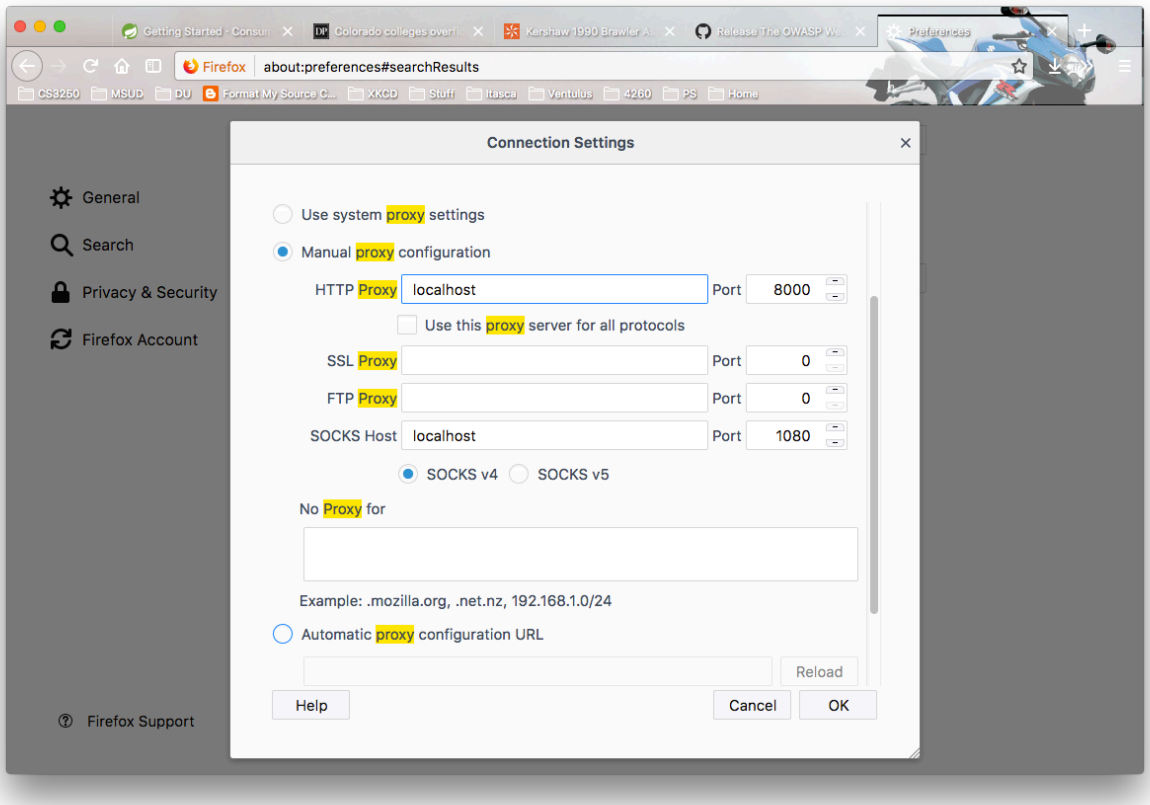
You'll need Java 1.8 on your machine. If you don't already have it, I recommend getting it from https://adoptopenjdk.net/

Download WebGoat 7.1:
https://github.com/WebGoat/WebGoat/releases/download/7.1/webgoat-container-7.1-exec.jar

