A XML Schema defines the grammer or a blueprint for an xml document.

i.e what elements can be there in an XML,what attributes can be added ,what namespaces an xml should follow and the order in which the elements should occur,the number of occurences of elements and also restrict the data the xml elements and attributes can carry.

If a XML document has a XML Schema file and if it follows it then that xml is called a valid xml document.

A XML schema definition is also a XML file with a .xsd extension

For ex:

If we have order.xml we can create a order.xsd to make sure what elements and attributes can be present in that xml.

W3C defines the xml elements and attributes that we can use to create a XML Schema File.