Can

Could

General ability (present) -I can speak English.	General ability in the past - I could play the piano when I was younger.
Ask for permission (informal) -Can I borrow your pen please?	Ask for permission (more polite) -Could I use your bathroom please?
To request something -Can you help me please?	To requet something (more polite) -Could you pass me the salt please?
Possibility - It can get very cold there ate night.	Possibility in the past could+have+past participle -What? You could have broken your leg.
Offer to help someone -Can I carry your bags for you?	Suggestion (when asked what to do) -We could go to the movies if you like.
-You can't go to the party.	Conditional of Can (would be able to) -If we had some organges I could make you some fresh juice. (=would be ablt to).