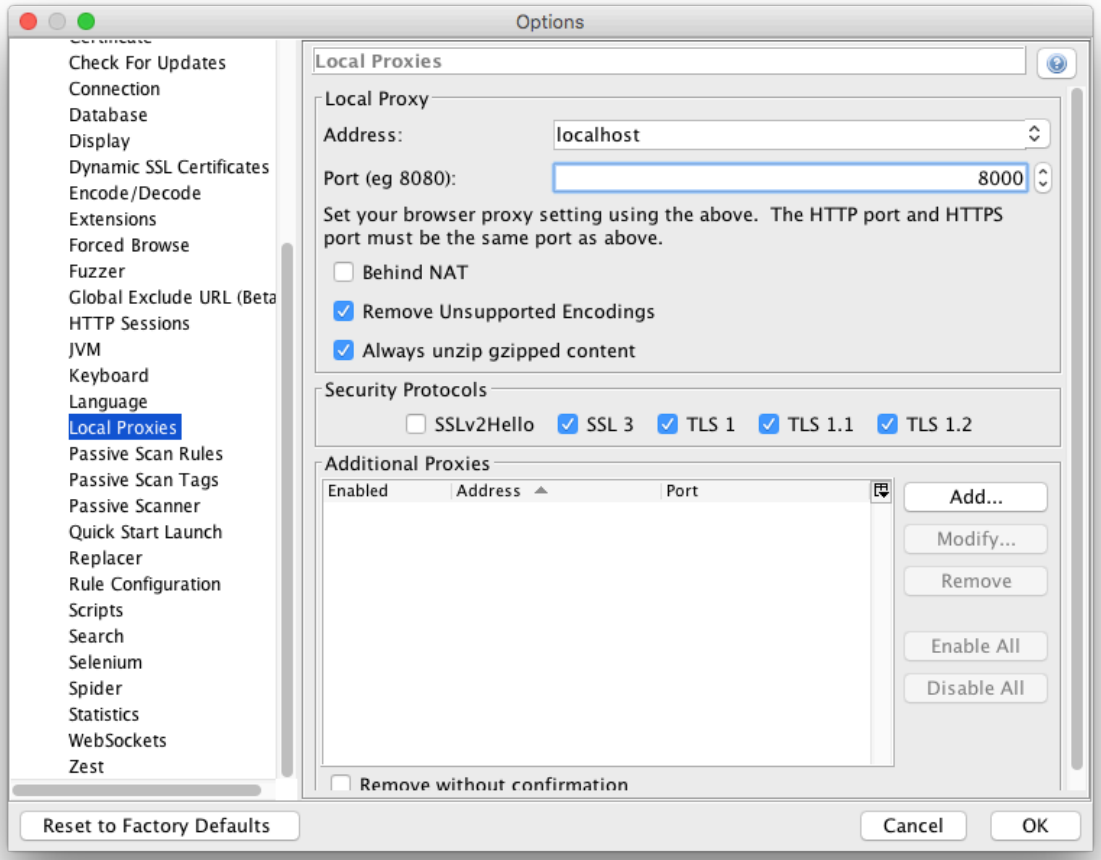
Then run it:
java -jar webgoat-container-7.1-exec.jar

Make sure you can connect to it: http://localhost:8080/WebGoat

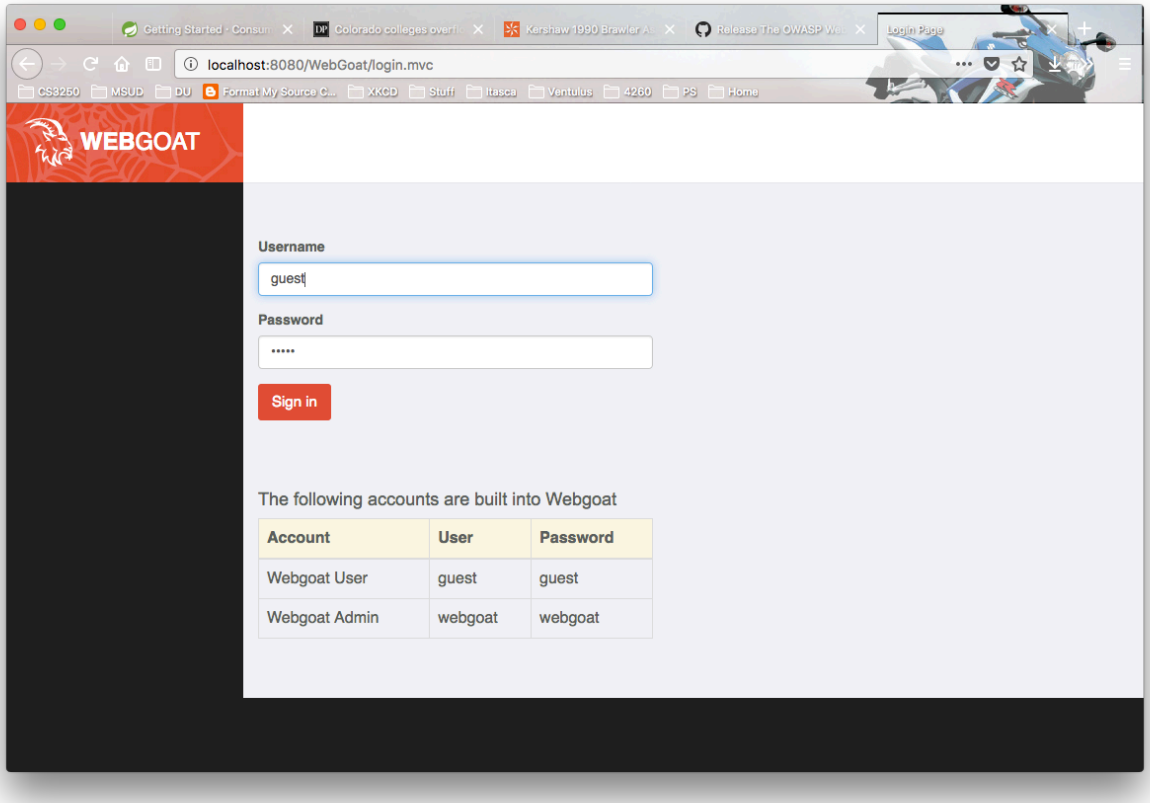
Set up a proxy in your browser. Make sure you remove localhost and 127.0.0.1 from the "No proxy for" textbox as that is exactly what you want to proxy for. Here's an example from Firefox.



