Modals - Can/Could:

"Can" and "could" are modal auxiliary verbs that indicate the ability, possibility, permission, or polite requests.

"Can":

- Ability: It expresses present ability or capability.
 - She can swim.
- **Possibility**: It can indicate a possibility or likelihood.
 - It can get crowded on weekends.
- **Permission**: It can be used to ask for or give permission.
 - Can I borrow your pen?
 - You can go now.

"Could":

- Past Ability: It expresses past ability or capability.
 - When I was younger, I could run very fast.
- Polite Request: It is often used for making polite requests.
 - Could you please pass the salt?

Summary Chart:

Туре	Example Sentences
Can (Present)	She can sing very well.
Can (Possibility)	It can be quite noisy here.
Can (Permission)	Can I join the team?
Could (Past Ability)	When I was young, I could swim .
Could (Polite Request)	Could you help me, please?