The Agile Testing Quadrants provide a helpful taxonomy to help teams identify, plan and execute the testing needed.

- Quadrant Q1 Unit Level, Technology Facing, and supports the developers. Unit tests belong to this Quadrant. These tests can be Automated tests.
- Quadrant Q2 System level, business facing, and conform product behavior. Functional tests belong to this quadrant. These tests are either manual or automated.
- Quadrant Q3 System or User Acceptance Level, Business Facing and focus on real time scenarios. User Acceptance Tests belong to this quadrant. These tests are manual.
- Quadrant Q4 System or Operational Acceptance Level, Technology Facing and Focus on Performance, Load, Stress, Maintainability, Scalability Tests. Special tools can be used for these tests along with automation testing.

System testing is the type of testing to check the behaviour of a complete and fully integrated software product based on the software requirements specification (SRS) document. The main focus of this testing is to evaluate Business / Functional / End-user requirements.

- Is black box
- After system integration testing where functional and non functional req are verified
- Testers concentrated on finding bugs/defects based on the apps' behaviour

System testing is important because:

- Performed as the first level of testing where the system is tested as a whole (end to end)
- Checks the functional requirements or not
- Enables you to test the architecture and the business requirements
- Tested in an environment that resembles the production environment

Reference: http://www.softwaretestingclass.com/system-testing-what-why-how/

Exploratory testing is the freestyle or independent testing where you do not need to follow any set of test cases or scenarios, all you need to use is your experience and your knowledge of the requirements specified by the client. It can be beneficial in an agile environment to a large extent.

Advantages:

- Better way to deal with tight deadlines
- Focuses on newly added features which are prone to have more bugs
- Gives effective test cases based on the bugs found
- Enhances understanding of the application
- In case of change of req, you only test the most important scenarios

Reference: http://www.softwaretestingclass.com/why-exploratory-testing-is-important-in-agile-projects/