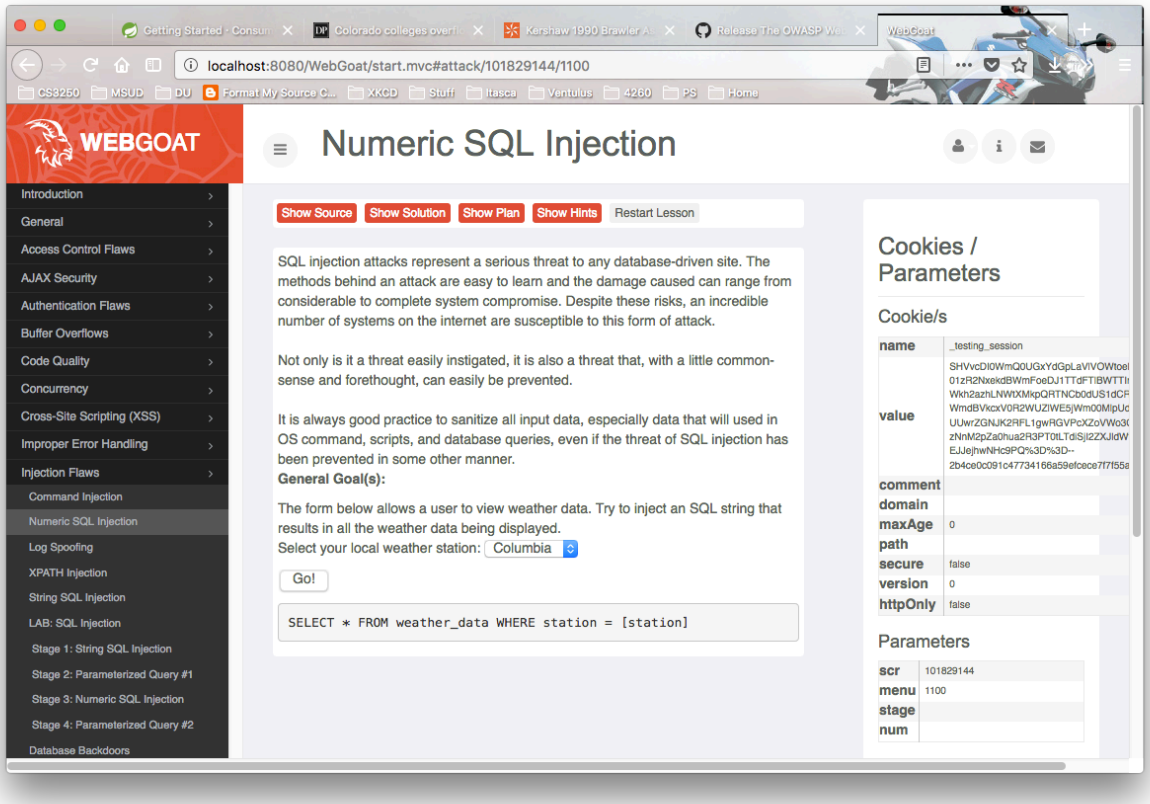
Fire up Zap and set the port it listens to 8000 (or anything other than 8080 as that is what WebGoat listens to).



