🔹 Full Backup

This is the most straightforward kind of backup. It makes a complete copy of the entire database — all the data and part of the transaction log — so you can fully restore the database to the point when the backup was taken. It's like taking a snapshot of everything as it is right now.

🔹 Differential Backup

Think of this as a "what's changed since the last full backup" type of backup. It only includes data that has changed since the last full backup, so it's quicker and smaller. But to restore, you still need the last full backup plus the most recent differential one.

🔹 Transaction Log Backup

This captures all the changes (transactions) made to the database since the last transaction log backup. It's useful for restoring a database to a very specific point in time — down to the minute or second — which is great for minimizing data loss. It works only if the database is using the Full or Bulk-logged recovery model.

🔹 Copy-Only Backup

This is like a temporary or one-off backup. It doesn’t mess up your regular backup strategy. For example, if you just want a quick backup before running a risky update or migration, this is the one to use. It doesn’t affect differential or log backup sequences.

🔹 File or Filegroup Backup

If you have a large database, backing up the whole thing every time can be time-consuming. With file or filegroup backups, you can back up just specific parts of the database. It’s more flexible and efficient for big systems.