



THE **SHIFT YOUR GAME** CHALLENGE

What is it?

The Shift Your Game Challenge is a 1-month putting bootcamp designed specifically for the Mach Shift 3-in-1 Training Basket. This challenge will increase your confidence on the putting green with quantifiable benefits in not only the technical aspect of your putting game, but your mental game as well.

So how does it work?

- Five sessions per week, 30 min per session max (see "Overtime" variation below). Utilizes a different and increasingly difficult Mach Shift configuration every day, which resets at the beginning of the next week.

Station Setup:

- Six stations set up at 5, 6, 7, 8, 9, and 10 meters (15, 18, 21, 24, 27, and 30 feet).

Mach Shift Configurations:

Day 1: Standard.	The typical Mach Shift configuration, with full chains.
Day 2: Standard Low.	Standard configuration, but lowered 6 inches.
Day 3: Left/Right.	Remove either the strong or weak side strands (aka move one side in to the middle).
Day 4: Advanced.	The precision-style target, with all outside chains moved in, and the chain hanger off.
Day 5: Pro.	Advanced configuration, but lowered 6 inches.

Putting Rules: All variations require only three putters.

Normal:

Make Two = Move back
Make One = Move forward
Make None = Restart

Beginner:

Same rules as Normal, but leave the Mach Shift in Standard Configuration until confident.

Pro:

Mach Shift changes through the week, but putting rules get harder.
Make Three = Move back
Make Two = Stay
Make One = Move forward
Make None = Restart

Variations:

Overtime: If time allows, it adds a good amount of fun and pressure to go into "Overtime" if you haven't completed station 6 at the 30-minute mark. Simply keep going until you either complete station six or hard reset.

The "Robbie": Robbie C Disc Golf reported two additions to the Shift Your Game Challenge. The first was completing BOTH the Normal and Pro putting rules in each session, and the second was alternating between stagger and straddle putting styles at each station.

Scorecard on reverse side

