Here are some reputable sites where you can practice ethical hacking skills in a legal and controlled environment:

1. TryHackMe (https://tryhackme.com)

- Offers a wide range of hands-on cybersecurity challenges and virtual machines for beginners and experienced users.

- Covers topics like web application security, network security, cryptography, and more.

2. HackTheBox (https://www.hackthebox.eu)

- Provides a platform for practical cybersecurity training through various challenges and virtual machines.

- Includes different difficulty levels and focuses on penetration testing and offensive security.

3. CYBRScore (https://cybrscore.md)

- Offers a variety of challenges and capture-the-flag (CTF) exercises for practicing ethical hacking.

- Covers different domains like web security, cryptography, binary exploitation, and more.

4. OverTheWire (https://overthewire.org)

- Provides a series of wargames that test your skills in various areas of cybersecurity.

- Includes challenges focused on web security, binary exploitation, cryptography, and more.

5. PicoCTF (https://picoctf.org)

- An educational cybersecurity competition organized by Carnegie Mellon University.

- Offers challenges in various categories, suitable for beginners and experienced participants.

6. Hack.me (https://hack.me)

- Provides a platform for practicing ethical hacking through virtual machines and challenges.

- Covers topics like web exploitation, binary exploitation, cryptography, and more.

7. Root-Me (https://www.root-me.org)

- Offers a wide range of challenges and CTF exercises for improving your ethical hacking skills.

- Includes challenges in different categories, such as web security, cryptography, and forensics.

Remember, these platforms are designed for educational and ethical purposes only. Always respect the rules and guidelines set by the platforms and refrain from any unauthorized or illegal activities. The goal is to learn and practice in a safe and controlled environment, without causing harm or disruption to real systems or networks