Agile software development methods were “introduced” in the Agile manifesto (2001) as a response to the high cost incurred by change in the plan-based approaches of the past.

It is worth reading the four values and twelve principles.
Agile Methods

There are several different software development processes (or “frameworks”) which follow the agile principles, including:

- Extreme programming (XP)
- Kanban
- Scrum
Extreme programming (XP) is one of the first, and one of the most “stereotypical”, agile processes. In *Extreme Programming Explained: Embrace Change* (1st edition) by Beck, twelve primary practices are given:

- Planning Game
- Small Releases
- Metaphor
- Simple Design
- Testing
- Refactoring
- Pair Programming
- Collective Ownership
- Continuous Integration
- 40-Hour Week
- On-Site Customer
- Coding Standards
Another agile process, one that focuses chiefly on management and not on development, is *scrum*. Scrum provides an easy-to-integrate starting point for agile methods. You should review Scrum in the textbook and on the Scrum Wikipedia page.

As far as use goes, Mike Cohn’s recommendation is to “...start with Scrum and then invent your own version of XP.” (Blog post from April 6, 2007).