Using modals in English provides a nuanced way to convey different shades of meaning, obligation, possibility, and necessity. Here are practical ways to use modal verbs:

Expressing Ability:

- Use "can" to express physical or mental ability.
 - Example: "She can speak three languages fluently."

Making Requests:

- Use "can" or "could" to make polite requests.
 - Example: "Can you please pass me the salt?"
 - Example: "Could you help me with this assignment?"

Expressing Permission:

- Use "can" to ask for or give permission in informal situations.
 - Example: "Can I borrow your pen?"
 - Example: "You can leave the meeting early if you need to."

Expressing Possibility:

- Use "could," "may," or "might" to express possibility or uncertainty.
 - Example: "It could rain later, so bring an umbrella."
 - Example: "He may be late for the meeting."
 - Example: "There might not be enough seats for everyone."

Making Suggestions:

- Use "could" or "might" to make suggestions in a polite manner.
 - Example: "You could try calling him instead."
 - Example: "We might consider postponing the event due to bad weather."

Expressing Necessity:

- Use "must" or "have to" to express necessity or obligation.
 - Example: "You must submit your assignment by Friday."
 - Example: "I have to attend the meeting this afternoon."

Expressing Advice:

- Use "should" or "ought to" to give advice or recommendations.
 - Example: "You should see a doctor if you're not feeling well."
 - Example: "You ought to study more if you want to pass the exam."

Expressing Certainty:

- Use "must" to express certainty or strong belief about something.
 - Example: "She must be the new employee everyone is talking about."
 - Example: "The package must have arrived by now."

Expressing Prohibition:

- Use "must not" or "cannot" to express prohibition or things that are not allowed.
 - Example: "You must not smoke in this area."
 - Example: "Visitors cannot enter without proper identification."

Expressing Politeness:

- Use "would" or "could" to make polite requests or offers.
 - Example: "Would you like some tea?"
 - Example: "Could I have a moment of your time?"

By using modal verbs appropriately in various contexts, you can convey different meanings and nuances effectively in both spoken and written English. Practice using modals in different situations to become more proficient in their usage.