STABs super effectively, OHKOing Mantine and 2HKOing Toxapex. Focus Blast 2HKOs Heatran and OHKOes Tyranitar, which could both otherwise switch in.

Swords Dance (Fire)

Contrunium @ Icium Z

Jolly Nature

EVs: 252 Atk / 4 SpD / 252 Spe

Ability: Magic Bounce

- Swords Dance
- Freezing Fire
- Icicle Crash
- Earthquake / Thunder Punch

Swords Dance boosts Contrunion's attack stat by 2 stages, letting it sweep or wallbreak. Freezing Fire is basically a physical Fire Blast with a 10% Freeze chance instead of a burn chance. Icicle Crash is a secondary STAB hits Dragon types hard. Earthquake OHKOes Tyranitar at +2, and 2HKOs Toxapex at +2. Thunder Punch can be used to OHKO Mantine and Pelipper; it still retains coverage on Toxapex. Icicle Crash lets Contrunion OHKO Gastrodon and Swampert after Spikes with a +2 Subzero Slammer. Magic Bounce is used to give Contrunion a pseudo Taunt immunity and let it ignore Klefki's priority Thunder Wave.

Other Options

Ice

Contrunion can run Choice Band or Specs for off the bat power, but generally gets more mileage from a Life Orb or Z crystal. A Focus Sash might seem tempting for guaranteed set up, but it loses too much power in the process.

Fire

Nasty Plot might seem tempting, but Choice Specs + Solar Power in the sun is strong enough already without having to set up. Focus Sash can grant set up opportunities, but Choice Specs and Icicle Crash are preferred for the increase in power.