Point your browser to WebGoat.

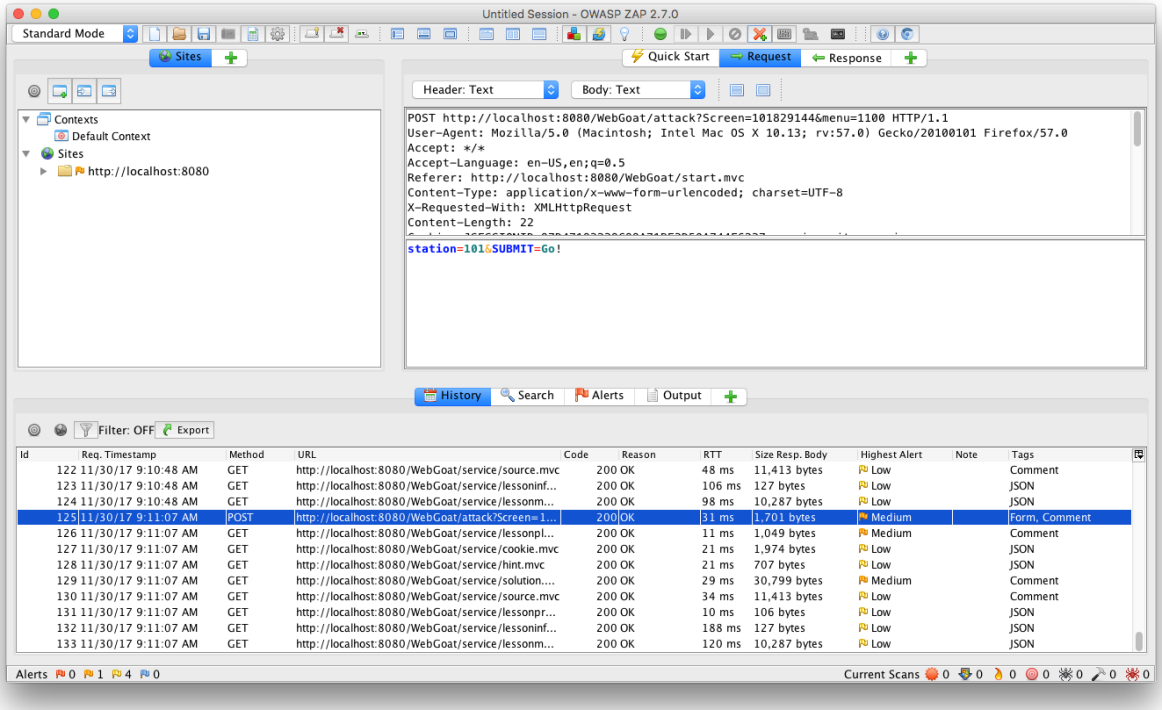


Go to the numeric SQL injection page.

