You have to add something like this in your ASP page:

<asp:ScriptManager ID="ScriptManager1" runat="server">

</asp:ScriptManager>

And something similar for UpdatePanel:

<asp:UpdatePanel id="UpdatePanel1" runat="server">

<contenttemplate>

</contenttemplate>

</asp:UpdatePanel>

UpdatePanel is used to prevent page refresh after a postback that occurs when you for example press a button. You just refresh that particular part of the page instead of the whole page.