For example,

0
167.05
167.80
167.45
(t-3) 166.70
(t-2) 166.95
(t-1) 167.30
(-t) 167.10

SHIFT(1) →

0	1
167.05	167.80
167.80	167.45
167.45	166.70
(t-3) 166.70	(t-2) 166.95
(t-2) 166.95	(t-1) 167.30
(t-1) 167.30	(t) 167.10
167.10	—

↳ drop

final column will be the target (in this case 1)

since, (t-1) is used to predict t, t is used to predict (t+1) and so on.