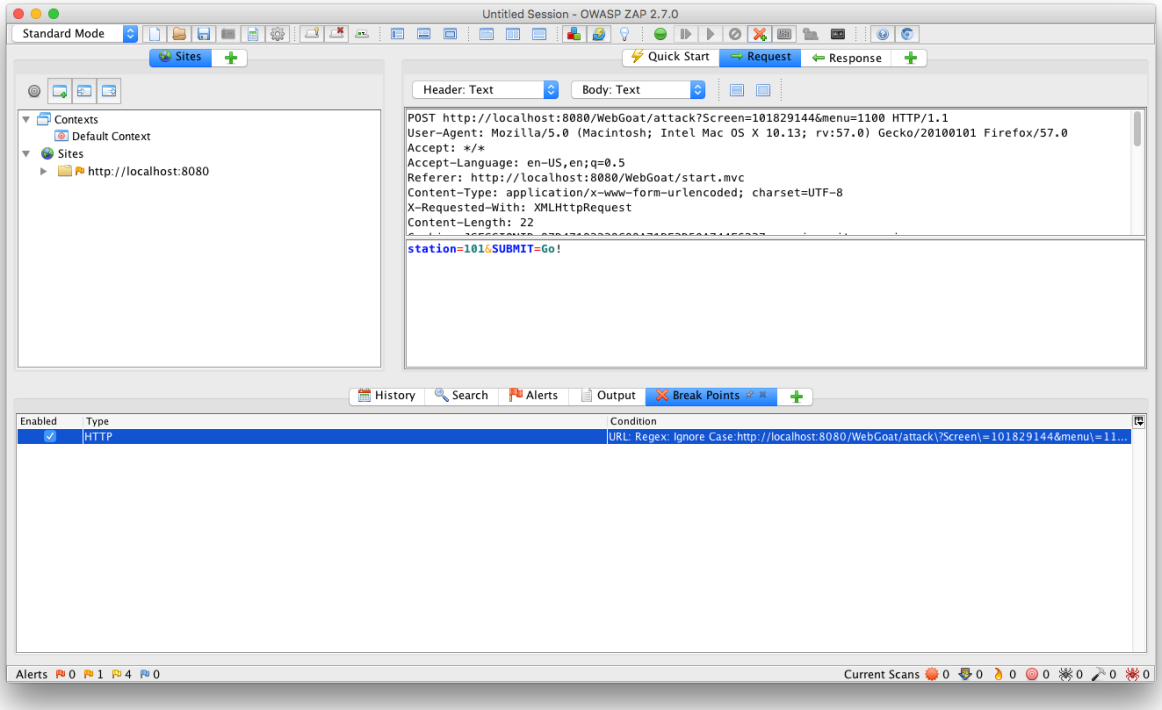


Hit “Go!” so that the submission goes through Zap.

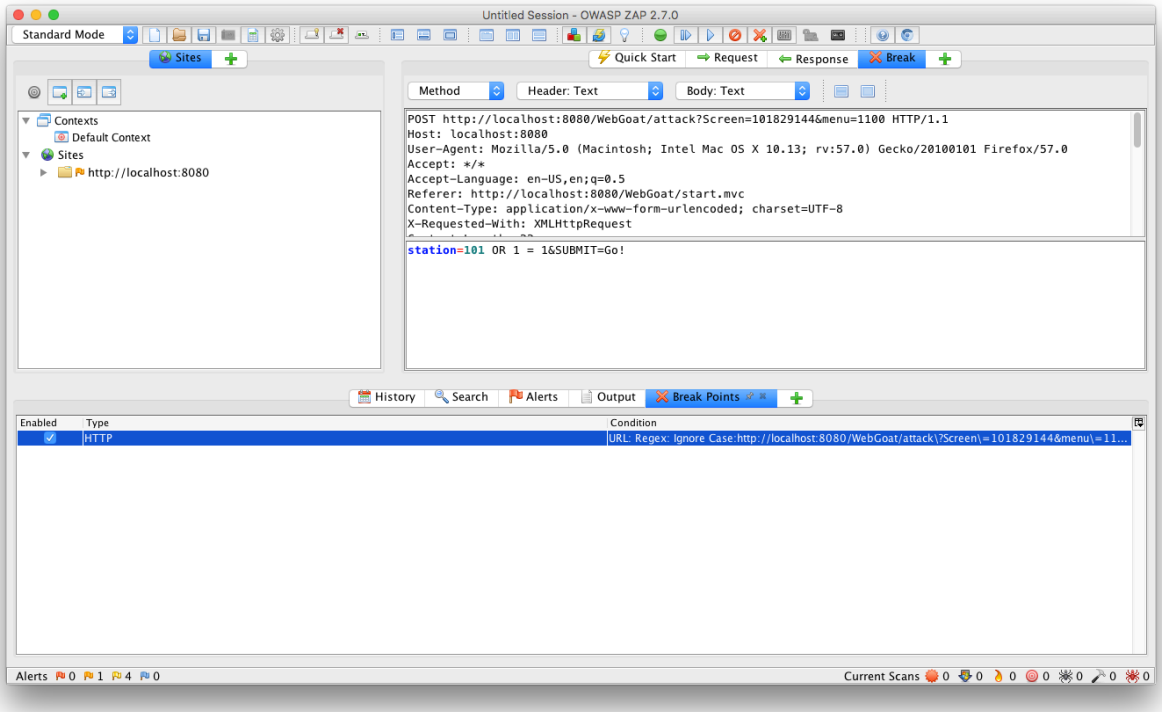
Find the POST, right click, and choose Break.



Run the request again. This time Zap will stop the submission.



Inject your SQL and hit play at the top twice.



This should be the result.