Complete the following game exercises 1-5:

https://xss-game.appspot.com/

SQL Injection

Complete the following tutorial: https://www.hacksplaining.com/exercises/sql-injection

List of good sources for XSS and SQL Injection:

https://sqlwiki.netspi.com/

https://www.owasp.org/index.php/Cross-site Scripting (XSS)