The next 2 videos cover a method about how to better estimate your tasks. With an accurate estimation of the effort and time needed to complete tasks, you are far more likely to meet the end of Sprint deadline and not disappoint stakeholders.

'Agile estimation' using 'story points' is a great way to better estimate tasks. The process is a little more involved than simply just guessing a timeframe, but if your team are struggling to meet their Sprint Goals due to underestimating how much they can get done, then you as the Scrum Master can recommend Agile estimation.

This process is also useful for working out the priority of tasks as it takes the value divided by the effort to determine which tasks are worth doing first to meet the Agile principle of delivering value early and often.

It is also a great way to determine what your average task completion velocity is, which will greatly help for planning future Sprints.