Small cap decouplings deal with decoupling estimates for caps that are smaller than the canonical size. In 2019, Demeter, Guth and Wang studied small cap decoupling for exponential sums with frequency points supported on the cubic moment curve. In this talk, I will discuss the proof of  $L^{10}$  small cap decoupling for general functions, which involves incidence estimates for tubes and planks in  $\mathbb{R}^3$