Agile development, unlike the Waterfall Method, is a group of methods in which a solution will be met through the collaboration between teams of people. This model emphasizes people and the interactions between people, rather than tools and rigid plans. The Waterfall Method is an outline of a software development process, in which steps are followed in a certain order, and constantly repeated to keep a code updated. It doesn't encompass the interpersonal relationship between people or groups of people as they work on a code and focuses on planning and designing. Agile development would rather people be able to adapt to changes while the Waterfall Method would rather those changes not need to happen in the first place.

Agile development can and will occasionally use plan-heavy methods, if it is required and the individual team believes it is necessary, but it changes depending on the situation. Teams work to adapt to the present rather than predict the future, which is different from the constant planning of the Waterfall model.