1. Standard/Normal Area: This is the most common type of area in an OSPF network. All types of OSPF packets can be transmitted in this area.

2. Backbone Area (Area 0): This is the central hub of an OSPF network. All other areas must connect to the backbone area.

3. Stub Area: This type of area does not accept external routes and does not accept the link information of the other routers outside the area.

4. Totally Stubby Area: This is a type of stub area that does not accept external routes and does not accept the link information of the other routers outside the area. It supports Type 1, Type 2 LSAs, and Type 3 LSAs with default routes.

5. Not So Stubby Area (NSSA): This type of area is similar to a stub area but it also has to send external routes to other areas. This area supports 1, 2, 3, and 7 LSAs.

6. NSSA Totally Stubby Area: This is a special type of NSSA that does not accept ordinary Type 3 LSA packets, but it supports this type of LSA with default routes.

Now, let's dive into a more detailed explanation:

- Standard/Normal Area: In this type of area, OSPF packets can be normally transmitted and they can support up to 1,2,3,4, and 5 LSAs (Link State Advertisements). This ensures optimal routing since all routers know about all routes.

- Backbone Area (Area 0): The backbone area is area 0. It plays the role of the central node in the OSPF network and the link information of other areas is transmitted through area 0.

- Stub Area: As the name defines this type of area does not accept external routes and does not accept the link information of the other routers outside the area. These areas do not receive type 4 or 5 LSAs from their ABRs (Area Border Router).

- Totally Stubby Area: These are completely stub areas same as sub-area this type of area does not accept external routes and does not accept the link information of the other routers outside the area. It should be noted here that since the default route is sent using Type 3 LSAs, the complete stub area does not allow ordinary Type 3 LSA packets, but it supports this type of LSA with default routes. This area supports Type 1, Type 2 LSAs, and Type 3 LSAs with default routes.

- Not So Stubby Area (NSSA): It also has to send external routes to other areas. This area supports 1, 2, 3, and 7 LSAs. An NSSA makes use of type 7 LSAs.

(1) OSPF Area Types: Detailed Explanation - IP With Ease. https://ipwithease.com/ospf-area-types/.

(2) OSPF Area Types - GeeksforGeeks. https://www.geeksforgeeks.org/ospf-area-types/.

(3) . https://bing.com/search?q=types+of+OSPF+areas.

(4) Understand OSPF Areas and Virtual Links - Cisco. https://www.cisco.com/c/en/us/support/docs/ip/open-shortest-path-first-ospf/13703-8.html.

(5) OSPF Area Types - Afroz Ahmad. https://afrozahmad.com/blog/ospf-area-types-infographics/.

(6) undefined. https://www.packetcoders.io/ospf-areas-explained/.

(7) undefined. https://www.routerfreak.com/understanding-ospf-areas/.

Sure, here's a script that you can use to explain the different types of OSPF areas:

"Good day everyone, today we're going to talk about the different types of OSPF (Open Shortest Path First) areas. OSPF is a hierarchical network design approach that uses areas to simplify administration and optimize network traffic.

1. **Standard/Normal Area**: The first type of area we'll discuss is the Standard or Normal Area. This is the most common type of area in an OSPF network. All types of OSPF packets can be transmitted in this area, ensuring optimal routing since all routers know about all routes.

2. **Backbone Area (Area 0)**: The Backbone Area, also known as Area 0, is the central hub of an OSPF network. All other areas must connect to the backbone area. It plays a crucial role in the OSPF network as the link information of other areas is transmitted through Area 0.

3. **Stub Area**: The Stub Area is a type of area that does not accept external routes and does not accept the link information of the other routers outside the area. These areas do not receive type 4 or 5 LSAs from their ABRs (Area Border Router).

4. **Totally Stubby Area**: Totally Stubby Areas are completely stub areas. They do not accept external routes and do not accept the link information of the other routers outside the area. However, they do support Type 1, Type 2 LSAs, and Type 3 LSAs with default routes.

5. **Not So Stubby Area (NSSA)**: NSSAs are similar to stub areas but they also have to send external routes to other areas. This area supports 1, 2, 3, and 7 LSAs. An NSSA makes use of type 7 LSAs.

6. **NSSA Totally Stubby Area**: This is a special type of NSSA that does not accept ordinary Type 3 LSA packets, but it supports this type of LSA with default routes.

In conclusion, OSPF areas provide a scalable solution for large networks by reducing routing overhead, limiting the scope of route updates, and localizing network changes. Each type of area has specific characteristics and use cases, and understanding these can help in designing and managing OSPF networks effectively. Thank you."